

HOMETEAMNS
REAL[®]RUN 2025
REGULAR EXERCISE ACTIVE LIFESTYLE
PRESENTED BY **H-TWO-0**

RACE 11 OCT 2025 **BOOKLET**

**PUNGGOL
DIGITAL DISTRICT**



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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) National Servicemen to the safety and security of the nation.

HomeTeamNS aims to build a greater sense of camaraderie amongst SPF and SCDF National Servicemen by providing a shared environment for them to network and build bonds through sporting and social activities.

HomeTeamNS has a membership base of over 260,000 National Servicemen, with three clubhouses conveniently located at Khatib, Bedok Reservoir, and Bukit Batok and actively renews its commitment to be the desired place for National Servicemen and their families to get together, have fun and feel proud to be part of the Home Team family. The clubhouses are equipped with sports and recreational facilities such as gyms, villas, food and beverage establishments and child-friendly facilities and enrichment centres.

For more information, please visit www.hometeamns.sg.



The HomeTeamNS REAL® (Regular Exercise, Active Lifestyle) Run is our annual flagship event, first introduced in 1996 by the Singapore Police Association for National Servicemen (SPANS). After SPANS merged with the Singapore Civil Defence Association (CDANS) in 2005, HomeTeamNS has proudly carried on the tradition — bringing together our Home Team National Servicemen and their families to celebrate fitness, bonding, and a healthy lifestyle.

This year, the Fun Walk returns with an exclusive event tee and exciting goodies, making it the perfect activity for multi-generational families or anyone who simply wants to enjoy an active and fun-filled morning with their loved ones.

For our runners, there's even more to look forward to — both the 10km competitive and 5km categories will feature finisher entitlements this year. So, lace up your shoes and get ready for the exhilaration of crossing the finish line alongside thousands of REAL® Runners.

Join us for an unforgettable experience filled with passion, camaraderie, and the joy of active living. Don't miss your chance to be part of this iconic annual event!

CHAIRMAN'S MESSAGE

Dear REAL® Runners,

On behalf of the HomeTeamNS REAL® Run Organising Committee, I'm delighted to welcome you to REAL® Run 2025, our 29th edition! Whether you've been part of this journey for years or are joining us for the first time, thank you for being part of the REAL® Run family.

REAL® Run is more than just a race – it's HomeTeamNS' signature running event, proudly organised by our Home Team National Servicemen volunteers from the Singapore Police Force and Singapore Civil Defence Force for you, our fellow Home Team National Servicemen and your families and friends. "REAL" stands for Regular Exercise, Active Lifestyle – a simple but strong belief we hold close, and one that we're excited to share with you, your families, and our wider community.

Each year, our team pours heart and energy into making the REAL® Run experience fresh, meaningful and memorable, while staying true to the spirit that runners have loved since day one. This year, we're thrilled to bring you a brand-new adventure at Punggol Digital District. It's a one-of-a-kind opportunity to be among the first in Singapore to run from the buzz of the urban streets into the lush, scenic beauty of Punggol.

We've also lined up little touches to make your race day even more special – from our unique spinning Finisher Medal, to an exclusive Fun Walk Tee for families, and a Finisher Tee for our 5km runners.

But above all, REAL® Run is about people – the connections we build, the inspiration we share and the joy of moving forward together. It's a space where runners from all walks of life come together, proving that it's never too late to start your REAL journey.

I can't wait to celebrate this day with all of you, and I look forward to seeing every one of you at the starting line.

See you on 11 October, REAL® Runners!

Rozaiman

LTC (NS) Mohammed Rozaiman Bin Rosidi, Chairman
REAL® Run Organising Committee

RACE CHECKLIST



Familiarise yourself with the routes prior to the race day. (Refer to pages 12-15)



Plan your transport to Punggol Coast Mall. (Refer to pages 06)



Hydrate adequately.



Arrive early and be ready at the start pen at least 30 minutes before your flag off time.



Carry light and pack all essential race items early. You can deposit your bag at the Race Village before proceeding to the start pen.



Know your limit. If you are feeling unwell, please refrain from continuing and do not hesitate to approach our crew and first-aiders for assistance.



Bring along both your race bib and shoe tag. You will not receive your race timing without the shoe tag.

CATEGORY

FLAG OFF TIME

CUT OFF TIME

10KM
COMPETITIVE
RACE

4:00PM
(WAVE 1*)

2 HRS

5KM
RUN

4:35PM

1.5 HRS

1.6KM
FUN WALK

4:50PM

1 HR

*Wave 1 is strictly reserved for elite and flagbearer team runners only. Please refer to your race bib.

PROGRAMME

TIME	PROGRAMME
3.00PM	RACE VILLAGE OPENS
4.00PM	10KM RUN FLAG OFF
4.35PM	5KM RUN FLAG OFF
4.50PM	1.6KM FUN WALK FLAG OFF
5.00PM	SCDF MPAC PERFORMANCE
5.35PM	CHEERLEADING PERFORMANCE
5.40PM	PRIZE PRESENTATION
6.30PM	SCDF MPAC PERFORMANCE
7.00PM	RACE VILLAGE CLOSES

*Timing and programme may be subjected to changes
Starting pen opens 30mins before flag off

H-TWO-O

REFRESH
REFUEL
REPEAT



GETTING THERE



ADDRESS

Nexus, Punggol Coast Mall
88 Punggol Way,
Singapore 829913

NEAREST MRT

Punggol Coast

PARKING SLOTS ARE LIMITED



**GET \$3 OFF
CDG ZIG RIDES**

Additional \$3 for new zig app account sign up

PROMO CODE
REALRUN25

Pick up/drop off at Punggol Coast Mall only



Shuttle Bus Pick Up

Clubhouse	Pricing	Pick Up Timing
HomeTeamNS Khatib	\$4	1400hrs
HomeTeamNS Bukit Batok	\$6	1345hrs
HomeTeamNS Bedok Reservoir	\$5	1400hrs

Booking Your Comfort DelGro Bus Ride

1

Book Your Seat

Scan QR code and fill in your details (Name, Contact, Email).



◀ **SCAN QR CODE OR VISIT**
HTTPS://FORMS.OFFICE.COM/R/D3EGR4GZCH

2

Confirmation

You'll receive an email confirming your booking request.

3

Scan & Pay

Scan the QR code provided to complete your payment.

4

Receive Ticket

Your e-ticket will be sent to our email.

5

Check In

Show your e-ticket for quick verification

Terms and Conditions:
No cancellation/ refund once payment made
Payment must be made after 1-day of seat booked. Otherwise, seat will be released
Email confirmation must be presented for verification on-site
Pre-booking is encouraged as seats are subject to availability
Promocode is valid for 11 October 2025 only, pick up/drop off from Punggol Coast Mall.
The promo code is only applicable for rides booked via the CDG Zig App. Not applicable for "Pay for Street Hail" rides.



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ACHE RELIEF



100ML

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ACTIVATION



100ML

PREPARATION



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FATIGUED MUSCLES



50ML

DEEP HEAT PAIN RELIEF



4PCS

BOOST O₂ INTAKE



1.1G

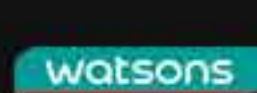
MUSCLE RELAXATION



EXTRA STRONG!



150ML



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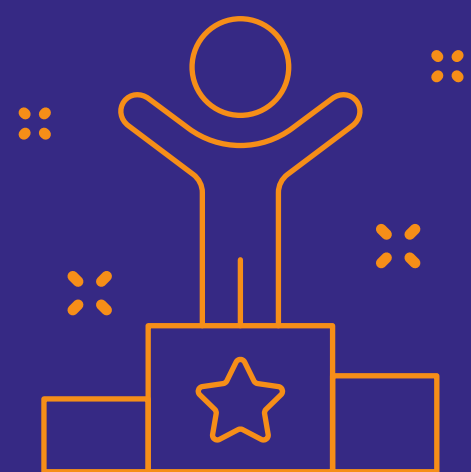


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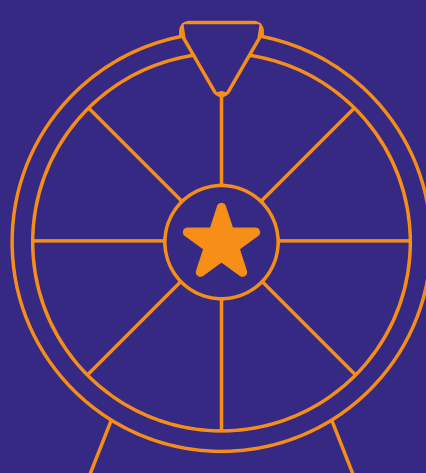
RACE VILLAGE



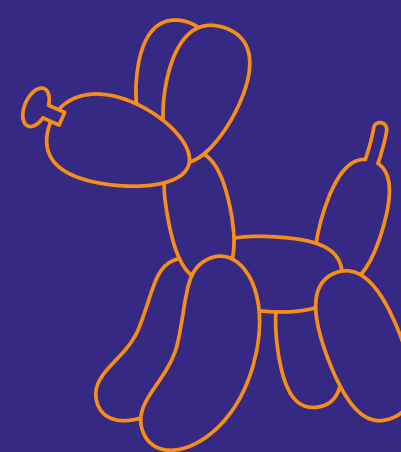
RACE VILLAGE HIGHLIGHTS



*PODIUM
WINNERS*



*LUCKY
DRAWS*



*BALLOON
ARTIST*



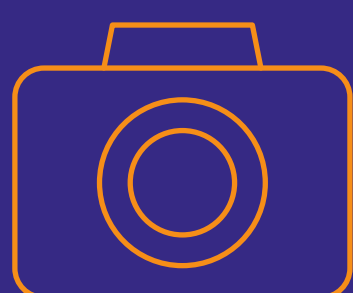
SCDF MPAC



CHEERLEADERS



Get a complimentary 10-mins recovery
massage by STARBALM masseurs
after your race!



You can find your pictures taken during
race day in the link [here](#)

EXCLUSIVE FOR HOMETEAMNS MEMBERS

Be the first to discover our NEW Infinity Membership, exclusively for HomeTeamNS members! Sign up at the Race Village Membership Booth and redeem an exclusive goodie bag. Drop by to find out more, we might just give you a gift! T&Cs apply.

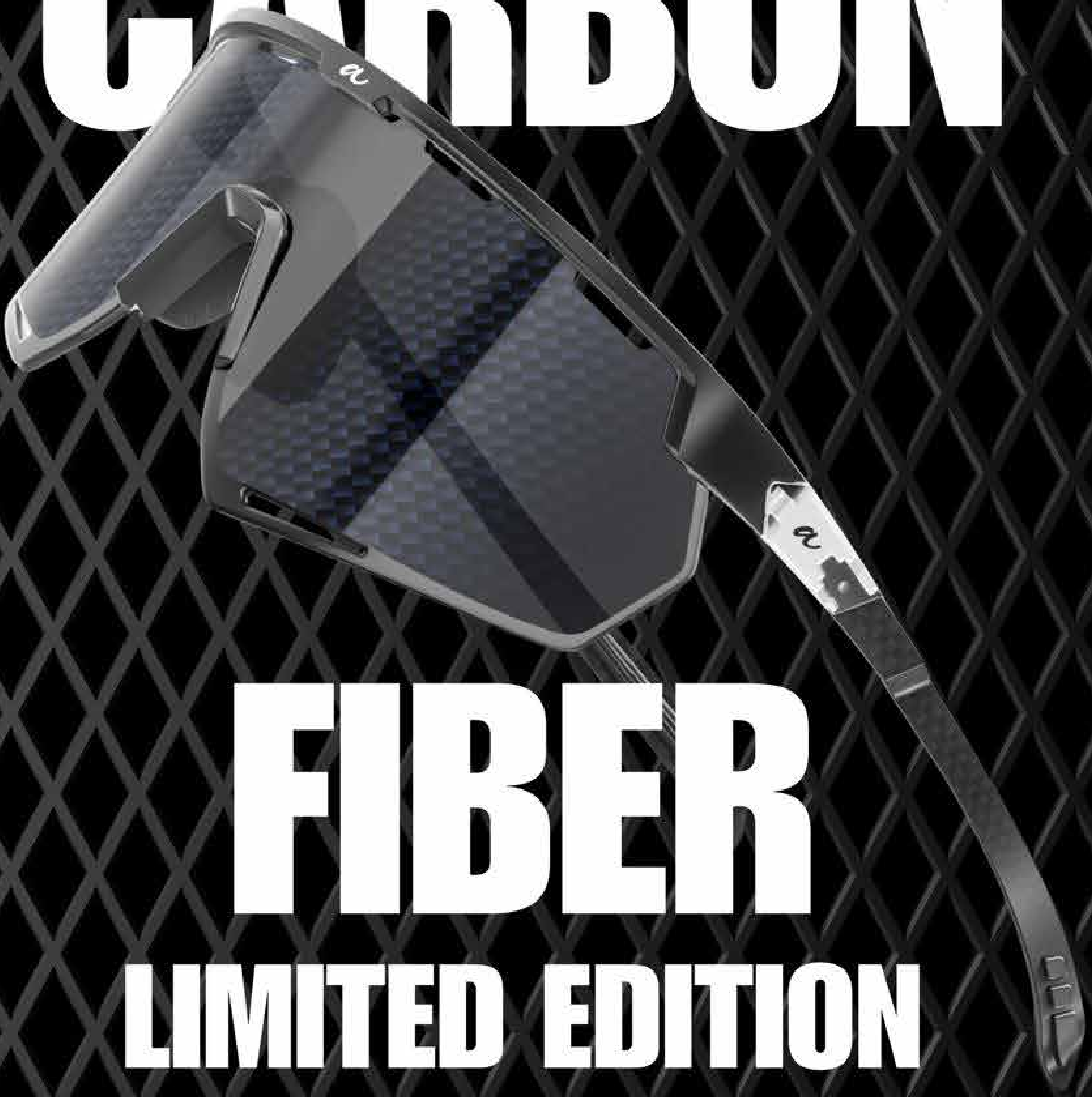
Visit PIAS Booth to opt in for complimentary Singlife Group Personal Accident event coverage — exclusively for all HomeTeamNS REAL® Run 2025 participants. Because your safety matters while you chase your goals.

To learn more, click here. Link: <https://www.proinvest.com.sg/hometeamns-real-run-2025>
To opt in for the complimentary coverage here. Link: <https://forms.office.com/r/WDxK0BWPTe>

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without a sugar or
caffeine crash



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preservatives, or
artificial sweeteners



No added caffeine
or chemicals

SUNRIDER®

ROUTE MAP

LEGEND

10KM RUN

5KM RUN

1.6KM FUN WALK

10KM MARKER

5KM MARKER

HYDRATION POINT

TOILETS

PUNGGOL
DIGITAL DISTRICT

CONEY ISLAND

PUNGGOL EAST
CONTAINER PARK

LORONG HALUS
BRIDGE

LORONG HALUS
WETLAND

ROUTE MAP

1.6 KM ROUTE

LEGEND

1.6KM FUN WALK

HYDRATION POINT

TOILET



ROUTE MAP

5 KM ROUTE

LEGEND

5KM RUN



5KM MARKER



HYDRATION POINT



TOILET



ROUTE MAP

10 KM ROUTE

LEGEND

10KM RUN



10KM MARKER



HYDRATION POINT



TOILETS



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Recover Smarter.**



Waist Massager



SuperDynamic Massage Gun



Neck & Shoulder Massager



Waist & Back Massager



Knee Massager

RACE ENTITLEMENTS



Finisher Tee



Running Singlet



Finisher Medal

Spinning
Ring



Finisher Medal



Race Bib



1.6 KM Fun Walk Tee

SPONSORS AND PARTNERS

Official Partners



Supporting Partners





SUPPORTING PARTNERS



Come visit us at 88 Punggol Way, Singapore 829913
 (above Punggol Coast MRT)

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REAL[®]RUN *2025*
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PRESENTED BY **H-TWO-0**



WWW.HOMETEAMNS.SG/REALRUN



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For more enquiries, check out the FAQs on our website or drop us an email!

