



Singapore Cancer Society-TalkMed Relay For Life 2025

Participant E-Booklet

8 - 9 March 2025 | 3.30pm to 9am

National Stadium @ Singapore Sports Hub

CONTENTS

1. GENERAL INFORMATION

- About
- Event Details
- Location Map
- Event Map
- Directions to Venue

2. PROGRAMME DETAILS

- Event Site Map
- Running/Walking Track
- Registration
- Programme (Includes 100KM Challenge details and rules)

3. HIGHLIGHTS

- Booths & Fringe Events
- Luminaria & HOPE

4. OTHER INFORMATION

- Event Partners and Supporters
- Medical/First aid
- Lost and Found
- Evacuation Plan

General Information



**RELAY
FOR LIFE®**



SINGAPORE CANCER SOCIETY

Minimising Cancer and Maximising Lives since 1964, Singapore Cancer Society (SCS) is a self-funded social service agency which provides an integrated continuum of care from cancer control and prevention to patient support services, survivorship, and palliative care. SCS's key programmes and services include cancer screening programmes, public education, financial and welfare services, psychosocial support, survivorship care, rehabilitation programmes and hospice care. Consistently recognised for its commitment to high standards in governance and transparency, SCS has attained both the coveted Charity Governance Award (2023) and the Charity Transparency Award for four years, between 2019 to 2024.

The Singapore Cancer Society organises various fundraising activities, including Relay For Life, to rally the community to join in the fight, raising funds to support quality services for cancer patients, survivors, their families, and the wider community.

Every year, we need to raise S\$20 million to fund our programmes and services. Through the Relay For Life 2025, we aim to fundraise \$1,300,000 to support the various services that benefit the cancer community including cancer prevention and control, patient support, financial assistance, rehabilitation, survivorship, and palliative care.



ABOUT

Relay For Life (RFL) is a global movement founded in May 1985 by American Cancer Society in Tacoma, Washington. Since then, it has grown into a worldwide phenomenon, raising about US\$5 billion to fight cancer. Close to 4 million participants take part in RFL across the globe annually, making it one of the world's largest fundraisers.

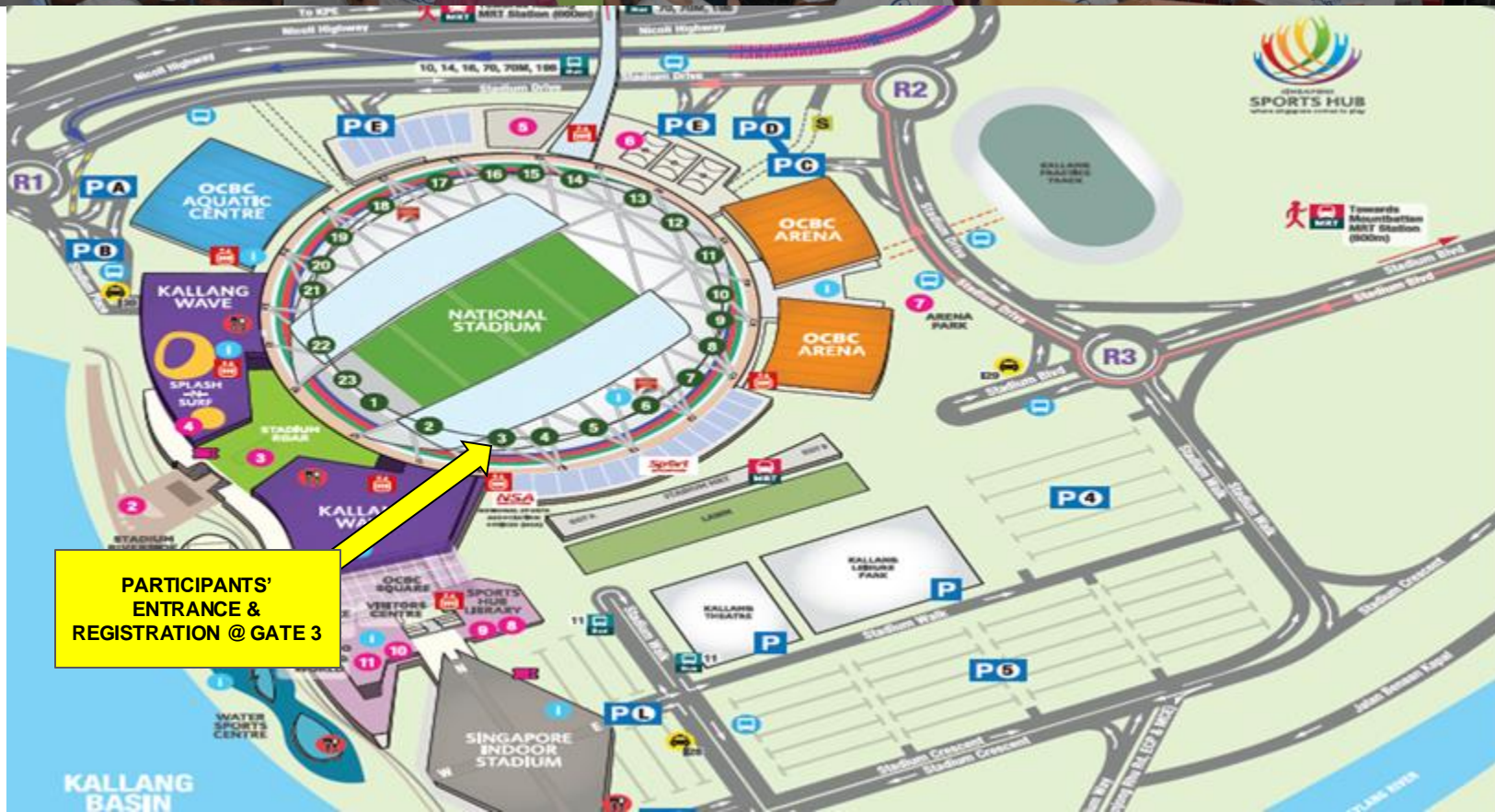
Singapore is the 25th member country to organise RFL. Singapore Cancer Society (SCS) aims to rally the local community to celebrate the lives of those who battled cancer, remember loved ones lost, and fight back against a disease that has taken many lives. It is also an excellent platform for cancer survivors, caregivers, and volunteers to be recognised, supported, and connected via a strong support system.

With a target outreach of 6,000 participants, this community event also seeks to raise \$1,300,000 to fund various SCS programmes and services. To accomplish the objectives of Celebrate, Remember and Fight Back, RFL has three special segments during the event to express the importance of cancer journey.

Event Details

Date:	Saturday, 8 March (4pm) - Sunday, 9 March (9am) 2025 (Gates opens @ 3.30pm)
Venue:	National Stadium @ Singapore Sports Hub
Address:	1 Stadium Drive, Singapore 391629
Guest-of-Honour Official Opening (4:30PM)	President of the Republic of Singapore, Mr Tharman Shanmugaratnam.
Guest-of-Honour Remembrance Segment (7:00PM)	Speaker of Parliament, Mr Seah Kian Peng
Guest-of-Honour Fight Back Segment (8:00AM)	Senior Minister of State in Prime Minister's Office and Deputy Secretary-General, NTUC, Mr Desmond Tan

Event Map



Directions

ADDRESS: 1 Stadium Drive, Singapore 397629



- Take Bus Service 11. Alight along Stadium Crescent (Bus Stop No. 80199), which is directly outside Singapore Indoor Stadium.
- Take Bus Service 10, 14, 16, 70, 70M OR 196. Alight along Nicoll Highway (Bus Stop No. 80219) or (Bus Stop No. 80211).



- Stadium MRT Station (CC6) is the nearest MRT station
- Exit Stadium MRT via Exit A and take the escalator up to Level 3 of Sports Hub and you will reach Gate 3 (Participant entrance)
- Kallang MRT Station (EW10) is approximately 600m walking distance under a sheltered walkway to the Singapore Sports Hub



- Guests are advised to park at *Carpark B (Lot B11-B13) located along Stadium Drive, which is nearest to registration
- Guests can take either the escalator / lift to Level 3 of Sports Hub and **look for Gate 3**

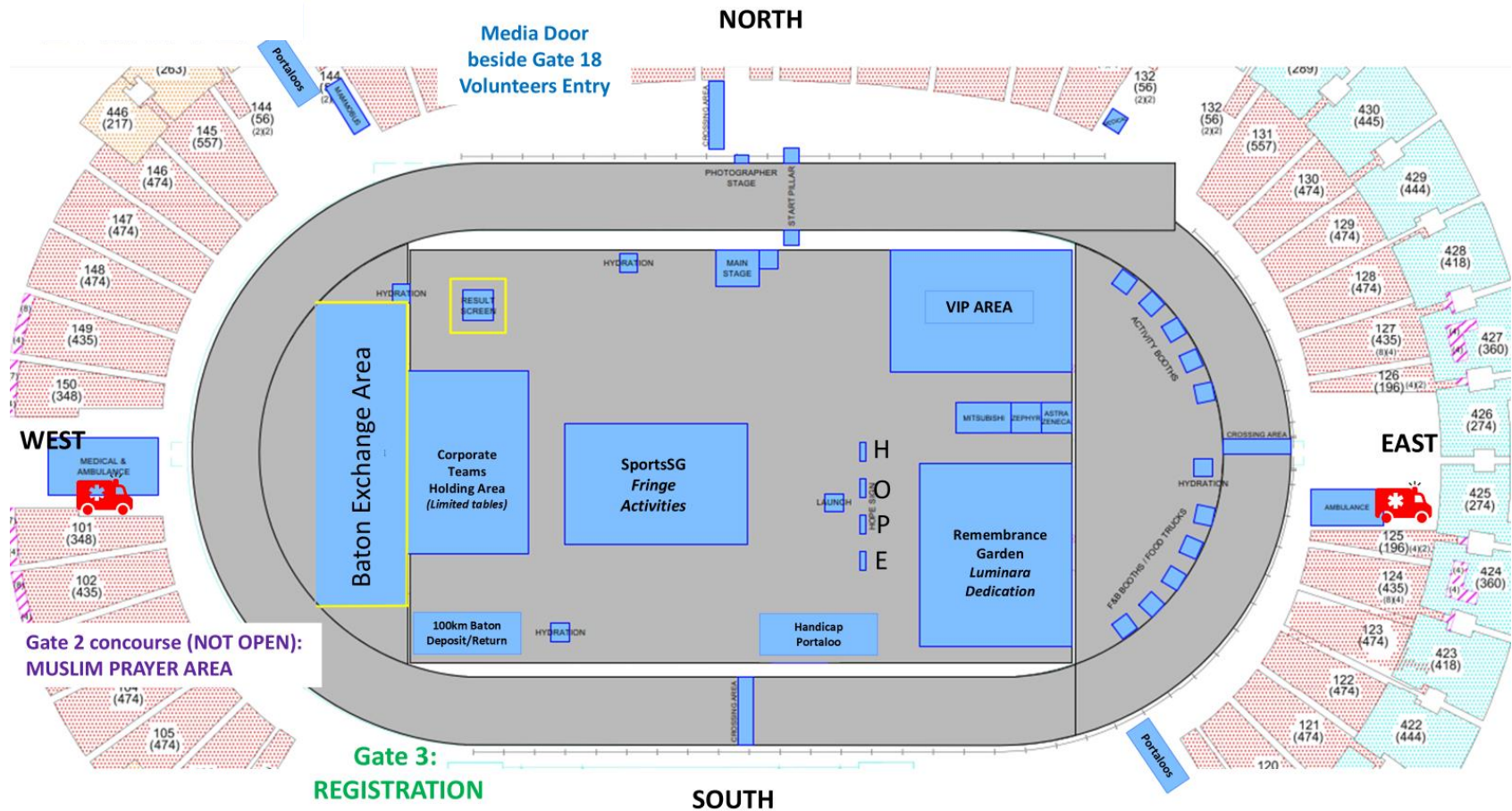
For more information & directions, visit: <https://www.sportshub.com.sg/directions-and-map>

Programme Details



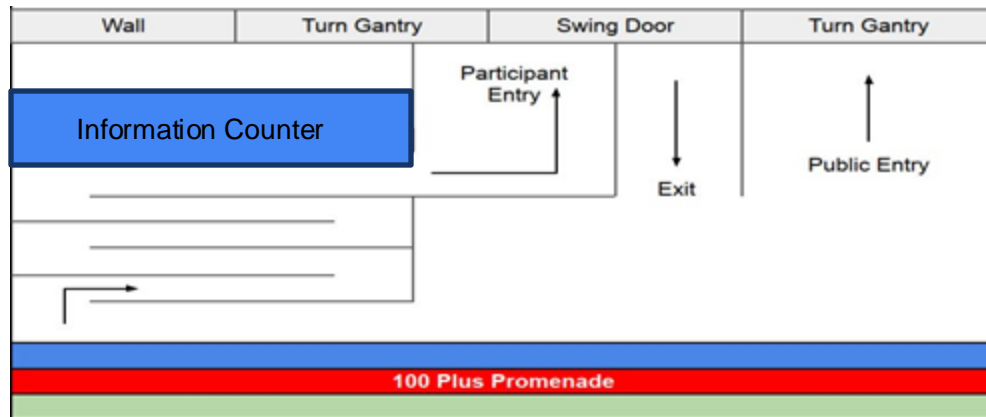
**RELAY
FOR LIFE®**

Event Site Map



Registration @ Gate 3

- * All participants should register at Gate 3 of the National Stadium and collect their coloured wrist tags.
- * Spectators are welcome inside the Stadium, but please note that access to the running track is restricted.
- * After registration, Team Leaders or a representative can head to the Baton Collection Booth inside the Stadium to pick up the team's baton.
- * For security reasons, bag checks will be conducted for everyone entering the Stadium.
- * Doors open at 3:30 PM



Programme - Celebrate

8 March, 3.30PM – 7PM

Time	Programme
1530hrs	Registration & Entry at Gate 3 Collection of Baton & Tracker (at Baton Deposit/Return Counter) for 100km Challengers
1630hrs	Arrival of Guest-of-Honour President Tharman Shanmugaratnam
1700hrs	Launch of Celebrate Segment <ul style="list-style-type: none">- Welcome Speech by SCS Chairman, Mr Lee Meng Tat- Tokens of Appreciation to event partners- Flag Off of Survivors Lap



Programme - Celebrate

8 March, 3.30PM – 7PM

Time	Programme
1730hrs	Launch of 100KM Challenge Performances begin

Programme - Remembrance

8 March, 7.45 PM – 10.30 PM

Time	Programme
1900hrs	Arrival of Guest-of-Honour Speaker Seah Kian Peng Track Closure for Community Iftar (breaking of fast) & Remembrance Segment (mandatory pause of 100KM Challenge)
1919hrs	Community Iftar (breaking of fast) led by Syekh Mahmoud Ibrahim and representatives from Ba'Alwie Mosque. [10mins for prayer]
1945hrs	Remembrance Segment - <i>The Empty Table</i> - 1-minute of silence - Sharing by breast cancer survivor, Madam Foziah Yeon, and her son, Muhd Zulfadli.
2015hrs	Resumption of 100KM Challenge Performances resumes
2230hrs	100KM Relay Continues

Programme - Fight Back

9 March, 7 AM – 9 AM

Time	Programme
0700hrs	Zumba Session by Team Axis
0800hrs	End of 100KM Challenge Arrival of Guest-of-Honour (Senior Minister of State, Mr Desmond Tan)
0805hrs	My Fight Back Segment <ul style="list-style-type: none">- Closing Performance- Closing Address by Relay For Life Chairman, Mr Mak Hoe Kit- Presentation of Awards to Top 3 Individual Finishers, Top 3 Teams, Best Dressed Individual and Best Dressed Team- Relay for Hope: Final 3 laps
0900hrs	End of RFL 2025 & Collection of 100KM Finisher T-Shirt

Programme - 100KM Rules

8 - 9 March, 3.30 PM – 9 AM

Individual Challengers	Team Challengers
Individual Challengers will receive a <u>tracker</u> to track the distance conquered.	100KM Team Challengers (Main Team and Sub Teams) will receive <u>ONE</u> baton per team to track the distance conquered.
<ul style="list-style-type: none">✓ Individual participants or one team representative to report to the 100KM Challenge booth at least 30 minutes before the event flag-off to collect your tracker or baton.✓ Each Relay Champion will receive the 100KM Finisher tee at the 100KM booth after completing the 100KM distance after 9am.	

Highlights



**RELAY
FOR LIFE®**

Community Iftar

As the Singapore Cancer Society–TalkMed Relay For Life 2025 coincides with Ramadan (the holy month of fasting) this year, we are honoured to host a Community Iftar (breaking of fast), with support from representatives of Ba'Alwie Mosque.

The Community Iftar will begin with a prayer led by Syekh Mahmoud Ibrahim, a respected Quran teacher from Egypt.

To ensure a comfortable and respectful experience, we will provide designated spaces for prayer and appropriate seating arrangements. We strongly encourage all Muslim participants to bring their own prayer mats.

Following tradition, we will break fast with dates. Light refreshments will be provided and participants are welcome to bring their own snacks or food. For those who want additional meals, halal food options are available at the nearby Kallang Wave Mall, just a 7-minute walk away.

Ramadan Mubarak!



EMCEES

8 March

9 March



Rishi Budhrani

@rishibudhrani

4pm - 6pm



Chunjia

@hellochunjia

7am - 9am



Ferlyn Lee

@ferlyn0103

5:45pm - 7pm



Sharda Harrison

@sh_arda

8pm - 10:30pm

NOVELTY CONTEST

Awards presentation at the Closing Ceremony (9 March, 8am)

Longest Distance Covered:
Top 3 individuals and team

Top 3 Individuals Trophy

Top 3 Teams

One trophy per team +
\$500 Vatos Kitchen & Bar dining vouchers (\$250 | \$150 | \$100)

Most Creatively Dressed: Loud in Lavender | Rockin in Retro
1 individual and team per theme

Individual

x1 Grains & Co. dining voucher + x1 100Plus towel

Team

x50 Grains & Co. dining voucher +
x50 100Plus towel

(Grains & Co. vouchers worth \$10.80 each)

PERFORMANCE LINEUP

8 March



Danzfit Zumba

SCS Support Group

5:45pm - 6pm



Glenn Yong

@glennyqh

6:30pm - 6:50pm



Quintis & GIN

@joel.quintis | @ginmfx

8:30pm - 8:50pm



Wady

@wadyandhisguitar

9:30pm - 9:55pm



JiaLe Music 嘉乐音乐

June & Morgan | @jiale_music

6pm - 6:20pm



Be Hype Be Happy

SCS Support Group

8:15pm - 8:25pm



Joe, Shirli & Veracia

@joe.holla | @shirli_ling | @veracia

9pm - 9:30pm



Iswarya Band

@ishi_band

10pm - 10:30pm



STAY CONNECTED WITH US

@SGCANCERSOCIETY

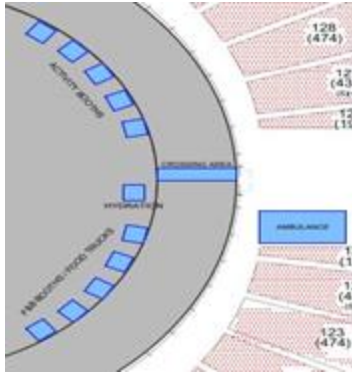
SNAP AND SHARE A PHOTO

#RelayForLife2025

#RelayForLifeSG



Booths and Fringe Activities



Food Booths:

1. Yakult – Giveaway free Yakult drinks
2. Unibibi – Sales of pre-packed baked goodies
3. HeyChips! – Sales of prepacked fruit chips
4. Team Axis – Gamechangers Quiz Booth

Activity Booths:

1. Mini football tryouts
2. 2- 3 Carnival Games
3. Educational Activities

Luminaria & HOPE



Participants may make a donation and dedicate a message to a loved one or cancer survivors on a Luminaria bag. Or, write an encouraging message and snap a photo with the HOPE sign! Luminaria bags will be laid out on frames at a gallery during the Luminaria Ceremony!

Other Information



**RELAY
FOR LIFE®**

Medical/First Aid

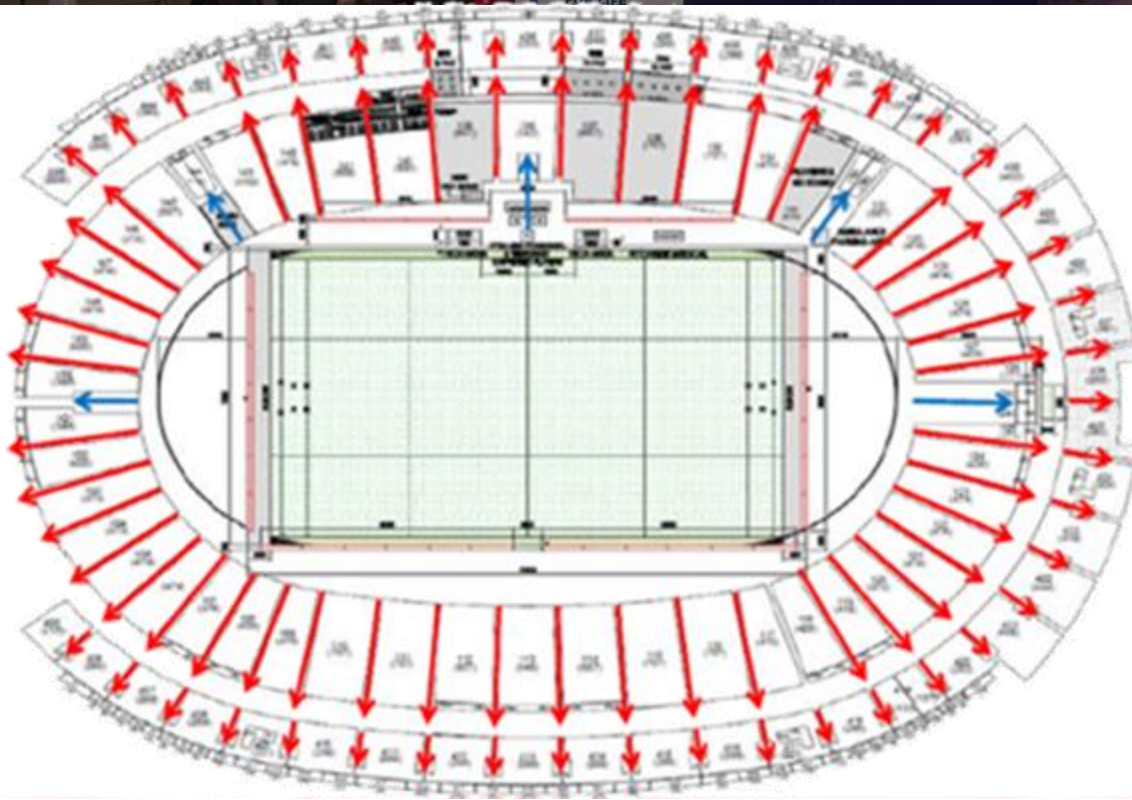
Singapore Cancer Society – TalkMed
Relay For Life

The medical point will be located at the East and West Entrance. The ambulance service will be located at the East Entrance.

The ambulance team will act as frontline emergency staff and respond to all emergencies, triage medical needs and decide if the situation requires evacuation to a hospital.



Evacuation



1. In the event of evacuation, Sports Hub Security will inform everyone about the evacuation.
2. Giant screen and speakers around the national stadium will give a generic broadcast asking patrons to leave the stadium.
3. Usher/CSO/Staffs will guide all participants out of the stadium in a calm and orderly manner.
4. All participants should gather at Kallang Practice Track (opposite OCBC arena, across the road)

Lost & Found



If you have lost or found an item, kindly approach our staff at the Registration booth. At the end of event, all uncollected items will be returned to Singapore Cancer Society's office (HQ). Please contact us at rfl@singaporecancersociety.org.sg.

Event Partners and Supporters

Singapore Cancer Society – TalkMed
Relay For Life

TITLE PARTNER



PLATINUM PARTNER



GOLD PARTNERS



Event Partners and Supporters

SILVER PARTNER



BRONZE PARTNERS

BIONTECH

CapitaLand | 25 YEARS

Daiichi-Sankyo



Janssen
PHARMACEUTICAL COMPANY OF
Johansen-Johansen

MSD

NOVARTIS

Pfizer

SELECT GROUP
Partners Preferred

STAMFORD
We Care, We Grow

Event Partners and Supporters

IN SUPPORT OF SPORT PROMOTION



OFFICIAL VENUE SUPPORTER



OFFICIAL EMERGENCY RESPONSE PARTNER



OFFICIAL HYDRATION PARTNER



OFFICIAL REPC VENUE



OFFICIAL REPC PACKING VENUE



TECHNOLOGY



Event Partners and Supporters



SUPPORTERS





Thank you for participating in a worthy cause!

For any enquiries, email rfl@singaporecancersociety.org.sg

Singapore Cancer Society

30 Hospital Boulevard

#16-02 Singapore 168583

