

Press Release

For Immediate Release



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30 Trailblazers Run for HCA Hospice Care Patients; Raises S\$268,000 and Counting

Singapore, 9th September 2016 – On 3rd and 4th September 2016, a group of 30 ultramarathoners from Trailblazers100 conquered a combined distance of 1,456km around Singapore and raised a total of S\$268,000 for HCA Hospice Care (HCA) for the hospice cause at the Craze Ultra 2016.

The Trailblazers100 braved Singapore’s extreme heat and heavy downpours over the weekend, to overcome variable distances of 43km, 74km, 101km and 162km. Those who ran the longest distance of 162km did so with little to no sleep and minimal food. All this, in the name of HCA’s patients and its cause.

HCA’s President, Dr Tan Poh Kiang recalls his 162km journey. “It was a very, very long race. However, I was prepared mentally and spiritually for an extremely epic journey. Day one was scorching hot, extremely humid and very, very tough. Along the way I made sure that there was sufficient hydration, refuelling of calories and icing of body to keep my core temperature down. But still there was a point where it became really tough at check point 5 at the 50km mark. Meeting the first group of supporters and being encouraged by them, having them pamper me through massage, providing me a change of clothes, feeding me with fresh fruits, ice water, not only refreshes the body but revitalizes the spirit to go on. Night came and the body was feeling the weariness. An unexpected angel, paced alongside me from check point 5 to check point 8, without whom, I may not have been able to continue the race. At mid-point, a group of well-wishers, friends, HCA colleagues and family turned up and that was so encouraging. I love it! The fact that I may be running this race by myself, but I am not doing it alone. There are so many people who embrace and support us to make this possible.”

Home is where the care is

The ultramarathon routes were plagued with long stretches of roads and running solo without support can be extremely daunting. Dr Tan shared about a conversation he had with a patient under HCA's care. "Recently I was talking with a 70 plus year old man who was dying of stage 4 lung cancer. As his children were all away at work, he was alone with the helper. He told me that it was a very lonely experience day-to-day. But he looks forward to the visits from the HCA nurses, sometimes medical social workers and once or twice a week, he makes his way to our day care center. And he said that although he feels alone at times, he knows that he doesn't walk this journey by himself. He is surrounded by loving family members and friends and support given by HCA staff and volunteers. And this is not really different from how an ultra runner prepares and takes part in a long race. Without the embrace, support and encouragement of our loved ones, people who are willing to pace us, we can start well but we cannot finish well. Which is why Trailblazers100 is such a meaningful campaign and movement for us. It brings together those who are hard core runners and those journeying at their last stage of life, facing similar struggles of pain. On our own, the journey will be difficult, but together, we can overcome it."

HCA Hospice Care is grateful for the commitment and dedication by the Trailblazers100 team in helping to raise awareness and funds for our cause, for their trust in HCA, for their belief in our mission. We are also thankful for Running Guild's partnership and for making this year's Craze Ultra possible and to all the supporters who have taken their Saturday and Sunday to cheer on our Trailblazers.

To make a contribution to HCA Hospice Care and support our cause, you may call 6251 2561; visit https://www.giving.sg/hca-hospice-care/journey_with_trailblazers100_support_hca; e-mail info@hcahospicecare.org.sg, or send a crossed cheque made payable to HCA Hospice Care, with your name, NRIC and contact number at the back of the cheque and mail it to HCA Hospice Care, 12, Jalan Tan Tock Seng.

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About HCA Hospice Care

HCA is a registered charity with Institution of Public Character (IPC) status, offering home hospice care to patients with life-limiting illnesses. The service is provided free of charge regardless of age, religion, ethnicity, nationality and/or financial standing.

As the largest home hospice service provider in Singapore, HCA takes care of about 70% of home hospice care patients here. Dedicated doctors, nurses, medical social workers and volunteers care for about 3,500 patients a year in their own homes. Since 1989, HCA has reached out to more than 60,000 patients.

HCA is a NCCS Centre of Specialisation for palliative care, and conducts palliative care training for its patients' caregivers. Its other services and programmes include day hospice care, paediatric palliative care (Star PALS), bereavement support, and outreach programmes such as the Young Caregivers Programme.

The number of patients we serve is increasing as more and more Singaporeans become older faster. Our annual expenses are about S\$10 million. Our ability to meet the pressing need is directly linked to our capability and capacity building including fundraising. Please visit us at www.hca.org.sg and www.facebook.com/hcahospicecare to find out more about the work we do.

About Trailblazers100

Our team of trailblazers are a community of ultramarathoners passionate about the hospice cause. They are the champions of our work, and will do what they can to raise funds and awareness for HCA and hospice care. They're also incredible long distance runners who are willing to go through the commitment, pain, sweat, and tears needed to pull them through the extremely long distances that they're running. <https://www.hca.org.sg/trailblazers100/>

Home is where the care is

About Craze Ultra

Craze Ultra is an ultramarathon offering participants distances of 43km, 74km, 101km, and 160km.

Back for its 5th edition, this year's Craze Ultra will be held at MacRitchie Reservoir, over the weekend from 7.00am, 3rd September to 3.00pm 4th September 2016. A time limit of up to 32hrs is placed on the race, and all participants are required to complete the race by 3.00pm on 4th September.

<http://crazeultra.blogspot.sg/>

For more information

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