

A graphic of a rainbow with multiple parallel lines in red, orange, and white, curving from the top left towards the center.

# **BIZAAD**

**CHARITY RUN 2024**



**RUNNER  
BOOKLET**

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# WHAT IS BCR2024?

BCR is an annual fundraising run jointly organised by the NUS Business School Alumni Association and NUS Bizad Club.

With

- >2.4 million in donations
- >12500 participants

BCR 2024 is committed to providing an inclusive experience for everyone, hence its theme 'Run for All'.

Our objective is to contribute to our main beneficiaries

1. NUSBSA Bursary Fund
2. NUSBSA SEP Fund
3. TOUCH Community Services.

This year, we're taking it up a notch with pre-run performances and a post-run carnival. BCR 2024 is set to push the boundaries of previous years!



# KEY DATES

## 1. Race Pack Collection

**Date:** 6th & 7th January 2024

**Time:** 1130H - 1730H

**Venue:** NUS Mochtar Riady Building (MRB), Level 1  
15 Kent Ridge Drive NUS Business School, 119245

### **Additional Details:**

All participants are to show the confirmation email received to redeem the race pack.

Parties collecting on behalf of the participants are to bring his/her IC and the authorisation form.

## 2. Race Day

**Date:** 13th January 2024

**Time:** 1300H - 200H

**Venue:** NUS Mochtar Riady Building (MRB),  
15 Kent Ridge Drive NUS Business School, 119245



# PROGRAMME FLOW OF RACE DAY

<b>Time</b>	<b>Activity</b>
1300H-1530H	Bag Deposit
1430H	Opening Ceremony
1500H	Performances
1530H	BCR Chariman Welcome Address
1535H	GOH to present tokens of appreciations and mock cheque Presentation of Memento to GOH
1605H	Safety Briefing by Safety I/C BCR Route Trailer Video
1615H	Runner's Warm Up Announcement for 1st wave of 10km runners to head to flag off point



# PROGRAMME FLOW OF RACE DAY

<b>Time</b>	<b>Activity</b>
1625H	10km Flag Off (Wave 1)
1630H	10km Flag Off (Wave 2)
1640H	5km Flag Off
1700H	Post Race Carnival Starts
1700H-1930H	Baggage Collection
1900H	5km and 10km cut off timings
1900H	Lucky Draw, Prize Giving for 5km and 10km Runners
1930H	Closing address by Emcees
2000H	End of event



# HOW TO GET TO MOCHTAR RIADY BUILDING?

**Address:** 15 Kent Ridge Drive NUS Business School, 119245

**Nearest parking:** Car Park 15 (near temasek hall / opposite Shaw Foundation Alumni House)

## 1. Via Ayer Rajah Expressway (AYE)

- From the city, take Ayer Rajah Expressway (AYE) WestBound, exit left into CLEMENTI ROAD.
- Continue down CLEMENTI ROAD for around 1 km till you reach entrance B.
- Turn left from CLEMENTI ROAD into entrance B, also known as KENT RIDGE CRESCENT.
- Make an IMMEDIATE right turn into KENT RIDGE DRIVE and continue down the road.
- To get to the nearest Visitors' Carpark (CP 15), at the first cross junction (between COMPUTING DRIVE and KENT RIDGE DRIVE), turn right into Carpark 15.
- You may walk to Mochtar Riady building from here. The Mochtar Riady Building is next to the Shaw Foundation Alumni House.



# HOW TO GET TO MOCHTAR RIADY BUILDING?

## 2. From Pasir Panjang Road

- From Pasir Panjang Road, turn into HENG MUI KENG TERRACE.
- The Mochtar Riady Building is in front of the T junction. To get to the nearest Visitors' Carpark, turn left at the T Junction to KENT RIDGE DRIVE.
- Continue up the hill and turn left into Carpark 15.

\*Please note that the carpark at Mochtar Riady Building and Carpark 12 nearby are ONLY for season/staff/reserved parking

## 3. Via NUS Shuttle Bus

- Take Exit A from Kent Ridge MRT to reach the street level. Walk via the sheltered underpass to get to the bus stop
- Bus stop name: Opp Kent Ridge Stn Exit A
- Bus stop code: 18339
- Take A2, 3 stops to Opp HSSML

\* Intervals for Buses are longer over the weekends

\* Download NUS NextBus app for timings





# HOW TO GET TO MOCHTAR RIADY BUILDING?

## 4. Via Public Bus at Haw Par Villa MRT

- Take Exit A from Haw Par Villa MRT to reach the street level. Cross the traffic junction to get to the bus stop.
- Bus stop name: Opp Haw Par Villa Stn
- Bus stop code: 16011
- Services to board: 10, 30, 30e, 51, 143, 188, 200
- Take bus to Opp Heng Mui Keng Terr
- Cross the road and walk straight to MRB



# IMPORTANT DETAILS

## 1. Race Timing System

- All participants of the 10KM Competitive Race Category would receive a RFID tagged race bib while participants of the 5KM Fun Run Category would receive a non RFID tagged race bib.
- Race bibs would be issued during the **race day**.
- Participants are advised to fill in their details at the back of the race bib before the race day.
- Participants who lost their race bibs after collection would not be eligible to participate in the race.
- Race bibs are **non replaceable** and participants are advised to keep their race bib with care.
- Requests for additional race bibs would not be entertained.

## 2. Wet Weather Advisory

- All participants should proceed to seek shelter in the event of rain.
- Wet weather plans will be based on case by case basis, if rain / lighting risk alerts persist after 5pm, the race event will be cancelled.



# IMPORTANT DETAILS

## 4. Runner's T-Shirt

- Runner's T-Shirt would be **distributed on the Race Day**.
- All participants are highly encouraged to change into their runner's T-Shirt.

## 3. Safety

- Participants are advised to travel light.
- Runners are advised to run on pedestrian pavement at all times and avoid running on the road. Do cross the roads with care too.
- Waterpoints would be situated along the race route (every 2.5KM). Participants are urged to keep themselves well-hydrated.
- Please approach any nearby marshalls if you are feeling unwell for assistance.
- The overall Safety I/C of the event is Alexis So. Alexis may be contactable at 8752 6373 in case of any emergency.



# IMPORTANT DETAILS

## 3. Safety

### Physical Activity Readiness Questionnaire

The following Physical Activity Readiness Questionnaire (PAR-Q) is a self-screening tool that can assist you in deciding if you are exercise-ready or if you need to change your exercise plan.

Note: If you have answered “Yes” to any of the 7 questions in the PAR-Q form below, please consult with a medical doctor before you begin any exercise programme.

	Yes	No
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		
Do you feel pain in your chest when you do physical activity?		
In the past month, have you had chest pain when you were not doing physical activity?		
Do you lose your balance because of dizziness or do you ever lose consciousness?		
Do you have bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?		
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?		
Do you know of any other reason why you should not do physical activity?		

# 5KM STORYLINE

In the heart of the Bizad Charity Run 2024, participants embark on a symbolic journey navigating the challenging hilly roads of NUS, mirroring the uphill battle faced by financially challenged students. At the midpoint mini-game challenges provide a glimpse into the real-life obstacles these students encounter, fostering empathy among runners. It acts as a reflection point emphasises the collective purpose of the run—supporting those in need. As runners approach the end point, the landscape undergoes a magical transformation into a vibrant carnival adorned with dove icons, powerful symbols of hope and peace.

"Run in My Shoes" becomes a poignant expression of solidarity, showcasing how the collective support of the Bizad community can uplift and positively impact the lives of financially challenged students. The dove icons serve as a visual reminder that, just like these resilient birds, hope and peace can prevail even in the face of challenging circumstances.



# POST RACE CARNIVAL

- Participants of the 10KM Competitive Race Category may collect their finisher medal at the booth beside the finishing line.
- All participants may collect the light refreshments provided upon crossing the finishing line.

The Post - Race Carnival would be lined with a series of performances, food booths and photobooths. All participants are encouraged to visit the booths (complimentary) whilst awaiting for the prize presentation and lucky draw segment!



# PRIZES

## 10km Top 3 Male and Female

	Items	Sponsored By
1st	1 x GT-4000 3, 1 x Top & Bottom, 1 x Duffle Bag, 1 x Water Bottle (Est. RP value \$421)	Asics
2nd	1 x GT-4000 3, 1 x Water Bottle (Est. RP value \$214)	Asics
3rd	1 x Duffle Bag, 1 x Water Bottle (Est. RP value \$84)	Asics



# PRIZES

## 5km Top 5

	Items	Sponsored By
1st	1 x Cap, 1 x Pouch Bag, 1 x Water Bottle	Asics
2nd	1 x D Program Balance Care LotionMB 1 x D Program Balance Care Emulsion MB 1 x Anessa Perfect UV Gel 90g	Shiseido
3rd	1 x Acti-Tape Premium Gift Set	Nutriworks
4th	1 x Cap, 1 x Pouch Bag	Asics
5th	1 x Pouch Bag	Asics





# PRIZES

## Lucky Draw

Items	Sponsored By
1x Ray Smart Projector	Lumos
1 x Acti-Tape Premium Gift Set 4 x Acti-Tape Gift Set	Nutriworks
Shiseido Gift Set x5 Each set comprise of <ul style="list-style-type: none"><li>• 1x D Program Balance Care LotionMB worth \$41.50 each</li><li>• 1x D Program Balance Care Emulsion MB worth \$47.50 each</li><li>• 1x Anessa Perfect UV Gel 90g worth \$35.50 each</li></ul>	Shiseido

