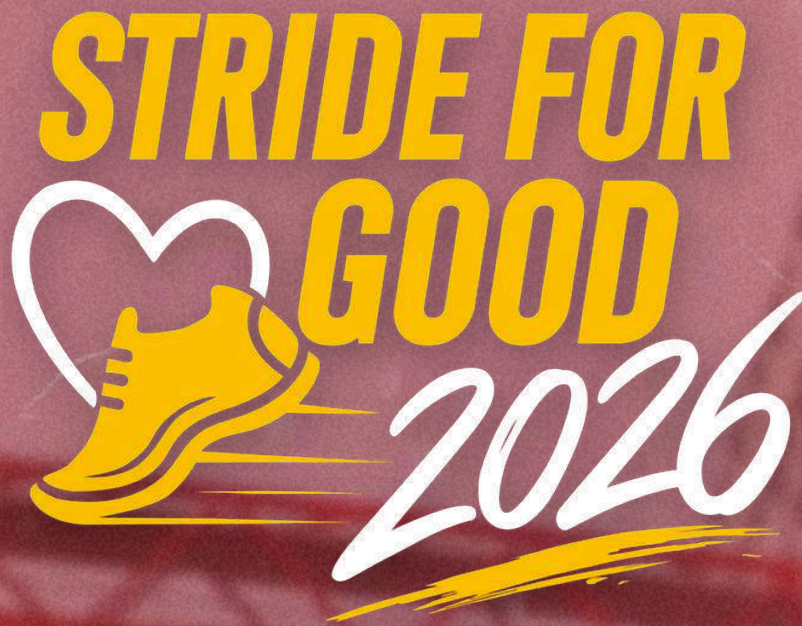




OFFICIAL EVENT GUIDE

All you need to know for Stride for Good 2026

DATE

17 October, Saturday

TIME

6:30AM to 11AM

LOCATION

Nexus, Punggol Coast Mall
88 Punggol Way Singapore 829913

GUEST OF HONOUR

Mr Baey Yam Keng

Mayor of North East District

Minister of State for Transport, and Culture, Community and Youth
Adviser to Tampines GRC Grassroots Organisations

Follow us @bcaresg
Tap the buttons →



ABOUT US



About Bethesda Care Centre (BCARE)

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

Established in 1996, BCARE is an approved Institution of a Public Character (IPC) and has been a member of the National Council of Social Service since 2002.

Today, we serve more than 2,000 clients each year across five centres in the north-eastern region of Singapore.



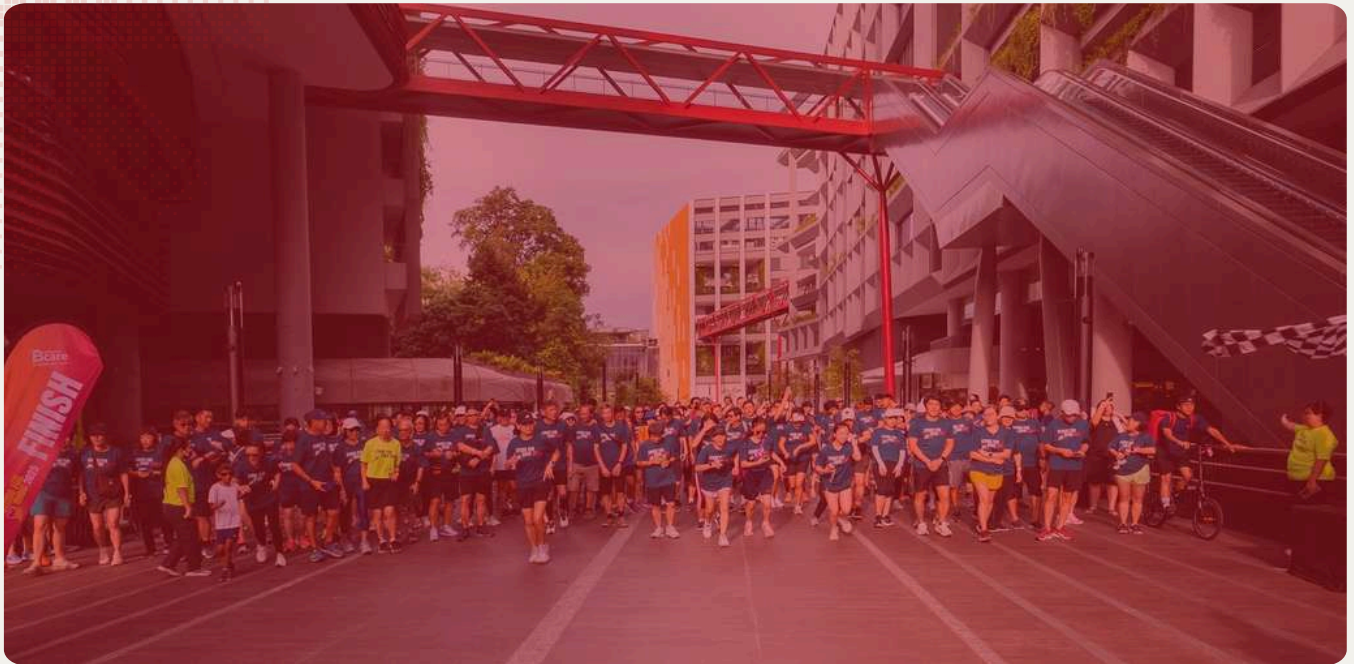
About Stride For Good

This year marks BCARE's 30th anniversary and our 4th edition of Stride For Good.

With your support, we aim to raise **\$500,000**, enabling us to continue serving and reaching more people 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!

CONTENTS



Clickable Buttons

This is a **Clickable** PDF.



01

Before You Arrive

What to prepare, What to bring

02

Getting to Nexus

MRT, Carpark, Directions

03

Event Programme

Programme, Event Route, Park Etiquette

04

Event Activities

Activities, Event Map

05

Safety & Weather

Haze advisory, Weather contingency,
Medical assistance

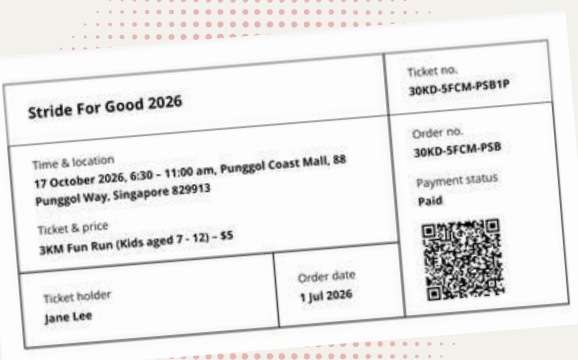
06

Acknowledgments

Before You Arrive

Important Items To Bring

1 E-Ticket



2 Race Tee



3 Race Bibs

Pinned onto the front of your T-shirt



1

Register at Event Ground

Nexus, Level 1, Punggol Coast Mall

2

Prepare your E-Ticket

Please have your E-Ticket ready to show our staff.

Alternatively, please provide your full name to our staff.

Getting to Nexus

ADDRESS

NEXUS, PUNGGOL COAST MALL

88 Punggol Way, Singapore 829913



MRT

Board the North-East Line, alight at Punggol Coast (NE18).
Exit via Exit 2.



BUS

Punggol Coast Interchange

Bus 104, 117, 117M, 34, 34A, 44

Opp Punggol Coast Station

Bus 84G

Punggol Coast Station

Bus 84W



TAXI, PRIVATE HIRE VEHICLE

Punggol Coast Mall, 88 Punggol Way
Singapore 829913, Tower 88



CAR

Parking is available at
Punggol Coast Mall, **Lobby E**



PARKING RATES

Saturdays, Sundays & Public Holidays

CAR

0600 - 1759HRS

\$2.73 Per Entry

15-min grace period

MOTORCYCLE

0000 - 2359HRS

\$1.09 Per Entry

No grace period

Getting to Nexus

From Punggol Coast MRT to Nexus

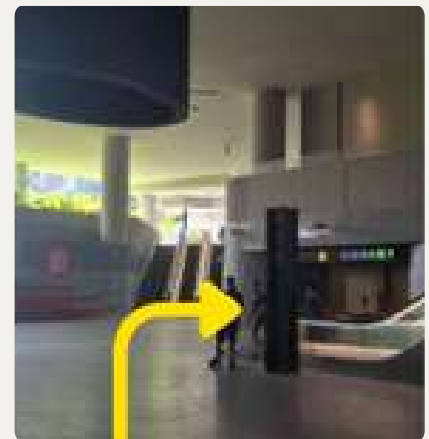
Punggol Coast MRT is the last station (NE18) on the North East Line.



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



Go straight.

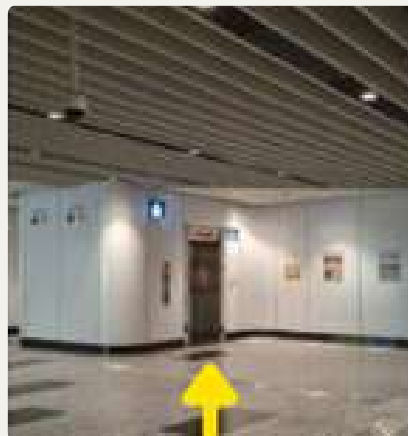


Turn right and take the escalator up. You will then see the event ground.

Wheelchair Accessible Route



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



Take the lift to Level 1 Nexus



Exit and you will then see the event ground.

Getting to Nexus

For Carpark Users

From Lobby E (Carpark closest to Nexus)



Go to the Carpark Lobby and take the lift up to Level 1



Exit and you will see the event ground.

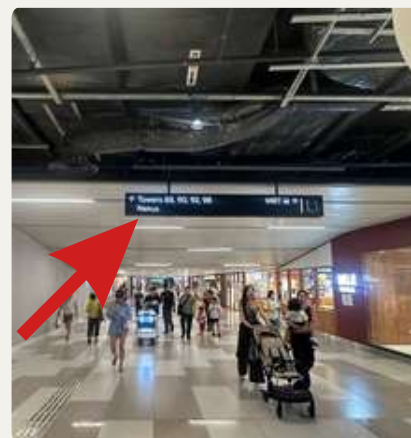
From Lobby B (Carpark in Punggol Coast Mall)



Go to the Carpark Lobby and take the escalator up.



Enter the mall.



Follow the signboards above head that leads you to Nexus (Straight path down).

Event Programme

17 OCTOBER 2026, SATURDAY

6:30AM — 11:00AM

NEXUS, PUNGGOL COAST MALL

From Punggol Coast MRT, take Exit 2 and head to Level 1

6:30AM

Registration

7:25AM

Warm Up

7:55AM

Welcome Address

8:20AM

Flag Off: 6km Competitive Run

8:30AM

Flag Off: 3km Fun Run

9:00AM

Event Activities

10:45AM

Blessing Draw

11:00AM

End of Stride For Good 2026

Note: Timings are subjected to change



RACE BIBS

Runners will be flagged off in different waves according to their bib numbers.

Please take note of your assigned group and wave, and listen carefully to the event crew's instructions on the actual day.



RACE BIB INSTRUCTIONS

Display your race bib clearly on the front of your race apparel at all times during the race.

Do not alter, modify, fold or crumple the bib.

Please ensure that the bib is pinned on all four corners.

Please ensure that your bib is not covered.

Please pay attention to your bib number, assigned wave and announcements on the actual event day.

Follow the event crew's instructions to ensure a safe and smooth flag-off.

Please keep to your assigned wave.

3KM

FUN RUN

Group 1: F001 - F100

Group 2: F101 - F200

Group 3: F201 - F300

Group 4: F301 - F400

Group 5: F401 - F500

Group 6: F501 to the last no

6KM

COMPETITIVE RUN

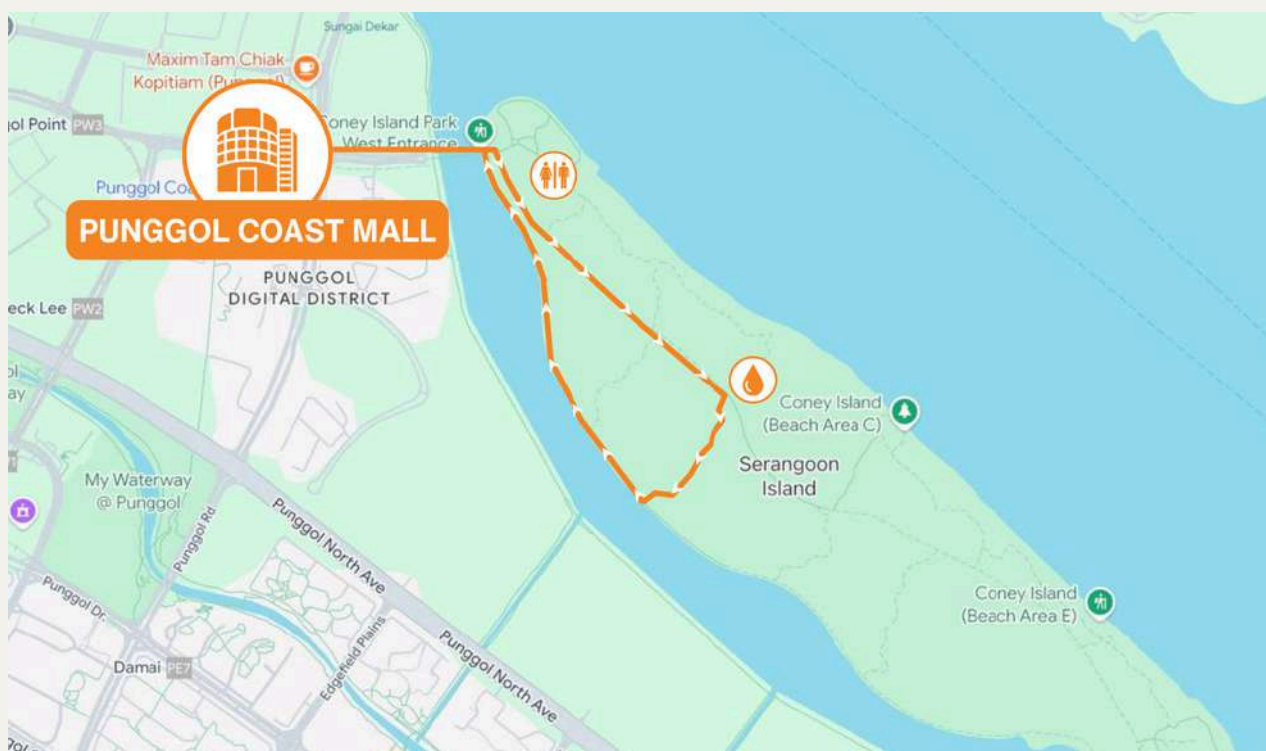
Group 1: C001 - C070

Group 2: C071 - C140

Group 3: C141 to the last no

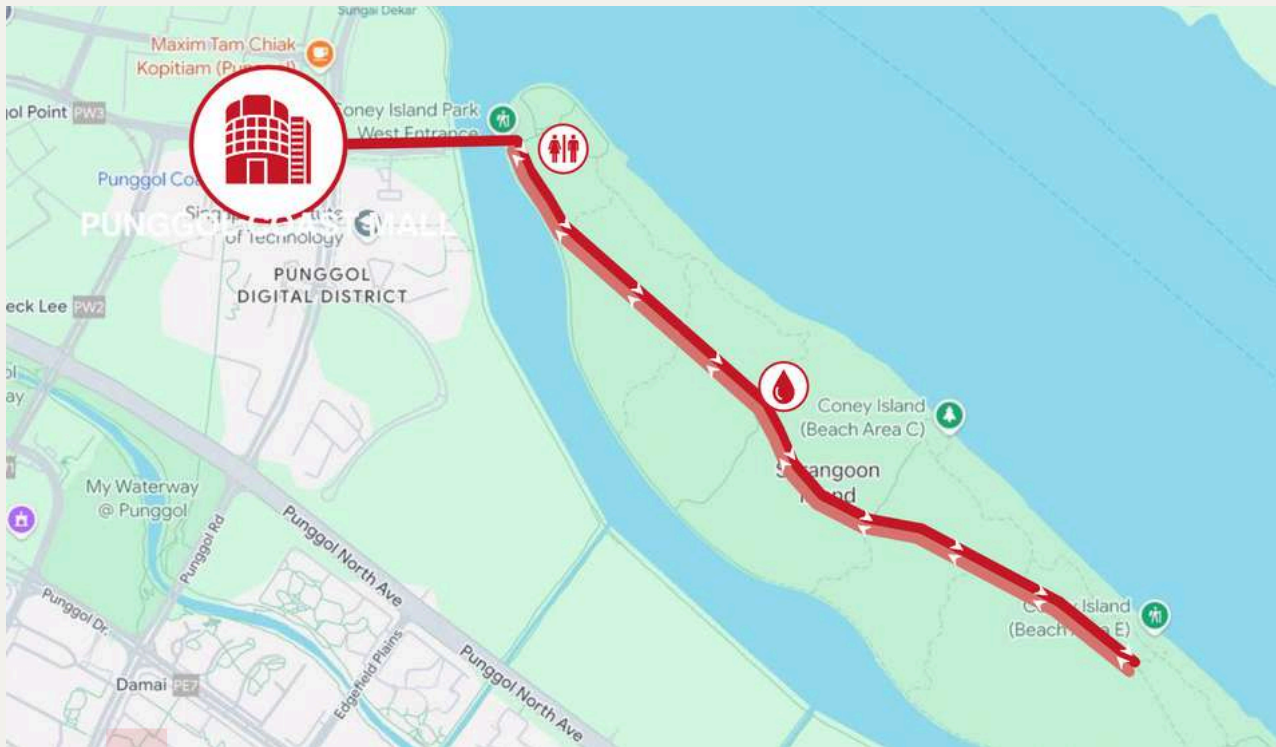
Please keep your race bibs, as the bib numbers will be used for the Blessing Draw!

3km Event Route



Note

- **Water Points:** Available on route 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.
- **First Aid:** There is a first aid station at Nexus, Punggol Coast Mall and a roving first aider on route.
- **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



- **Water Points:** Available on route 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.
- **First Aid:** There is a first aid station at Nexus, Punggol Coast Mall and a roving first aider on route.
- **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

Content Page

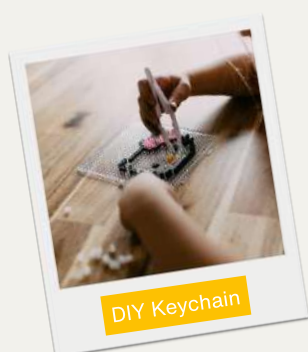
Event Activities



Medal Collection

Remember to collect your finisher medal after completing your run, before heading off to enjoy the event activities!

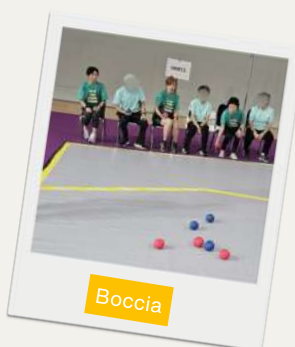
Booths & Activities



DIY Keychain



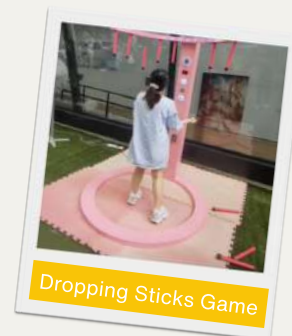
Flower Craft



Boccia



DIY Button Badges



Dropping Sticks Game

DROPPING STICKS GAME

**ISOMETRIC MID-THIGH
PULL ASSESSMENT**

FRUIT TEA SAMPLING

BADGE MAKING

PHOTOBOOTH

BOCCIA

DIY KEYCHAIN

BCARE BOOTH

FLOWER CRAFT

[Content Page](#)

IN THE EVENT OF INCLEMENT WEATHER

BCARE reserves the right to delay
the commencement of the run.

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.

HAZE UPDATE

We are closely monitoring the air quality and may make adjustments to our event.

The health and safety of our participants remain our top priority.

We will provide further updates on our social media channels — @bcaresg on Facebook and Instagram as the situation develops.

Please keep a lookout for our latest updates.

Medical & Safety

Preparing For Event

- **Sun Protection:** You may 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 **Blue, Black or White T-shirts** and stationed along the route. Approach them if you need any assistance.
- **Medical Assistance:** First aiders will be available on-site.

Basic Park Etiquette



NO LITTERING



NO SMOKING



NO PLUCKING
OF PLANTS



NO FEEDING OF
WILD ANIMALS



NO TAMPERING OR DAMAGING
OF PARK PROPERTY



KEEP NOISE
LEVELS DOWN



A Special Thank You to Our Partners

Gold Partner



Silver Partners



Bronze Partner





A Special Thank You to Our Partners

Event Partners



SEE YOU AT

STRIDE FOR
GOOD
2026

DONATE

Go an extra mile:



www.give.asia/sfg26

*Fundraising is open till
31 October 2026*

Follow us @bcaresg
for more updates and information!

