SINGAPORE'S 100% VOLUNTEER-LED ENDURANCE WALK EVENT (27- 28 August), LET'S TAKE A WALK 2022 RETURNS FOR THE FIRST TIME SINCE THE COVID-19 PANDEMIC IN SUPPORT OF CAREGIVERS OF PEOPLE WITH MENTAL HEALTH ISSUES
Organised by Raleigh Singapore, the 12th edition will be a hybrid event that aims to attract 1,700 walkers, so as to donate $145,000 to its beneficiary.

SINGAPORE — Let's Take A Walk 2022 (LTAW) is a non-profit endurance walk event that is 100% volunteer-led by members of Raleigh Singapore who share the conviction to pay it forward and benefit society.

This year's edition will be a hybrid event, with the physical walks flagged off at SportsHub 100 Plus Promenade, SAFRA Punggol and SAFRA Tampines at different times on 27th and 28th August 2022. (*Programme details at Appendix A.*)

This year's theme ***Caring to go the distance*** is aligned with the beneficiary, Caregivers Alliance Limited (CAL), a small, yet impactful non-profit organisation which focuses on providing support for caregivers of people with mental illnesses. This is the second time that LTAW has pledged its support to CAL, the first being in 2017. All registration fees paid by the walkers and cash donations (less the operating costs) will be donated to CAL. The organiser hopes to attract 1,700 registered walkers with a goal to donate $145,000 to CAL. (*Details on registration fees at Appendix B.*)

"This is the first time that we are organising a hybrid LTAW to include a virtual edition and the physical walk. Many of us are caregivers to our loved ones and these caregiving journeys are often long and challenging. Seeing my mother care for my grandmother after her fall and hearing real-life stories from friends who are caregivers to loved ones with mental illnesses and elderly parents have inspired me to take the lead with my co-chairperson Diana Ng to organise LTAW 2022. Through LTAW 2022, we hope to raise awareness on the importance of mental wellbeing and to show all caregivers that there are people in society who care," said Pinky Leong, Co-Chairperson of LTAW 2022.

The Organising Committee comprises a group of 11 working professionals who have been working tirelessly to organise LTAW 2022. From route-planning, sponsorship, to volunteer management and logistics planning, the volunteers share a common aim – to heighten awareness on the importance of mental well-being and to show support to the selfless caregivers in society who have been supporting their loved ones with mental illnesses.

The physical edition of LTAW 2022 will be held from Saturday, 27 August to Sunday 28 August. There are three distance categories: **20km (Sat)** and **20km (Sun)**, **50km Day** (Sat AM), **50km Night** (Sat PM) and **100km** (Sat AM till Sunday). The registration fees for 20km, 50km and 100km are $60, $80 and $100, respectively and will include a Participant T-shirt. There will be an exclusive 100km Finisher T-shirt for those who complete the 100km physical walk within the stipulated time limit. Physical LTAW event registration closes 31 July.

This year, participants have a time limit of 33 hours for the 100km category, 16 hours for the 50km category and 6 hours for the 20km category. The routes will cover central, northern and eastern parts of Singapore, including Kallang, Bishan, Yishun, Punggol, Changi, East Coast, Bedok and Tampines. Rain or shine, individuals and teams will have to push themselves to carry on walking in this self-supported event and it will be a test of their endurance and physical limits.

This year's new virtual event will commence from Saturday, 13 August, to Friday, 26 August, with three categories: 20km, 50km and 100km. Participants can choose to cover the pledged distance over multiple walks or in one attempt during the two-week period to clock the distance. All submissions of virtual walks as recorded by any GPS app must be uploaded to JustRunLah by 28 August,11.59pm in order to receive an e-certificate. Virtual event registration closes 26 August, 12noon. The registration fees for 20km, 50km and 100km will be at $30, $40 and $50, respectively, and will include a Participant T-shirt.

In past LTAW events, participants included people from all walks of life, from Singaporeans young and old to expatriates of varying nationalities. Teams with members as young as primary schoolers, or as old as 75 years old have participated in LTAW to challenge themselves to push their personal limits in this non-competitive event in support of the meaningful cause.

For more information about LTAW 2022, please go to www.letstakeawalk.sg.

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Media Contact
Pinky Leong
Email: leongpinky@gmail.com

Bridgette See
Email: bridgettesee@gmail.com

About Let's Take A Walk

Let's Take A Walk (LTAW) is a non-profit endurance walk event that is 100% volunteer-led by members of Raleigh Singapore who share the conviction to pay it forward and help people in need in society. First started in 1997, *Let's Take A Walk* challenges participants to push their mental and physical limits in support of a meaningful cause. LTAW exudes spontaneity in a simple walking activity that is achievable by most and yet challenging given the distance to be covered and the amount of time spent on one's feet.

About Raleigh Singapore www.raleigh.org.sg

Raleigh Singapore is a registered society of volunteers dedicated to paying it forward through adventure. It brings together volunteers who are alumni of Raleigh International expeditions and Raleigh Singapore projects, including regional projects in Myanmar, Indonesia, and local projects like *Let's Take A Walk.* With our roots and belief in the development of youths through adventure-based service-learning activities and community projects, we strive to connect members across different expeditions and projects and welcome those who are keen to try their hand at adventure to contribute to local and overseas communities in different ways.

About Caregivers Alliance Limited (CAL) www.cal.org.sg

Caregivers Alliance Limited (CAL) is a non-profit organisation dedicated to improving lives of caregivers of persons with mental illnesses. While there are other organisations that provide support to the community affected by mental health issues, **CAL** focuses exclusively on rendering aid and support to caregivers. **CAL** aims to reach out to caregivers of people with mental illnesses and provide them with quality training and support so that they can be more well-equipped to care for their loved ones. **CAL** actively identifies and nurtures caregiver leaders so that they can provide peer support to those in need. **CAL** also advocates on behalf of caregivers of persons with mental issues to proactively change mindsets and social stigma, provide recommendations to improve the system and strengthen the mental health support network in Singapore.

Appendix A: LTAW 2022 Programme

Day	Time	Event	Venue
27 August 2022	0700hrs	Flagoff for 20km (Saturday), 50km (Day) and 100km categories Estimated 550 persons	**SportsHub** **100Plus Promenade** (Between Gate 1 and Gate 3) 1 Stadium Drive Singapore 397629
27 August 2022	2200hrs	Flagoff for 50km (Night) Estimated 150 persons	**SAFRA Punggol** 9 Sentul Crescent Singapore 828654
28 August 2022	0730hrs	Flagoff for 20km(Sunday) Estimated 250 persons	**SAFRA Tampines** 1/A Tampines Street 92, Singapore 528882

Appendix B: Registration Fees

Category	Early Bird* (S$)	Normal (S$)	Entitlements
Virtual Categories			
20KM	27.00	30.00	Participant T-Shirt (unless opt-out)
50KM	36.00	40.00	
100KM	45.00	50.00	
Physical Categories			
20KM - Saturday (27 Aug)	54.00	60.00	Participant T-Shirt (unless opt-out)
20KM - Sunday (28 Aug)	54.00	60.00	
50KM - Day (27 Aug)	72.00	80.00	
50KM - Night (27 Aug)	72.00	80.00	
100KM	90.00	100.00	Participant T-Shirt (unless opt-out) + 100KM Finisher T-Shirt (with validated completion)

* Early bird price is valid until 30 June 2022

** All proceeds (less operating costs) will be donated to Caregivers Alliance Limited (Singapore) to support caregivers of persons with mental health issues.

*** Registration is non-refundable, non-exchangeable and non-transferrable.