

By  
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The rain was pouring, but spirits were undaunted. Committed to do their part for the environment, nearly 1,000 participants, young and old, turned up for Run 350 on 20 March 2010, the first-ever mass run on Pulau Ubin. Selecting either the 5 kilometre or 10 kilometre route, participants of the Young NTUC organised event were all running to raise funds for its Garden City "Plant-A-Tree" programme.

NTUC Assistant Secretary-General and Young NTUC Advisor Josephine Teo said Run 350, which was also supported by nEbO, was organised "to promote awareness of what each individual can do to help to reduce carbon emissions and contribute to a greener environment".

"We are quite happy that the wet weather did not dampen the spirits of the runners. The key message we want to communicate is we don't have to wait for large scale initiatives before we each do our part. It may seem very insignificant that each of us contribute to the planting of trees, but collective efforts of us doing one small part can actually make a huge difference," she said.

Young NTUC worked closely with ECO Singapore to ensure their effort to help the environment is on the right track. With its help,

# Running Towards A Greener Future

Young NTUC Does Its Part For The Environment

## A Cool Active Ager

"I enjoy volunteerism work and I want to contribute back to society in my own ways. Even though I have retired, I want to keep myself meaningfully occupied, just like how the government encourages us to be active in ageing."

Andrew Yeong, 69, Retiree



Mr Andrew Yeong and his wife were two of the oldest volunteers at Run 350.

Young NTUC was able to organise Run 350 in the 'greenest' way possible, setting a good precedent.

ECO Singapore President and Founder Wilson Ang said: "ECO liaised with Young NTUC to ensure their members are aware of the steps Run 350 is taking to make the environmentally friendly efforts of the run more sustainable, and what the public can do in turn to complement these efforts. We hope that future events will learn from the example set by Run 350."



Participants getting ready with warm-ups.



Participants running through the natural surroundings in Pulau Ubin.



"Take a break and have a cup of water before you continue your run!"

## Advocating Volunteerism

"We want to reach out to more young people to participate in Young NTUC's volunteerism group and Run 350 is a good platform for us to do so. I brought my children together with me because I want to inculcate Young NTUC's spirit of volunteerism in them as well."

Nordin Haqin Mohamad, 39, Young NTUC Volunteerism Assistant Team Manager



Nordin Haqin Mohamad (centre) and his two sons were the roving information counter on that day.



Nishi Kawa (right) running the 5 kilometre route with his family.

## Engaging Other Nationalities

"I found out about this run through an advertisement in a Japanese magazine. I'm glad they gave us the option of two distances to choose from, so my son and wife can take part with me in the 5km run. If they only had the 10km option, we might not be able to participate in this together. Young NTUC is very engaging."

Nishi Kawa, 41, Laboratory Manager

## Good Platform To Reach Out

"Young NTUC did a great job in logistics. I didn't find any difficulties coming here at all and such activities are a good platform to reach out to the public. It has definitely made me more curious about what Young NTUC does."

Ramesh Babu, 30, Software Engineer



Ramesh Babu all ready to begin his run for the environment.



An all inclusive run with participants of all ages.



Martin Ng tired but fulfilled after completing his 10 kilometre run.

## The Great Outdoors

"I completed the 10km route and it was tiring but great as I got to experience nature while running. Young NTUC did a great job in organising Run 350 and I will now keep a look out as to what other programmes Young NTUC has in the pipeline."

Martin Ng, 21, Student



## The Very First Run

"There has been no run organised on Pulau Ubin before, so I wanted to come and experience it myself. The way Run 350 was organised was great. We had SMSes sent to us regularly to remind us of this event."

Rachel Chew (right in picture above), 21, Student



NTUC Secretary-General Lim Swee Say (centre right) and Assistant Secretary-General Josephine Teo (centre left) welcomes participants returning from the 10 kilometres run.