

STRIDE FOR GOOD 2025

Event Guide

18 October, Saturday
7.30am - 11.00am

Nexus, Punggol Coast Mall
88 Punggol Way
Singapore 829913

ABOUT

Bethesda CARE Centre (BCARE)

BCARE is a non-profit social service agency formed to serve the community, especially underprivileged and vulnerable groups.

Established in 1996, we are an approved Institution of a Public Character. Since 2002, we have also been a member of the National Council of Social Service.

Today, we serve more than 2,000 clients a year and operate across 5 centres in the north-eastern region of Singapore.

Stride For Good

This year marks the third edition of our Stride For Good fundraising campaign.

With your support, we aim to raise \$350,000, enabling us to continue serving and reaching more who are struggling with basic needs or require assistance to improve their quality of life, including lower-income families, frail or isolated seniors and persons with mental health conditions.

Together, let's uplift lives and grow stronger as a community!

PROGRAMME

7.30 am	Registration
7.45 am	Warm Up
8.05 am	Welcome Address
8.25 am	Flag Off (5km)
8.30 am	Flag Off (3km)
9.00 am	Event Activities
9.45 am	Blessing Draw
11.00 am	End of Event

Note: Timings are subjected to change

IN THE EVENT OF INCLEMENT WEATHER

BCARE reserves the right to delay the commencement of the walk or jog.

Should inclement weather persist after the delay, BCARE reserves the right to cancel the outdoor walk without any refund.

Event activities and booths will still be available at Nexus, Punggol Coast Mall.

DIRECTIONS

From Punggol Coast MRT to NEXUS

Punggol Coast MRT is the last station (NE18) on the North East Line.

Note: On 18 October, Circle Line train service will start later at 9.00 am; shuttle buses will be available from 5.00 am. North East Line train service will not be affected and will start at 5.47am from HarbourFront.



1

After tapping out, head to **Exit 2** and take the escalator up.



2

Go straight.



3

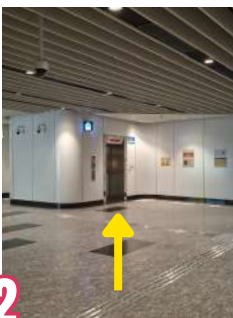
Go straight, then turn right and take the escalator up.
You will see the event grounds immediately.

Wheelchair accessible route



1

After tapping out, head to **Exit 2** and walk slightly further past the escalator.



2

Take the lift to **Level 1 Nexus**



3

Exit and you will see the event grounds immediately.

For carpark users, you may park at Tower 84

REGISTRATION



Register at Event Ground

Nexus, Level 1, Punggol Coast Mall



Prepare Your QR Code

Please have the QR code from your confirmation email ready to show our staff

Alternatively, please provide your full name to our staff.



Receive your Wrist Tag

Please keep it on or have it with you until after the walk / jog. You will need to exchange the tag for a goodie bag.

ROUTE MAP



Note

- **Water Points:** Available at the 1.3km mark and at Nexus, Punggol Coast Mall
- **Route Accessibility:** Wheelchair users may enjoy the route along the park connector. However, please note that Coney Island has uneven terrain and is not suitable for wheelchair access.
- **Strollers:** Strollers are not recommended as certain parts of the route may be crowded. If you choose to bring one, we encourage you to join the last starting wave to ensure your child's safety and comfort.
- **Pets:** Please note that pets are not allowed at this event

PARK ETIQUETTE



NO LITTERING



NO SMOKING



**NO TAMPERING OR DAMAGING
OF PARK PROPERTY**



**KEEP NOISE
LEVELS DOWN**



**NO PLUCKING
OF PLANTS**



**NO FEEDING OF
WILD ANIMALS**

EVENT ACTIVITIES

Game Stalls



Caricature



Photobooth



Blessing Draw



Health & Wellness



MEDICAL & SAFETY

Preparing for Event

- **Sun Protection:** Bring a cap or umbrella and apply sunblock before heading out.
- **Hydration:** You may bring a water bottle.
- **Attire:** Wear loose-fitting, lightweight clothing and comfortable shoes.
- **Medical Needs:** If you have asthma, please bring your inhaler. Should you feel unwell before the event, please stay home and rest.

During Event

- **Safety First:** Alert one another of danger (e.g. cyclists, uneven path, animals)
- **Marshals:** Dressed in yellow or red T-shirts and stationed along the route. Approach them if you need any assistance.
- **Medical Assistance:** First aiders will be available on-site.

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See you at

STRIDE FOR GOOD!

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give.asia/sfg25

Note: Information is accurate as at 15 October 2025