The Bettering Run

In support of health and sustainability

5TH APRIL 2025

01 INTRODUCTION

5TH APRIL 2025

3.5KM THE BETTERING RUN

WHAT IS ★★★ *THE BETTERING RUN*

A 3.5KM RUN + POST-RUN CARNIVAL EVENT ORGANISED BY ***CANBERRA COMMUNITY CLUB*** AND ***THE BETTERING BRANCH*** IN SUPPORT OF **HEALTH & SUSTAINABILITY**.
SET AGAINST THE PICTURESQUE BACKDROP OF CANBERRA PARK, THE BETTERING RUN PROMISE**S AN UNFORGETTABLE EXPERIENCE FOR PARTICIPANTS OF ALL AGES!**

HOW DOES *THE BETTERING RUN* SUPPORT *HEALTH & SUSTAINABILITY*?

1 THE BETTERING RUN'S POST-RUN CARNIVAL **ONLY** INVOLVES BOOTH PARTNERS THAT **ALIGNS WITH THE EVENTS MISSION** OF PROMOTING HEALTH & SUSTAINABILITY. WITH EACH BOOTH PARTNER GOING THROUGH SEVERAL CHECKS OF IF THEY TRULY SUPPORTED **HEALTH & SUSTAINABILITY**.

2 THE SPONSORS OF THE EVENT WERE ALSO CAREFULLY PICKED TO ENSURE THEY UPHELD AND RESPECTED THE VALUES OF HEALTH & SUSTAINABILITY

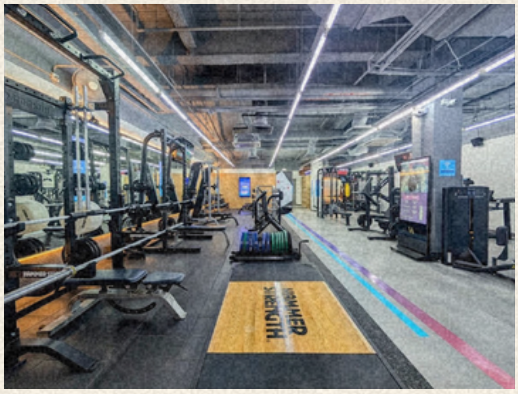
3 A LARGE PROPORTION OF EVENT DECORATIONS WOULD **SOURCED SECOND-HAND** (VIA APPS LIKE CAROUSELL) OR MADE USING **RECYCLED MATERIALS** TO ***MINIMISE WASTE*** AND MAXIMISE OUR LIMITED RESOURCES

4 THE RUN PORTION SEEKS TO ***ENCOURAGE HEALTH AND WELLBEING*** WITHIN EVERY PARTICIPANT, AS WELL AS TO ***PROMOTE WALKING/RUNNING*** TO DESTINATIONS INSTEAD OF TAKING PRIVATE TRANSPORT

02 EVENT SCHEDULE

7.30AM	REGISTRATION STARTS
8.00 AM	RUN STARTS
9.00 AM	CARNIVAL OPENING CEREMONY
9.05 AM	PERFORMANCE #1: MAD CLUTCH ♫
9.20 AM	GAME SHOW
9.30 AM	PERFORMANCE #2: THE CAROLERS ♫
9.45 AM	ZUMBA
10.30 AM	PERFORMANCE #3: F6? ♫
10.45 AM	PERFORMANCE #4: BANDITS ♫
11.00 AM	TOKEN OF APPRECIATION CEREMONY
11.10 AM	PERFORMANCE #5: NOVAS ♫
11.20 AM	PERFORMANCE #6 APPLE PI ♫
11.35 AM	LUCKY DRAW
11.45 AM	FINALE

03 OUR SPONSORS



AF Sembawang

AF Gambas

ANYTIME FITNESS

IS A GLOBAL CHAIN OF 24/7 FITNESS CLUBS, PROVIDING MEMBERS WITH THE FLEXIBILITY TO WORK OUT AT ANY TIME OF THE DAY OR NIGHT.

OFFERING A VARIETY OF EQUIPMENT, CLASSES, AND PERSONAL TRAINING SERVICES, IT PROMOTES OVERALL HEALTH AND WELLNESS.

ANYTIME FITNESS

BY PROVIDING ACCESS TO GYM FACILITIES AT ANYTIME, ANYTIME FITNESS ENCOURAGES CONSISTENT EXERCISE, WHICH IS ESSENTIAL FOR MAINTAINING PHYSICAL HEALTH, IMPROVING CARDIOVASCULAR FITNESS, ENHANCING MUSCLE STRENGTH, AND BOOSTING MENTAL WELL-BEING.

MOUSEDEER BAMBOO TISSUES

OUSEDEER IS A SINGAPOREAN BRAND CALLING ALL TO MAKE THE SMALL BUT SMART EFFORT TO SWITCH TO SUSTAINABLE BAMBOO TISSUES, WHICH SPARES TREES & SAVES OUR EARTH—SOMETHING THE CLEVER, PROBLEM-SOLVING MOUSEDEER WOULD APPROVE!

MOUSEDEER BAMBOO TOILET TISSUES ARE 100% BAMBOO, AND CONTAIN NO TREES, PLASTICS AND HARSH CHEMICALS. THEY ARE ALSO HYPOALLERGENIC, FRAGRANCE-FREE, BPA-FREE AND PFAS-FREE. TO FURTHER MINIMISE WASTE, MOUSEDEER BAMBOO TISSUES ALSO THOUGHTFULLY COME IN RECYCLED CARDBOARD PACKAGING INSTEAD OF SINGLE-USE PLASTIC. INSTEAD OF FLUSHING OUR PLANET'S PRECIOUS TREES DOWN THE TOILET, MOUSEDEER BAMBOO TISSUES OFFERS AN ALTERNATIVE, SOURCING FROM RAPIDLY RENEWABLE AND PESTICIDE-FREE BAMBOO— AND NOT THE SAME VARIETY THAT PANDAS EAT.

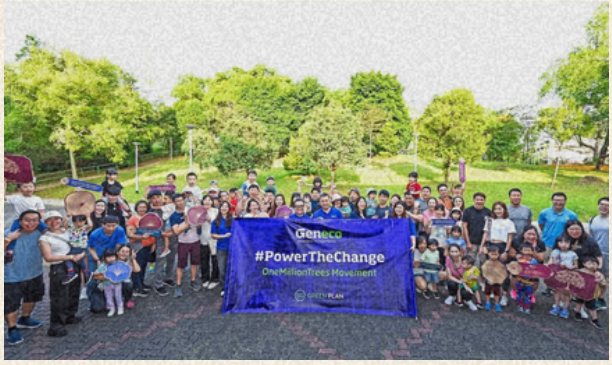
03 OUR SPONSORS

TEO HENG KTV

HAS BEEN IN THE KARAOKE BUSINESS SINCE 1989 AND HAS BEEN A FIRM FAVOURITE AMONG PEOPLE IN SINGAPORE, PROVIDING ENDLESS HOURS OF ENTERTAINMENT TO PEOPLE ACROSS THE COUNTRY. TEO HENG KTV IS COMMITTED TO PROMOTING A HEALTHY AND GREEN KARAOKE CULTURE AMONG EVERY GENERATION.

TEOHENG
FAMILY KTV STUDIO
Since 1989

- TEO HENG KTV PROMOTES HEALTHY LIVING AMONG SINGAPOREANS BY PROMOTING MENTAL WELL-BEING THROUGH STRESS RELIEF AND MOOD ENHANCEMENT, FOSTERING SOCIAL CONNECTIONS THAT REDUCE LONELINESS, AND OFFERING PHYSICAL BENEFITS SUCH AS IMPROVED LUNG FUNCTION.
- ADDITIONALLY, AS AN ALCOHOL-FREE AND AFFORDABLE ENTERTAINMENT OPTION, IT PROVIDES A SAFE SPACE FOR FAMILY AND FRIENDS TO BOND, REDUCING ONE'S STRESS AND PROMOTING MENTAL HEALTH



GENECO

IS SINGAPORE'S NO. 1 RESIDENTIAL ELECTRICITY RETAILER POWERING OVER 170,000 HOMES. THEIR BRAND PURPOSE '#POWERTHECHANGE' STEERS THEIR COMMITMENT TO BUILDING A SUSTAINABLE AND INCLUSIVE FUTURE FOR THE COMMUNITIES THEY SERVE.

BEING THE NATION'S LEADING RESIDENTIAL ELECTRICITY RETAILER GOES BEYOND THE TITLE.

SINCE GENECO STARTED IN 2018, THEY HAVE EMBARKED ON A VISION TO MAKE A DIFFERENCE FOR GOOD ON BOTH THE SOCIAL AND SUSTAINABILITY FRONTS THROUGH THEIR CAMPAIGNS AND COLLABORATION WITH LIKE-MINDED PARTNERS, SUCH AS BEYOND THE LABEL AND NATIONAL PARKS BOARD.

Geneco™
Powered by YTL PowerSeraya

04 OUR PARTNERS BOOTH

CRISP N FLUFF

IS A LOCAL, HOME-BASED BAKING BUSINESS DEDICATED TO CRAFTING DELICIOUS TREATS THAT STRIKE THE PERFECT BALANCE BETWEEN CRISPY, SOFT AND FLUFFY INTERIORS. EACH CREATION IS MADE WITH LOVE AND CARE, USING THE FINEST INGREDIENTS TO ENSURE THAT EVERY BITE OFFERS A COMFORTING, MELT-IN-YOUR-MOUTH EXPERIENCE.

MANY OF THEIR RECIPES FEATURE ORGANIC, NON-GMO FLOUR, AND FRESH FRUITS, REDUCING RELIANCE ON PROCESSED INGREDIENTS AND OFFERING A HEALTHIER ALTERNATIVE. THEY AIM TO REDUCE FOOD WASTE BY THOUGHTFULLY MANAGING OUR PRODUCTION, OFFERING SMALLER BATCH SIZES TO ENSURE EVERY ITEM IS FRESH AND MADE TO ORDER.

RIBBITINGFINDS.CO

PROMOTES SUSTAINABILITY THROUGH CURATED VINTAGE CLOTHING INSPIRED BY CHILDHOOD COMFORT SHOWS AND FILMS. THEY BELIEVE CLOTHES SHOULD EMPOWER CONFIDENCE AND AUTHENTICITY, NOT PRESSURE INDIVIDUALS TO CONFORM.

THEIR CURATION PROMOTES HEALTH BY ENCOURAGING SELF-EXPRESSION AND CONFIDENCE THROUGH FASHION. RATHER THAN CONFORMING TO FAST FASHION TRENDS AND UNREALISTIC BEAUTY STANDARDS, THEY CURATE UNIQUE VINTAGE PIECES THAT EMPOWER INDIVIDUALS TO EMBRACE THEIR AUTHENTIC SELVES BY CHOOSING CLOTHING THAT RESONATES WITH THEIR PERSONAL STYLE THAT FOSTERS COMFORT AND SELF-ASSURANCE. THEY CHAMPION SUSTAINABLE FASHION BY GIVING PRE-LOVED GARMENTS A SECOND LIFE, REDUCING TEXTILE WAS

04 OUR PARTNERS BOOTH

PROJECT AVOCARDIO

IS A STUDENT-INITIATED YFC PROJECT, STARTED BY STUDENTS FROM EUNOIA JUNIOR COLLEGE, PARTNERING WITH THE SINGAPORE HEART FOUNDATION TO RAISE FUNDS AND RAISE AWARENESS REGARDING HEART HEALTH!

THEIR AIMS ARE TO AVO-CATE FOR HEART HEALTH, RAISE FUNDS FOR HEART PATIENTS, AND TAKE ACTION TO SUPPORT CARDIAC REHAB PATIENTS

THE CIRCULAR CLASSROOM

IS A SOCIAL ENTERPRISE WHICH FOCUSES ON REDUCING GREENHOUSE GAS EMISSIONS AND WASTE GENERATED IN SCHOOLS AND THE EDUCATION SECTOR. IT RUNS EXPERIENTIAL LEARNING PROGRAMMES ON SUSTAINABILITY, SKILLS WORKSHOPS AND AWARENESS CAMPAIGNS FOR PARENTS, STUDENTS AND LIFELONG LEARNERS AND PARTNERS WITH SCHOOLS AND INSTITUTIONS – RANGING FROM PRIMARY TO TERTIARY EDUCATION - TO CREATE A CHANGE IN MINDSET TOWARDS SUSTAINABILITY AND INITIATE GREEN ACTIONS IN THE COMMUNITY.

MONO FOODS

IS A SUSTAINABILITY-FOCUSED SOCIAL ENTERPRISE FOUNDED IN 2022. THEY ARE PARTIALLY FUNDED BY GRANTS FROM THE NATIONAL YOUTH COUNCIL AND NATIONAL ENVIRONMENT AGENCY, AND ARE REGULATED BY THE SINGAPORE FOOD AGENCY. THEY WORK TO RAISE AWARENESS OF THE FOOD WASTE PROBLEM IN SINGAPORE, DIVERTING SURPLUS FOOD AWAY FROM LANDFILLS AND TOWARDS A COMMUNITY THAT BELIEVES IN SUSTAINABILITY INSTEAD.

04 OUR PARTNERS BOOTH

MOGGO YAN

MOGGO YANN IS A SMALL LOCAL ART BUSINESS WITH PRODUCTS SURROUNDING ITS ORIGINAL CHARACTERS. THEY ARE CREATED BASED ON THE ARTIST'S PLUSHIES—A SLOTH NAMED OLLIE, AND A DUCK NAMED YAYA.

THEY PROMOTE SUSTAINABILITY BY KEEPING THE USE OF SINGLE-USE PLASTIC TO THE MINIMUM. MOST ITEMS ARE PACKED IN BAGS MADE FROM RECYCLED PAPER, THUS REDUCING THE PRODUCTION AND USE OF NEW MATERIALS. MOGGO YAN ALSO COLLECTS OLD CLOTH SCRUNCHIES FROM THE PUBLIC AND RESTORES THEM INTO MINT CONDITION FOR SALE, GIVING THE PREVIOUSLY UNWANTED HAIR ACCESSORY A SECOND LIFE WHILE ALSO REDUCING WASTE FOR OUR SOCIETY.

THE ACAI ADDICTS

THE AÇAI ADDICTS IS A VIBRANT AND HEALTH-FOCUSED BOOTH OFFERING DELICIOUS, MADE-TO-ORDER AÇAI BOWLS CRAFTED WITH THE FRESHEST FRUITS AND HOMEMADE GRANOLA. SPECIALIZING IN PROVIDING A WHOLESOME, REFRESHING EXPERIENCE, WE AIM TO FUEL YOUR BODY WITH THE RIGHT NUTRIENTS WHILE SATISFYING YOUR CRAVINGS FOR SOMETHING SWEET AND HEALTHY.

THE ACRYLIC PROJECT

THE ACRYLIC PROJECT IS A NON-PROFIT PROJECT FOUNDED BY A GROUP OF STUDENTS FROM RAFFLES INSTITUTION. THROUGH SUSTAINABILITY WORKSHOPS AND EDUCATIONAL CAMPAIGNS, THEY AIM TO FIGHT OVER-CONSUMERISM IN FASHION.

05 OUR BOOTHS

1 "SUSTAINABILITY MEETS FASHION!"

WELCOME TO SUSTAINABILITY MEETS FASHION, WHERE CREATIVITY MEETS ECO-CONSCIOUS LIVING!
AT THIS BOOTH, BE PREPARED TO TRANSFORM RECYCLED MATERIALS INTO STYLISH TOTE BAGS OR SCRUNCHIES, GIVING OLD FABRICS A BRAND-NEW LIFE. ♻️✨

✅ CHOOSE FROM PRE-LOVED FABRICS & RECYCLED MATERIALS
✅ LEARN SIMPLE UPCYCLING TECHNIQUES
✅ CREATE A CUSTOM TOTE BAG OR SCRUNCHIE TO TAKE HOME!
HOW DOES THIS HELP?

- DIVERTS TEXTILES FROM LANDFILLS
- ENCOURAGES SUSTAINABLE FASHION CHOICES
- SUPPORTS A CIRCULAR ECONOMY
- ALLOWS ONE TO DESTRESS WITH SOME CRAFTS!

COME GET CRAFTY, EXPRESS YOUR STYLE, AND MAKE A POSITIVE IMPACT—ONE PIECE AT A TIME!

2 "CAP AND CREATE"

TURN TRASH INTO TREASURE AT CAP & CREATE!
AT THIS BOOTH, YOU'LL TRANSFORM DISCARDED PLASTIC BOTTLE CAPS INTO UNIQUE, ECO-FRIENDLY KEYCHAINS. BE PREPARED FOR A FUN, HANDS-ON WAY TO REDUCE WASTE WHILE UNLEASHING YOUR CREATIVITY!

✅ DECORATE & PAINT/DRAW YOUR VERY OWN CUSTOM KEYCHAINS
✅LEARN SIMPLE WAYS TO REDUCE WASTE
HOW DOES THIS HELP?

- WHEN IT COMES TO UPCYCLING PLASTIC BOTTLES, THE CAPS ARE OFTEN DISCARDED. THIS GIVES EVERY PART OF THE PLASTIC BOTTLE A SECOND LIFE
- REDUCES LANDFILL POLLUTION 🌍
- PROMOTES CREATIVE SUSTAINABILITY 🎨
- ALLOW ONE TO DESTRESS WITH SOME CRAFTS!

CARRY A PIECE OF SUSTAINABILITY WITH YOU—ONE KEYCHAIN AT A TIME! 🔑✨♻️

05 OUR BOOTHS

3 HEALTHIQ

TEST YOUR KNOWLEDGE ON HEALTH!

AT HEALTHIQ, A FUN AND INTERACTIVE TRIVIA BOOTH AWAITS!

- **CHALLENGE YOURSELF OR A FRIEND AND LEARN SIMPLE WAYS TO LIVE A MORE HEALTHY LIFESTYLE!**

WHAT YOU'LL DO?

✅ WELLNESS JENGA

- PULL A JENGA BLOCK & ANSWER A HEALTH RELATED QUESTION LINKED TO ITS NUMBER
- IF THE TOWER FALLS, YOU'LL FACE AN EXTRA-CHALLENGING QUESTION!

✅ RING TOSS

- TOSS RINGS AND ANSWER QUESTIONS!

HOW DOES THIS HELP?

- INCREASES AWARENESS ABOUT YOUR VERY OWN HEALTH 🧠
- LEARN HOW TO THINK CRITICALLY, AS WELL AS ON THE SPOT! 🤯

4 BIN IT RIGHT!

TEST YOUR WASTE-SORTING SKILLS & AIM AT BIN IT RIGHT!

AT THIS BOOTH, YOU'LL TAKE UP THE CHALLENGE OF TOSSING DIFFERENT WASTE ITEMS INTO THE CORRECT BINS- RECYCLING OR TRASH. A FUN, FAST-PACED WAY TO LEARN ABOUT PROPER WASTE DISPOSAL AND MAKE A DIFFERENCE!

WHAT YOU'LL DO?

✅TOSS DIFFERENT WASTE ITEMS (PLASTIC BOTTLES, CANS, STYROFOAM, ETC.) INTO CORRECT BINS.

✅LEARN HOW TO PROPERLY SEPARATE RECYCLABLES AND NON-RECYCLABLES

HOW DOES THIS HELP?

- TEACHES YOU ABOUT RECYCLING HABITS ♻️
- ENCOURAGES MINDFUL WASTE DISPOSAL 🌍

05 OUR BOOTHS

5 “STRESS LESS WASTE LESS”

CREATE ECO-FRIENDLY STRESS BALLS USING SUSTAINABLY MADE SLIME AND COMMUNITY DONATED UNUSED BALLOONS.

AT THIS BOOTH, BE PREPARED TO RELEASE ALL YOUR STRESS WHILE STAYING ECO-FRIENDLY BY TRANSFORMING EXPIRED PANTRY INGREDIENTS AND COMMUNITY DONATED ITEMS, TO SOMETHING OF USE!

WHAT YOU’LL DO?
✅ USE EXPIRED CORNSTARCH TO MAKE SUSTAINABLE SLIME
✅LEARN SIMPLE WAYS TO REUSE EXPIRED PANTRY INGREDIENTS TO DESTRESS
HOW DOES THIS HELP?

- LEARN ABOUT ALTERNATIVES/WHAT YOU CAN DO WITH EXPIRED PANTRY INGREDIENTS
- RELIEVES STRESS

DESTRESS AND MAKE SUSTAINABLE LIVING EASY!

06 OUR PERFORMERS

Meet our Post-run carnival Student Performers!

MAD CLUTCH

NOVAS

THE CAROLERS

BANDITS

APPLE PI

F6?

07 A BIG "THANK YOU" TO OUR VOLUNTEERS

FROM BYTEPENGUIN, WHO WORKED ON THE BETTERING RUN'S SITE

BYTEPENGUIN

GRANWYN TAN
CHUA KAI BIN KEVIN
NG YING XUAN
KATHLEEN AERIA CHAN WEN QI
BRAYDEN ZIYANG SAGA
ISAAC CHUA JUN KUAN
LIN LETIAN
RAJA HARISH RAGAVENDERA
ONG JUN JIE

CHECK OUT THE WEBSITE THEY BUILT HERE!

A team of passionate individuals from Singapore who aim to contribute to the community by building websites for community organisations and charities"

07 A BIG "THANK YOU" TO OUR VOLUNTEERS

FROM THE FOLLOWING SCHOOLS

ANDERSON SERANGOON JUNIOR COLLEGE
ANGLO-CHINESE JUNIOR COLLEGE
ANGLO-CHINESE SCHOOL (INDEPENDENT)
DUNMAN HIGH SCHOOL
EUNOIA JUNIOR COLLEGE
HWA CHONG INSTITUTION
JURONG PIONEER JUNIOR COLLEGE
MILLENNIA INSTITUTE
NAN HUA HIGH SCHOOL
NANYANG JUNIOR COLLEGE
NANYANG POLYTECHNIC
NGEE ANN POLYTECHNIC
RAFFLES INSTITUTION
SAINT ANDREWS JUNIOR COLLEGE
SINGAPORE POLYTECHNIC
TAMPINES MERIDIAN JUNIOR COLLEGE
TANJONG KATONG GIRLS SCHOOL
ST ANDREW'S JUNIOR COLLEGE
TAMPINES MERIDIAN JUNIOR COLLEGE
TEMASEK JUNIOR COLLEGE
VICTORIA JUNIOR COLLEGE

07 A BIG "THANK YOU" TO OUR VOLUNTEERS

FOR HELPING TO PLAN AND EXECUTE THE EVENT

EXECUTIVE PLANNING TEAM

HEAD OF BOOTHS:
ALINA KHAN

HEAD OF STAGE:
CARISSA GABRIELLE SIM

EVENT HEAD:
CHEONG YAN WING RAEAN

07 A BIG "THANK YOU" TO OUR VOLUNTEERS

FOR HELPING TO PLAN AND EXECUTE THE EVENT

PLANNING TEAM

VICE HEAD OF BOOTHS:
MIAO RU

HEADS OF LOGISTICS:
CAELYN LEE YEE TING &
MEENAKSHISUNDARAM AKALYA

FASHION SUSTAINABILITY & BOTTLE CAP KEYCHAIN BOOTH:
AMIRDHA BALACHANDRAN

STRESS BALLS BOOTH:
IRENE MARIA THOMAS

"BIN IT RIGHT" & HEALTHIQ BOOTH:
NITHYABHARATHI GOVINDARAJ

07 A BIG "THANK YOU" TO OUR VOLUNTEERS

FOR HELPING TO PLAN AND EXECUTE THE EVENT

PUBLICITY TEAM

LEE SUEN YEE, RACHEL
KARIN LEE YI JING
CHAI RUI CI RACHAEL
NELLY IZZATY FOO
HEIDI QUEK
VELU YAZHINI
ARISHA SHAMIM
CARISSA GABRIELLE SIM

MEDIA TEAM

THUN KYALSIN SOE
KWAN HWEE SAN
THIRAVIAGANESH KIRTHIKA
WOON LE QING
CHEONG YAN WING RAEAN

08 A big thank you... to our External Partners

ANYTIME FITNESS SEMBAWANG
ANYTIME FITNESS GAMBAS
CRISP N FLUFF
TEO HENG KTV
GENECO
MOGGO YAN
MONO FOODS
RIBBITINGFINDS.CO
PROJECT AVOCARDIO
THE ACRYLIC PROJECT
THE ACAI ADDICTS
THE CIRCULAR CLASSROOM
MOUSEDEER BAMBOO TISSUES

Thank you!

Living Step! CANBERRA

The Bettering Branch

Community Sports Network

People's Association

PAYM People's Association Youth Movement

NorthWest Community Development Council