

Train on land, in the air and in water

The ST Run will have a variety of activities this year to help participants gear up for the Sept 29 race. Here's what you can look forward to:



July 20 (Saturday)

HIIT class by the Fitness Project (25 places available)

A 45-minute session where strength and agility drills will be taught to help you train smarter and run faster.



Aug 25 (Sunday)

BounceFit (48 places available)

A 45-minute exercise class that is supercharged with all the benefits of jumping on a trampoline. The high-intensity and low-impact cardio workouts will blast your core, improve overall muscle tone and lift your heart rate.

THE STRAITS TIMES RUN 2019

PRESENTED BY **Panasonic**



Aug 3 (Saturday)

Cooking class at Allspice Institute (60 places available)

Learn to whip up delicious but healthy meals. On the menu are baked Gaba rice croquettes in Japanese curry sauce and snow skin mooncake.



Sept 8 (Sunday)

AquaFit by aquaDucks (40 places available)

Learn to burn calories without impacting your joints in this water-based workout that focuses on cardio, strength and resistance.

Category	Loyal runners rate (Per runner)	Normal rate (Per runner)
3.5KM Fun Run	\$38	\$50
10KM Competitive Run	\$48	\$60
18.45KM Competitive Run	\$58	\$70

- Loyal runners rate applies to any past participants in The Straits Times Run in 2013, 2014, 2015, 2016, 2017 or 2018.
- OCBC cardholders and OCBC Cycle 2019 participants enjoy 15% off normal rates.
- \$1 from each registration fee received will be donated to The Straits Times School Pocket Money Fund.

Date : Sept 29, 2019

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 e-mail: info@straitstimesrun.com