



DATE: 29 OCT 2019

**PRESS ADVISORY**

FOR IMMEDIATE RELEASE

**11th edition of endurance walkathon, *Let's Take A Walk* breaks records with over 1,900 participants this year and a new walk category, 150km UltimateWalk on Friday, 1 November**  
***Beneficiaries and caregivers from Rare Disorders Society will also be joining part of the 20km JalanWalk on Saturday, 2 November***

**Let's Take A Walk (LTAW)** is a non-profit, 20km, 50km, 100km and 150km endurance walking event which will be held from 1 to 3 November 2019. Organised by a group of like-minded volunteers from **Raleigh Singapore** who share the conviction to pay it forward through adventure, this event is organised every two years. First started in 1997, this *100% volunteer-organised event* challenges participants to push their mental and physical limits while benefitting worthy causes. For LTAW, please visit [www.letstakeawalk.sg](http://www.letstakeawalk.sg).

This year's theme, **Raring to go the distance**, is inspired by LTAW2019's beneficiary, **Rare Disorders Society (Singapore)**'s tagline, "Love is not rare". The LTAW2019 team aims to raise \$150,000 through registration fees and donations. All proceeds (less operating costs) will be donated to Rare Disorders Society (Singapore) a.k.a. RDSS to create awareness about various life-threatening rare diseases, and also to Raleigh Singapore to support its community projects.

"LTAW2019 seeks to raise awareness for a lesser known yet impactful charity. Through our walkers, families, friends, corporate partners, sponsors and supporters, we hope to raise public awareness about RDSS and individuals among us who suffer from rare diseases and to collectively show support to their caregivers, family, and friends of children with rare diseases among us. We hope that this concerted effort through LTAW2019 will show them that there are people in society who care and motivate them to persevere in their journey," says Co-chairperson of LTAW2019, Siti Maziah Masramli.

There are a total of six walking categories including the newly introduced 150km UltimateWalk, 100km XtremeWalk, 50km (Day) PowerWalk, 50km (Night) PowerWalk and 20km JalanWalk (Saturday and Sunday). 150km UltimateWalk participants have up to 48 hours to complete their walk, while 100km XtremeWalk and 50km PowerWalk walkers have up to 33 and 16 hours respectively. The 20km JalanWalk walkers have six hours to complete the distance. The walk will bring participants along Singapore's well-established networks of park connectors and has also incorporated the recently launched 36km Coast-to-Coast Trail to encourage walkers to explore this new trail in our island city.

LTAW2019 will kick-off officially on Friday, 1 November at 2000hrs at the National Museum of Singapore for the pioneer 150km UltimateWalk participants, with 80 registered walkers. The 50km (Day) PowerWalk and 100km XtremeWalk flag-off ceremonies will be held at the National Museum of Singapore on Saturday, 2 November at 0700hrs and will be officiated by Guest-of-Honour, Senior Parliamentary Secretary, Ministry of Transport & Ministry of Culture, Community and Youth, Baey Yam Keng, with a total of 560 registered walkers. The 20km (Saturday) JalanWalk flag-off ceremony will be officiated by Member of Parliament & Mayor of Central Singapore CDC, Denise Phua in the same morning at 0900hrs with a total of 760 registered walkers. Families and friends from RDSS have formed a small contingent and will be joining walkers for part of the walk. 50km (Night) PowerWalk flags off with 250 registered walkers from SAFRA Punggol in the same evening at 2200hrs, and 20km

(Sunday) JalanWalk flags off from Bedok Town Park on Sunday, 3 November at 0730hrs with 260 registered walkers.

This year's LTAW attracted over 1,900 registered walkers, the largest number of participants for this walkathon to date. Participant bibs have eco-friendly messages to encourage fellow walkers and the public to practise environmentally conscious actions as they walk around and interact with the environment throughout the routes.

The LTAW2019 Organising Committee would also like to thank our sponsors and supporting partners for their ardent support including our Gold Sponsors: AXXA Global and Danspire; Bronze Sponsors: Amazon, Jumping Singapore, Seng Choon, Asia Farm, The Pilates Works. We would also like to thank the following companies including Official Sports Apparel: Compressport Asia Pacific Pte Ltd, Official Design Sponsor: Tuber, Official Community Sports Partner: Decathlon, Official Tracking App: Ridge Runners, Official Timekeeper: Seiko, Official Logistics Partner: DB Schenker and our venue sponsors: National Museum of Singapore, SAFRA Punggol and Star Visa. Details can be found at <http://www.letstakeawalk.sg/index.php/our-cause/sponsors/>

We would like to invite you and your photographer to join us at the flag-off ceremonies. Please RSVP to [publicity@letstakeawalk.sg](mailto:publicity@letstakeawalk.sg) indicating your interest.

Event : Let's Take A Walk: 150km UltimateWalk flag-off  
Date/Time : Friday, 1 November 2019, 2000hrs (8pm)  
Venue : Front lawn, National Museum of Singapore, 93 Stamford Road, Singapore 178897  
Warm up led by : Cocoon Studio  
No of walkers : 80-

Event : Let's Take A Walk: 50km (am) PowerWalk and 100km XtremeWalk flag-off  
Date/Time : Saturday, 2 November 2019, 0700hrs (7am)  
GOH : Senior Parliamentary Secretary, Ministry of Transport & Ministry of Culture, Community and Youth, Baey Yam Keng  
Venue : Front lawn, National Museum of Singapore, 93 Stamford Road, Singapore 178897  
Warm up led by : Vincent Yong Founder, Danspire  
No of walkers : 375 - 50km (am) PowerWalk & 185 - 100km XtremeWalk

Event : Let's Take A Walk: 20km JalanWalk flag-off  
Date/Time : Saturday, 2 November 2019, 0900hrs (9am)  
GOH : Member of Parliament & Mayor of Central Singapore CDC, Denise Phua  
\*Families and friends from RDSS have formed a small contingent comprising about 12 RDSS families and will be joining walkers for part of the walk.  
\*\*Walkers will be split into waves to start at different intervals after flag-off  
Venue : Front lawn, National Museum of Singapore, 93 Stamford Road, Singapore 178897  
Warm up led by : Vincent Yong Founder, Danspire  
No of walkers : 750

Event : 50km PowerWalk (pm) flag-off  
Date/Time : Saturday, 2 November 2019, 2200 hrs (10pm)  
Venue : SAFRA Punggol, 9 Sentul Crescent, Singapore 828654  
Warm up led by : Cocoon Studio  
No of walkers : 250

Event : 20km JalanWalk flag-off  
Date/Time : Sunday, 3 November 2019, 0730hrs (7.30am)  
Venue : Bedok Town Park, near Bedok Reservoir MRT, Exit A  
Warm up led by : Raleigh Singapore  
No of walkers : 260

For story ideas: Please visit our website [www.letstakeawalk.sg](http://www.letstakeawalk.sg) to read past participants' testimonials and do feel free to contact me to facilitate interviews. Some suggested interviewees and availability:

- Volunteer Organising Committee: Siti Maziah Masramli, Co-chairperson of LTAW2019. Available on 2 November after 0930hrs (9.30am)
- RDSS: Jasmine Lee, Programme Manager. Available on 2 November 0830-0900hrs (8.30-9am)
- 150km UltimateWalk walkers: Ang Hock Chuan; Ravi Kumar Dasari (The Royal Walkers group); Sng Jia Hui, Treasurer & Route Planner of LTAW2019. Available on 1 November 1900-1930hrs (7-7.30pm)
- Sponsors: Vincent Yong, Founder, Danspire. Available on 2 November 0720-0820hrs (7.20-8.20am)

Please "LIKE" us on our Facebook page at [www.fb.com/letstakeawalk.sg](http://www.fb.com/letstakeawalk.sg)

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ANNEX:

### **About Raleigh Singapore**

Raleigh Singapore is dedicated to the development of youths through adventure-based service learning activities. Since its inception in 2001, Raleigh Singapore has worked towards developing the youths of Singapore to be empathetic global citizens. Youths from diverse backgrounds and nationalities are encouraged and challenged to discover their full potential by working together on challenging community projects, overseas expeditions and local adventure projects.

In the long run, Raleigh Singapore hopes that these youth would learn to appreciate what they have more and pay it forward by spearheading similar community projects that would help the less-privileged people. For more information, visit [www.raleigh.org.sg](http://www.raleigh.org.sg)

### **About Rare Disorders Society (Singapore)**

Rare Disorders Society (Singapore) is a non-profit organisation initiated by parents of children with LSD (Lysosomal Storage Disorder). Established in 2011, it aims to create awareness about various life-threatening rare diseases.

Rare Disorders Society (Singapore) a.k.a. RDSS is currently the only organisation focusing on and supporting rare disease patients in Singapore. Unlike other charities that focus on a specific disease group or made rare genetic disease as one of the supported group, RDSS accept and support *all* patients currently diagnosed with rare diseases, including those whose cases have unknown diagnosis.

By providing acknowledgement and investment, RDSS looks to improve lives with timely, accurate diagnoses and intervention. Through building a well-established system, RDSS also aims to encourage members of the society to join parents of RD patients in creating a better future for them. For more details, please visit [rdss.org.sg](http://rdss.org.sg)

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