

BOND on the RUN

**300 families have fun
in inaugural North East
Run at Pasir Ris**

MOST of us spend quality time with our families by eating, shopping and, perhaps, watching movies together.

But running together as a family?

Yesterday morning, 300 families showed that this was a good way to bond too.

They were taking part in the inaugural North East (NE) Run at Pasir Ris Park.

Organised by the North East Community Development Council, the event saw 991 participants in the 2km Fun Run for families and teams.

For Singapore Armed Forces (SAF) officer Heng Soo Yeow, 46, the run was a perfect opportunity to get his three sporty children, aged 7, 10 and 12, together.

"The event was very well organised, and the kids were so excited, they were the first to dash off when the run started."

His 10-year-old daughter, Sheryl, added: "Daddy was behind us; he was so slow!"

The event was a success for technician Sim Yee Choon and his family as well.

Hard to hold get-togethers

The 39-year-old father of two said: "It's difficult to get the family together when we're working and the kids are studying. Today, we even had to wake them up early to run."

He was so pleased with the event, he's even thinking of taking his parents and in-laws the next time.

"It'll be like a mini-gathering for the extended family, just healthier," he said.

Other events included a 5km Go Red for Women run, in support of the Singapore Heart Foundation, and a 16km run.

Guest-of-honour Teo Ser Luck, the mayor of the North East district, flagged off the 16km run.

Himself a participant of the event, he said: "It's a Sunday morning, but it's good families can come together and go the distance together."

After running, children were treated to a sports-and-games carnival, complete with various booths and bouncy castles.

One of these booths was set up by POSB Everyday Champion for Sports.



DASHING GOOD FUN:
(Above)
Families at the 2km Fun Run.
(Left, from left)
Mr Sim Yee Choon with son Daryl, 13, wife Yvonne Ong, 40, and daughter Shamin, 8.

TNP PICTURES:
KELVIN CHNG

Besides attracting children to jump rope, play with marbles and score a few soccer goals, the booth was also open for nominations for the POSB Everyday Champions for Sports Award 2010.

The award celebrates people who have gone the extra mile to promote sports.

Student Jayme Toh, 24, nominated Mr Loh Ming Two from the Changi Civil Service Club (CSC).

"He's very responsible and organises running sessions for CSC members and friends every one to two weeks. I've taken part in all his runs," she said.

"He always treats us to food after the runs too."

Six North Vista Secondary School track and field athletes banded together to nominate their coach, Mr Willy Soo, 32.

A few of them ran with him as a team in the 2km run, while the rest were there to cheer on their favourite coach.

Said 14-year-old Zuo Quan: "He inspires me to run and cares about us a lot. We all want him to win."

Nominations for the award close on 28 Mar. Details can be found at www.singaporeports.sg/posbchampions/home.aspx

- Vinna Yip, newsroom intern