

Organised by:

Club Rainbow (Singapore)



CLIMB FOR RAINBOWS E-PROGRAMME BOOKLET

Saturday, 20 September 2025

8.00am – 3.00pm

Guoco Midtown (128 Beach Road, Singapore 189773)

Guest-of-Honour: Mr Eric Chua

*Senior Parliamentary Secretary, Ministry of Law &
Ministry of Social and Family Development*



@ClubRainbowSingapore

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FOREWORD BY

PRESIDENT OF CLUB RAINBOW (SINGAPORE)



*President of Club Rainbow (Singapore),
Dr Sashikumar Ganapathy (left) with
Eileen, child of Club Rainbow (right)*

Over the years, Ride and Ralk for Rainbows has grown to become more than just a fundraising event – it is a movement of compassion, solidarity, and resilience. This year, we are also proud to introduce Climb for Rainbows, a new vertical challenge that adds a powerful dimension to our journey. Commemorating SG60 and carrying the theme “Riding the Wave of Resilience”, both events remind us that every effort – whether it is the steady ride on a bike, the determined pace of walking or running, or the challenge of climbing up the stairs – symbolises our collective strength and determination to uplift children with chronic illnesses and their families.

One of my most vivid memories was back in 2016, when I joined a similar climb event and had the opportunity to support a young girl, Eileen, alongside a group of dedicated volunteers. Eileen, who is wheelchair-bound because of her medical condition, showed an extraordinary display of courage as we scaled 10 storeys together. That moment has stayed with me as a true embodiment of resilience – the same spirit that continues to fuel both Ride and Ralk for Rainbows and Climb for Rainbows today.

As we look ahead, I hope these events will continue to ignite empathy, perseverance, and generosity in everyone who takes part. Every step, every mile, every effort matters – because each one makes a tangible difference in the lives of the children and families we serve. These encounters reaffirm why Ride and Ralk for Rainbows is not simply an event, but a beacon of hope and a call for community action.

On behalf of Club Rainbow (Singapore), I extend my heartfelt thanks to all our riders, climbers, sponsors, partners, volunteers, and donors. Your unwavering support fuels our mission to empower every child and family to live with dignity, courage, and purpose. Together, we can look forward to many more editions of Ride and Ralk for Rainbows – and now Climb for Rainbows – each one stronger, brighter, and more impactful than the last.



ABOUT CLUB RAINBOW (SINGAPORE)

Established in 1992, Club Rainbow (Singapore) is a non-profit organisation and charity with the mission to support and empower children with chronic illnesses and their families. Armed with the firm belief that every child deserves equal opportunities to lead a fulfilling and independent life, Club Rainbow supports our children and their families in more than 30 critical programmes, services and assistance schemes. Adopting a holistic approach based on five core pillars of support, Club Rainbow partners our children and their families in their journey to achieve the following objectives at different stages of their lives:

Club Rainbow (Singapore)



| Key Thrusts | Living with Dignity | Maximising Developmental Potential | | Achieving Full Potential | |
|-------------------------|-----------------------------|------------------------------------|---------------------|---|------------------------|
| Objectives | Building Resilient Families | Developing Independent Adolescents | | Empowering Individuals as Active Contributors | |
| Core Pillars of Support | Social Work Intervention | Therapy Intervention | Educational Support | Arts Development | Vocational Development |

As an independent charity, Club Rainbow relies largely on corporates and public donations to support our mission. Granted the Institution of a Public Character (IPC) status by Ministry of Health, monetary donations received may be tax-exempted.

Club Rainbow (Singapore)



ABOUT CLUB RAINBOW (SINGAPORE)

Our Children

Club Rainbow serves over 1,200 children who range from new-born to youth of aged 20 years old. Many of them require frequent hospital visits for treatment or surgery, complicated therapy and long-term medication. Referred to Club Rainbow by their doctors, these children suffer from a wide range of health challenges, from having very low birth weight to developmental delays and many other forms of organ disorders. With over 85% of children surviving into adulthood, Club Rainbow provides the resources and opportunities to support their development towards becoming empowered, independent individuals and active contributors of the society.

Programmes and Services Supported by the Funds Raised



Financial Assistance

Deliver fresh produce to families in need, ensuring both financial relief and essential nutrition for our children's healthy growth. With just \$70, you can provide one pack of food rations to a Club Rainbow family for a month.



Educational Support

Empower our children with the gift of education, fostering positive learning values and supporting their academic journey. Your contribution of \$300 can provide an annual bursary for a child in lower primary.



Therapy Intervention

Help our children reach their full potential through targeted therapy services that cater to their diverse developmental needs. For \$100, you can fund one therapy session, making a lasting difference in a child's life.



ABOUT RIDE & RALK FOR RAINBOWS

Ride For Rainbows started in 2012 as a night cycling event organised by Club Rainbow (Singapore), to raise public awareness as well as funds to support the families of children who are battling major chronic and potentially life-threatening illnesses.

In 2023, Ride For Rainbows introduced a new element, Ralk – i.e. the combination of Running & Walking. With the addition of the new category, our event was officially renamed to Ride & Ralk for Rainbows (R2FR).

In 2024, Ride & Ralk For Rainbows transitioned to a fully virtual format, aligning with Club Rainbow's mission to reach more families who need support.



Ride & Ralk for Rainbows 2025 marks the return of crowd favourites — the **10km Ralk** (run or walk) and **60km Ride virtual categories**, where **participants will raise \$133 or \$633 in honour of Club Rainbow's 33rd anniversary** while clocking the distance at their own pace and location. We're also thrilled to announce the return of **Climb for Rainbows** after 9 years — our new **vertical challenge physical category**, where participants will raise \$133 while scaling 7 floors or 31 floors.

Our theme for 2025, **Riding the Waves of Resilience**, celebrates the strength and resilience of our children. Just like the waves that ebb and flow, our children navigate life's ups and downs with fluidity, determination and adaptability — reflecting the same values and resilience that have shaped Singapore's journey.

By joining Ride & Ralk for Rainbows, you are making a meaningful difference in the lives of our children with chronic conditions and their families. Together, let's journey alongside them to discover their rainbows of hope, no matter the storms of life.



CLIMB FOR RAINBOWS PROGRAMME

| | |
|---------|--|
| 8.00am | Reporting and Warm-Up: The Resilience Summit (31 storeys) Category |
| 8.30am | 1st Flag-Off: The Resilience Summit (31 storeys) |
| 9.15am | Stage Segment Commences: <ul style="list-style-type: none">• Screening of Exemplary Caregiver and Sibling Award Tribute Videos• Presentation of Awards to Exemplary Caregiver and Sibling Award Recipients• Token of Appreciation Ceremony for Donors and Top Fundraisers• Performing Arts Showcase by talented performers from Club Rainbow |
| 10.00am | Reporting and Warm-Up: The Rising Tide (7 storeys) Category |
| 10.30am | 2nd Flag-Off: The Rising Tide (7 storeys) |
| 11.00am | Reporting and Warm-Up: The Resilience Summit (31 storeys) Category |
| 11.30am | 3rd Flag-off: The Resilience Summit (31 storeys) |
| 12.00pm | Stage Activity and Performance |
| 1.00pm | Reporting and Warm-Up: The Rising Tide (7 storeys) Category |
| 1.30pm | 4th Flag-Off: The Rising Tide (7 storeys) |
| 3.00pm | End of Event |



CLIMB FOR RAINBOWS HIGHLIGHTS

🏁 **Finishing Point**
📷 **Photo Booth**

Level 31:
The Resilience Summit

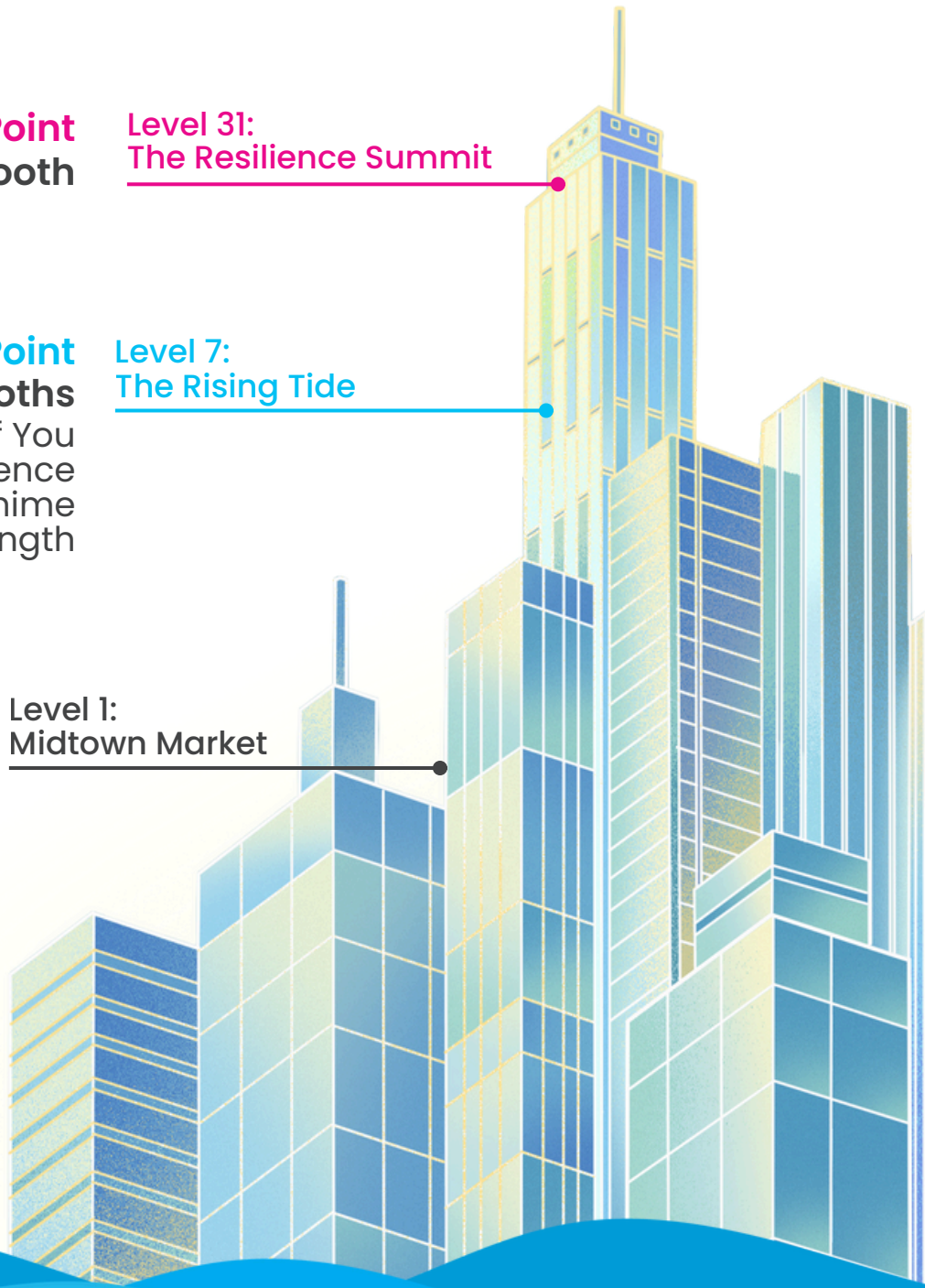
🏁 **Finishing Point**
🎯 **Game & Activity Booths**

- Building Blocks of You
 - RACE-silence
- Resilience Windchime
- Scraps of Strength

Level 7:
The Rising Tide

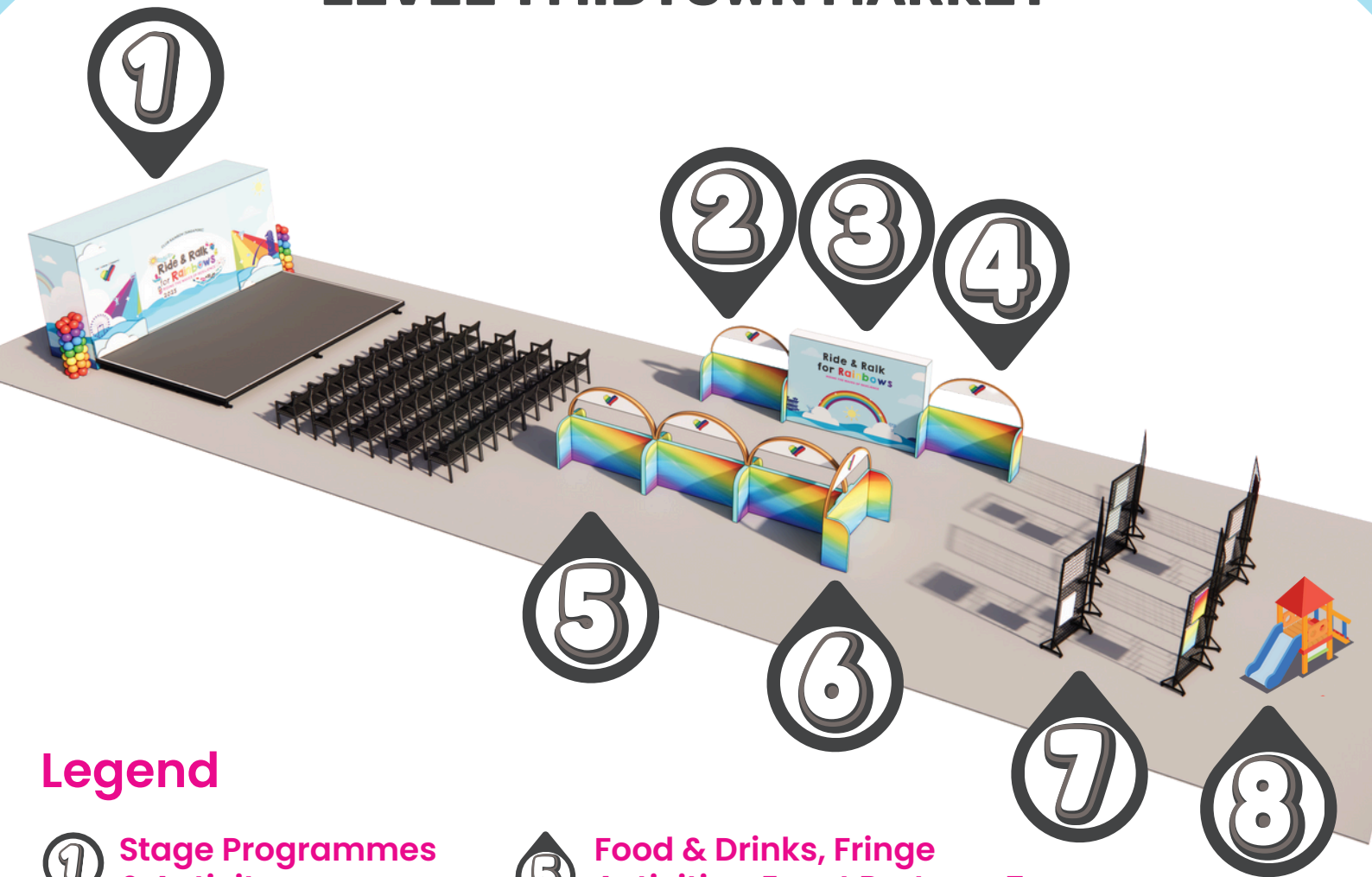
🚩 **Starting Point**
🎵 **Stage Programmes & Activity**
🍿 **Food & Drinks, Fringe Activities, Event Partners Zone**
🎨 **Arts Exhibition & Merchandise Booth**
🧩 **Kids Play Area**

Level 1:
Midtown Market



EVENT SITE MAP

LEVEL 1 MIDTOWN MARKET



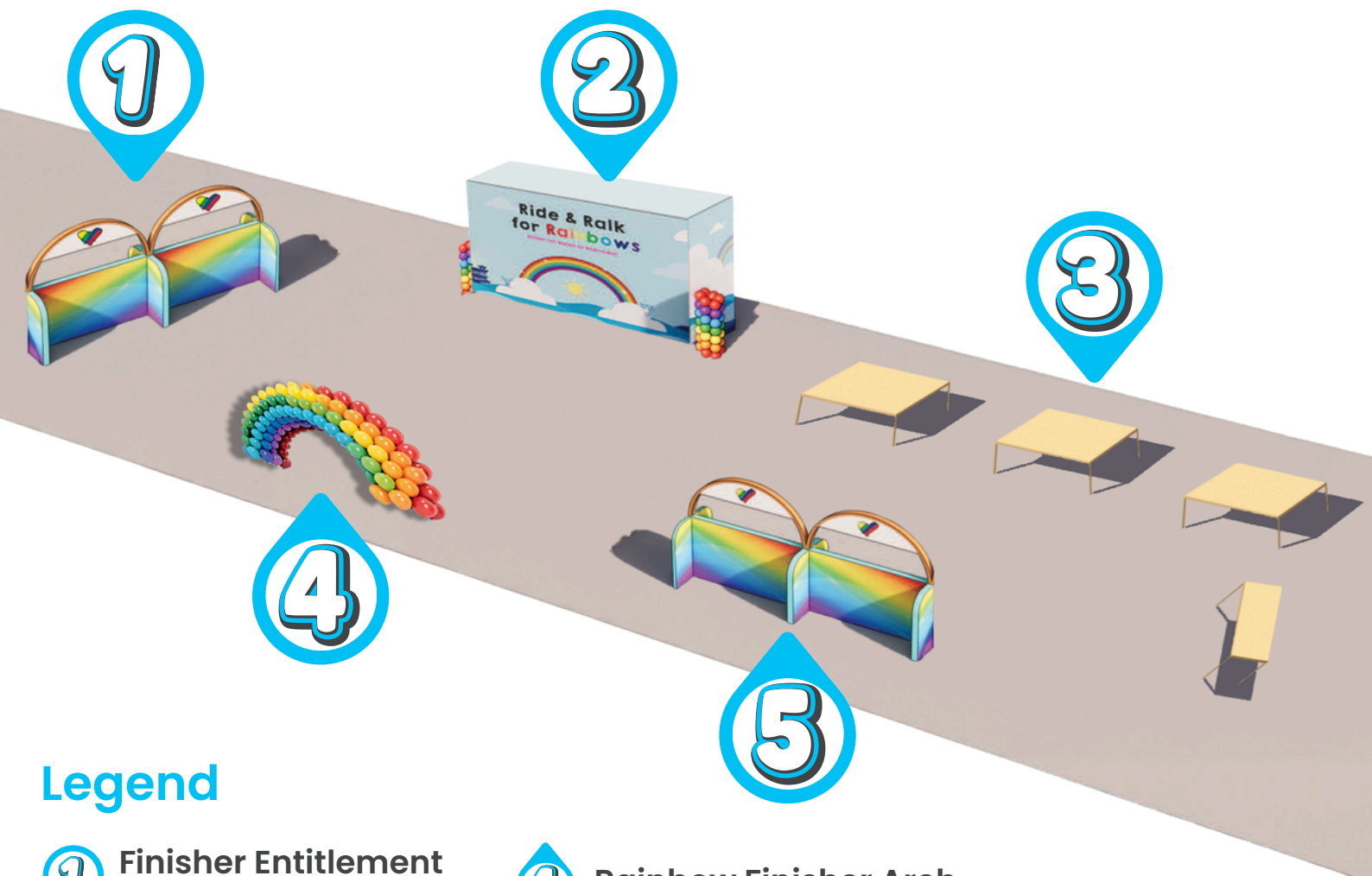
Legend

- | | |
|------------------------------------|---|
| ① Stage Programmes & Activity | ⑤ Food & Drinks, Fringe Activities, Event Partners Zone |
| ② Registration & Information Booth | ⑥ Merchandise Booth |
| ③ Rainbow Wall of Hope | ⑦ Arts Exhibition |
| ④ Connect with Club Rainbow | ⑧ Kids Play Area |








EVENT SITE MAP

LEVEL 7 FLOOR PLAN



Legend

- | | | | |
|--|---------------------------------------|---|--------------------------|
|  1 | Finisher Entitlement Collection Booth |  4 | Rainbow Finisher Arch |
|  2 | Photo Wall |  5 | Water & Bananas Stations |
|  3 | Game & Activity Booths | | |






EVENT SITE MAP

LEVEL 31 FLOOR PLAN



Legend

-  Water & Bananas Stations
-  Finisher Entitlement Collection Booth
-  Photo Wall



CLIMB FOR RAINBOWS ENTITLEMENTS

Collect your **exclusive Finisher Pin and Finisher Goodie Bag** at the Finishing Point after your vertical challenge at level 7 or level 31!



Exclusive Finisher Pin



Finisher Goodie Bag



*Collectible Tokens
(Available at the Activity Booths)*



Event Bib



Event T-Shirt (Front)



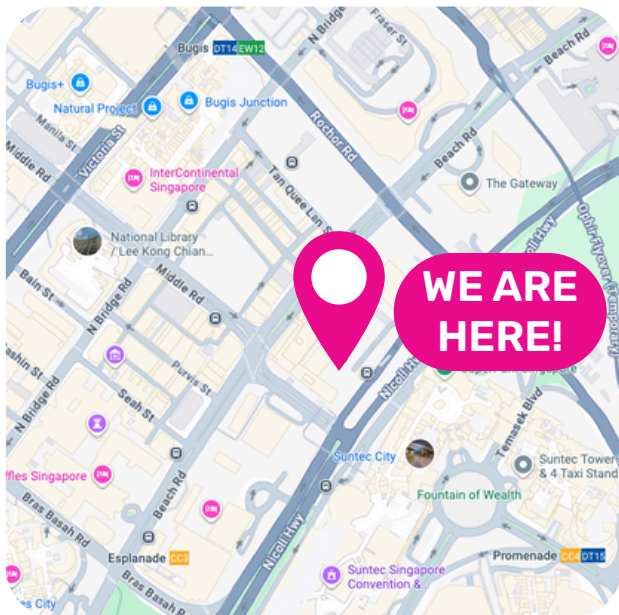
Event T-Shirt (Back)

as well as **sponsored items** by Anywheel, Atos Wellness, Cloversoft, Coca-Cola, Foreword Coffee, Oatbedient, PAUL, Singapore Pools, Sixta, Therapin and Tiger Balm!

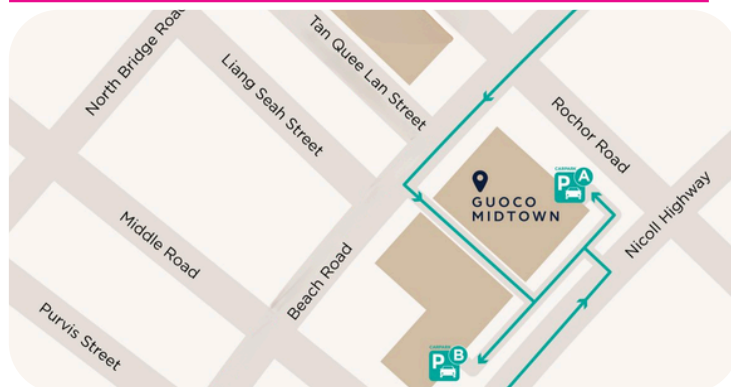


GETTING TO GUOCO MIDTOWN

(128 BEACH ROAD, SINGAPORE 189773)

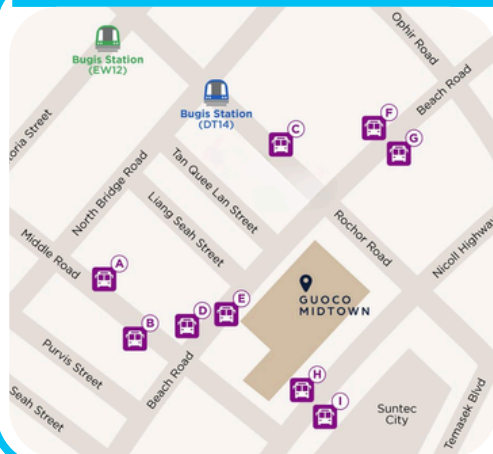


By Car



Carpark A - Level 4 and Carpark B - Levels 1A, 3 & 4 (Parking rates apply)

By Public Transport



| | |
|--|--|
| A Bef Beach Road, Middle Road (01639) | B Aft Beach Road, Middle Road (01631) |
| 56 980 | 56 980 |
| C Bugis Station Exit D, Rochor Road (01541) | |
| 12e 48 57 | |
| D Opp. Shaw Towers, Beach Road (01621) | E Shaw Towers, Beach Road (01629) |
| 57 100 107 | 57 100 107 |
| 961 961M 980 | 107M 961 961M |
| F Opp. The Gateway, Beach Road (01511) | G The Gateway, Beach Road (01519) |
| 100 107 107M | 57 100 107 107M |
| 961 961M 980 | 961 961M 980 |
| H Opp. Suntec City, Nicoll Highway (80151) | |
| 10 10e 14 14e 16 | |
| 16M 70 70M 196 196e | |
| I Suntec City, Nicoll Highway (80159) | |
| 10 10e 14 14A 14e 16 | |
| 16M 70 70A 70M 196 196A | |

Nearest MRT:

Bugis Exit F via

Underground Pedestrian Network
(Downtown Line/East West Line)

View Video Directions
on our Instagram: [Link](#)

For more information, please visit: guocomidtown.com/reach-us/



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Club Rainbow (Singapore)



OTHER IMPORTANT DATES AND INFORMATION



IMPORTANT DATES

Fundraising Period for Climb for Rainbows: Now till 6 November 2025

Challange and Fundraising Period for Ride & Ralk: Now till 6 November 2025

Ride & Ralk for Rainbows 2025 Awards Ceremony: 6 December 2025
(by invitation only)

Support Participants/Teams

Support our Ride & Ralk for Rainbows participants to encourage them to complete their challenges!

rideforrainbows.org/leaderboard

Donate Generously

Funds raised will go towards providing financial assistance, educational support and food rations to our children and families

rideforrainbows.org/donate



STAY CONNECTED WITH US!



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clubrainbow.org



[clubrainbowsingapore](https://www.facebook.com/clubrainbowsingapore)



Took photos at Climb for Rainbows 2025? Tag us at [@clubrainbowsingapore](https://www.instagram.com/clubrainbowsingapore) with the following hashtags: [#rideandralkforrainbows](https://www.instagram.com/rideandralkforrainbows) [#rfr2025](https://www.instagram.com/rfr2025) [#climbforrainbows](https://www.instagram.com/climbforrainbows) [#cfr2025](https://www.instagram.com/cfr2025)!



Club Rainbow (Singapore)

