

17 June 2012

PRESS RELEASE

To News Editors

FATHER'S DAY CELEBRATIONS BRING GREAT BONDING TIMES FOR 6,000 NSMEN AND FAMILIES AS FITNESS AND FATHER-AND-CHILD GAMES TAKE CENTRESTAGE AT NATIONAL RUNWAY CYCLING AND SKATING 2012

National Runway Cycling and Skating (NRWCS) 2012 brought father and child bonding to a whole new level, as organisers attracted close to 6,000 NSmen and their families together through a slew of new games, honouring fathers on this special day.

This year, in support of the Dads For Life movement which aims to encourage active fathering, organisers of the NRWCS 2012 turned hangars into play areas to create new and exciting experiences for father and child. In all, there were 19 games specially designed for NSmen and their families to get to know each other better.

First, at the SAFRA 40th Anniversary booth NSmen and their children got to try, as a team, a few IPPT-inspired games. Some of these games included the 40 sit-ups challenge, the 40m shuttle run challenge, 4 x chin-up challenge and the 4m standing broad-jump challenge were also designed to allow fathers the opportunity to share their National Service experience with their children, bonding two generations of NSmen together and helping to foster and educate the next generation of NSmen.

Second, organisers designed six life-sized games including 'snakes & ladders', 'pick up sticks' and 'golf combo tossing', to foster father-and-child bonding through fun and laughter.

Third, families also tried their hands playing at exciting gaming stations such as the 'Young Aviator Booth', the 'F16 Simulator' and 'Wii Aircraft Battle'.

The sportier NSmen and their families had the opportunity to try out and experiment with various sports like wrestling, hockey, as well as taking on the Segway circuit in the sports try-out segment.

Cyclists and skaters participated in six non-competitive categories, with the 45km Endurance Challenge being organised to commemorate 45 years of National Service (NS45).

Taking on the 30km skating race route for the first time was Mr Vincent Lye Kheng Hock, 51. This was Mr Lye's second time at the NRWCS in a row and he decided to take on the Endurance Skating Challenge as a test of his physical limits.

In preparation for the challenge, he had been training with his five children, heading to East Coast Park to skate together. His wife, Rebecca Kee, and his five children, aged between eight to 20 years old, cheered him on as they celebrated Father's Day together in a different and unique way.

Commander of Paya Lebar Air Base, and Chairman of the NRWCS 2012 Organising Committee, Senior Lieutenant-Colonel (SLTC) Foo Yang Ge, shared, "NRWCS is organised in support of promoting a healthy lifestyle – to get families to cycle and skate on the runway for a day of fun and bonding. This year's event is exceptionally meaningful as it coincides with the commemoration of 45 years of National Service. To allow the public to better appreciate some of the RSAF's capabilities, our NSmen demonstrated the arming of an F-16D+ fighter aircraft and the deployment drill of 35mm Guns."

The Guest of Honour, Mr Lawrence Wong, who is Minister of State for Defence and President, SAFRA, was among NSmen and families who got to view the static aircraft display as well as demonstrations of the arming drills of the F-16D+ aircraft and anti-aircraft 35mm guns.

Mr Wong also joined in the fun, taking a tour of the carnival grounds while stopping to interact with participants and NSmen, including some 77 children and their families from the Movement for the Intellectually Disabled of Singapore who were invited to enjoy the carnival activities at the Organisers' invitation.

Held for the 16th year since its debut in 1996, the NRWCS was jointly organised by SAFRA and the RSAF to encourage family bonding, as well as to promote an active, healthy lifestyle for NSmen and their families; and the event was also held as part of National Family Celebrations 2012.

Please refer to the event fact sheet attached in **Annex A** for more information.

About SAFRA National Service Association

SAFRA was formed in 1972 to provide for the social and recreational needs of NSmen and their families through quality sports, social, educational and cultural programmes to recognise NSmen for their contributions to National Defence.

SAFRA currently has a network of four clubs conveniently located in Jurong, Mount Faber, Tampines and Yishun; the oldest SAFRA club located in Toa Payoh is being redeveloped and is due to open by early 2013. Complementing the modern facilities at SAFRA clubs is a host of quality membership benefits and activities specially packaged for over 210,000 members and their families.

National Runway Cycling & Skating 2012

Fact Sheet

Currently into its 16th year, the National Runway Cycling & Skating is an annual event where the usually out-of-bounds Paya Lebar Air Base is cleared and closed for one day to provide NSmen, their families and members of the public with the unique experience and thrill of cycling and skating on the runway.

Jointly organised by SAFRA and the Republic of Singapore Air Force (RSAF), the National Runway Cycling & Skating 2012 event is held in celebration of 45 years of National Service (NS 45) and SAFRA's 40th Anniversary (SAFRA 40). The event is also held in conjunction with National Family Celebrations '12.

Each year, the event attracts a large crowd of some 6,000 to 8,000 participants. Besides cycling and skating on the runway, participants are also treated to a host of fringe activities, performances and games for the enjoyment of families.

Event Details

Date:	Father's Day, Sunday, 17 June 2012	
Time:	8am (Gates open at 7am)	
Venue:	Paya Lebar Air Base	
Categories:	Family/Leisure Cycling Route	6km and 15km
	Family/Leisure Skating Route	6km and 15km
	Endurance Cycling	45km
	Endurance Skating	30km

SAFRA 40 Highlights	<p>Carnival games celebrate SAFRA's unique role of strengthening bonds among NSmen through fitness, fun and family bonding activities.</p> <p><u>Fitness:</u></p> <ul style="list-style-type: none"> • Sports tryouts • Survivor Challenge • Segway Circuit <p><u>Fun:</u></p>
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	<ul style="list-style-type: none"> • Giant Tumbling Blocks • Giant On Target • Giant Get Knotted • Giant Pick Up Sticks • Giant Snakes and Ladders • Golf Combo Toss game <p><u>Family Bonding (Father's Day Special):</u></p> <ul style="list-style-type: none"> • Father-and-child games inspired by the Individual Physical Proficiency Test (IPPT) which most physically fit active NSmen are required to take annually. <ol style="list-style-type: none"> 1. 40 Sit-Ups Challenge 2. 40m Shuttle Run Challenge 3. Counts of Chin-Up Challenge 4. 4m Standing Broad Jump Challenge • Other family bonding games: <ol style="list-style-type: none"> 1. F-16 Simulator 2. Young Aviator Booth 3. Folding Paper Aeroplanes 4. Wii Aircraft Battle 												
NS 45 Highlights	<ul style="list-style-type: none"> • F-15SG & F-16 D+ Static Aircraft Display • Arming Drills of F-16 D+ Aircraft by NSmen • Arming Drills of Anti-Aircraft 35mm Weapon by NSmen • Father and son exhibition booth by the Air Force Recruitment Centre. Father and son pairs that have worked/are working in the RSAF and SAF will be participating in NRWCS 12. 												
Sponsors/Partners/Supporters	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Official Gym:</td> <td>EnergyOne</td> </tr> <tr> <td>Official Inline-Skating Partner:</td> <td>Skateline</td> </tr> <tr> <td>Official Isotonic Drink:</td> <td>H-TWO-O</td> </tr> <tr> <td>Official Energy Product:</td> <td>High5</td> </tr> <tr> <td>Official Radio Stations:</td> <td>Power 98; Jia88.3</td> </tr> <tr> <td>Sponsors:</td> <td>Systema; Unilever; Lagoon Events; GoGreen</td> </tr> </table>	Official Gym:	EnergyOne	Official Inline-Skating Partner:	Skateline	Official Isotonic Drink:	H-TWO-O	Official Energy Product:	High5	Official Radio Stations:	Power 98; Jia88.3	Sponsors:	Systema; Unilever; Lagoon Events; GoGreen
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