

## PRESS RELEASE

### HomeTeamNS REAL<sup>®</sup> Run 2018 Returns with 21km Half Marathon and 3km Fun Walk

**SINGAPORE, 21 October, 2018** – More than 5,000 participants took part in the 23<sup>rd</sup> edition of HomeTeamNS REAL<sup>®</sup> (Regular Exercise, Active Lifestyle) Run that was flagged off by Guest-of-Honour, Mr Eric Yap, Commissioner of the Singapore Civil Defence Force (SCDF) this morning at Gardens by the Bay, The Meadow.

2. Organised by HomeTeamNS, the annual REAL<sup>®</sup> Run, which is open to the public, aims to promote a healthy lifestyle among Home Team NSmen and their families. This year's run saw the return of the popular 21km Half Marathon, last organised in 2012. Other race distances include a 10km competitive run and for the first time, a 3km non-competitive Fun Walk targeted at families. Participants also got to enjoy an after-race carnival consisting of various games such as Human Foosball, Giant Jenga and Archery Tag.

3. Superintendent (NS) Terence Choo, Chairman of REAL<sup>®</sup> Run 2018 Organising Committee, said, "Family support is vital in enabling our servicemen to carry out their NS duties wholeheartedly. As such, I am glad to see the strong participation from servicemen's families this year, as the event is an opportunity for NSmen to bond with their families and share a part of their NS experience with them."

4. Mr Kalaichelvan Ramachandran, a 20-time participant of REAL<sup>®</sup> Run, said, "The annual REAL<sup>®</sup> Run is an ideal platform for NSmen across divisions and batches to come together to strengthen camaraderie. I thoroughly enjoyed this year's 21km run, which follows a scenic route through Gardens by the Bay, Marina Barrage and the East Coast.

5. For the race results and photos, please visit <https://www.hometeamns.sg/realrun/> or <https://www.facebook.com/HomeTeamNSREALRun/>.

## **About HomeTeamNS REAL® Run**

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The HomeTeamNS REAL® (Regular Exercise, Active Lifestyle) Run is an annual flagship run organised by HomeTeamNS. It was first incepted in 1996, organised by the Singapore Police Association for NSmen (SPANS). With the merger of SPANS and Singapore Civil Defence Association (CDANS) in 2005, HomeTeamNS continues to organise REAL® Run with the aim of creating “The Ultimate Running Experience” and also promoting a healthy lifestyle among all Home Team NSmen and their families. Today, REAL® Run has attracted more than 5,000 running enthusiasts and maintains its position as the only run in Singapore organised by NSmen for NSmen.

## **About HomeTeamNS**

HomeTeamNS is a non-profit organisation set up to recognise the invaluable contributions of the Singapore Police Force (SPF) and Singapore Civil Defence Force (SCDF) NSmen to the safety and security of the nation. HomeTeamNS aims to build a greater sense of camaraderie amongst SPF and SCDF NSmen by providing a shared environment for them to network and build bonds through sporting and social activities. HomeTeamNS has a membership base of over 200,000 NSmen, with five clubhouses located at Balestier, Bukit Batok, Chinatown, Tampines and Sembawang. For more information, please visit [www.hometeamns.sg](http://www.hometeamns.sg).

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