

Have fun as you train for the ST Run

This year, there will be a variety of activities to help participants prepare for the Sept 23 ST Run. Here's what you can look forward to:

THE STRAITS TIMES RUN 2018

PRESENTED BY **Panasonic**



The 2018 ST Run will be back at the Singapore Sports Hub this year.



April 21 (Saturday)

Embark on an afternoon cycling food trail along the scenic waterfront in the northern part of Singapore with 3 pit stops at cafes along the way.



May 5 (Saturday)

Bouncy Fun: A jumping-based class combining cardio, toning and core fitness for a whole body workout at Bounce Inc.



June 17 (Sunday)

CrossFit: A fitness session at Innervate Fitness comprising CrossFit elements which ends with a short run.



June 23 (Saturday)

Healthy cooking workshop with Hed Chef Hedy Khoo

Learn to whip up a few healthy dishes in a 3-hour session with Hedy and instructors from Cookyn Inc.



July 22 (Sunday)

Cardio three-way programme of Assault Air Bike, Ergo Rower and VersaClimber

Let your training pick up the pace using equipment such as the Assault Air Bike, Ergo Rower and VersaClimber at TripleFit Millenia Walk.



Aug 18 (Saturday)

15km sunset run

Prime your body with a 15km evening run along picturesque Punggol Waterway Park. Relax and recover after the run with a delicious dinner.



Sept 8 (Saturday)

Yoga along the waterfront

Sweat it out with an outdoor yoga session along the waterfront as the sun sets.

Category	Loyal Runner rate (Per runner)	Full rate (Per runner)
5KM Fun Run	\$38	\$50
10KM Competitive Run	\$48	\$60
18.45KM Competitive Run	\$58	\$70

• The loyal runner rate applies to any past participants in The Straits Times Run in 2013, 2014, 2015, 2016 or 2017.

• OCBC cardholders will enjoy 10% off normal rates

• Participants of OCBC Cycle will enjoy 5% off normal rates or 15% off normal rates for OCBC cardholders.

• \$1 from each registration fee received will be donated to The Straits Times School Pocket Money Fund.

Date : Sept 23, 2018

Time : From 4am

Venue : Singapore Sports Hub

Register at

www.straitstimesrun.com

For inquiries, please call **6248 5777**

(Mon - Fri, 10.30am - 5.30pm, except public holidays)
or email: **info@straitstimesrun.com**