



Old Shoes New Life !



In affluent Singapore, it is common for most of us to own many shoes. We probably have a few pairs of running shoes & sneakers for various terrains and sports activities. Yes, we are indeed very blessed.

As runners, we rotate our shoes so that we get 'mileage spread' across them. A serious runner can easily clock 50km or more per week. As a result, these running shoes get worn out quickly. They may look fine but the shoe's cushioning and shock absorbency may have deteriorated. We know when our legs tell us if any one pair feels extra stiff that their running lifespan is over.

These running shoes either become walking shoes or get thrown away. By estimation of our running population in Singapore, we have easily tens of thousands of these lying around. Marina Run 2017 hopes to reach out to runners who own these shoes and donate them to the less privileged children and families here in Singapore through Social Health Growth (SHG). SHG is a non-profit organization that support the unwed mother, Single parents and under privilege children. To find out more about them please visit <http://www.socialhealthgrowth.org/>. Now is the time for us to contribute back to our community by going the "extra mile" by blessing them with your shoes. Your shoes donation will go a long way in helping the needy and the underprivileged.

Epic ESR seeded Runner's Social Responsibility (RSR). A series of initiatives to allow runners to impact the larger community through recycling of their pre-loved running shoes. We also welcome donation of event T-shirts and singlets that have not been worn before.

So do your part for the larger community. Donate your pre-loved running shoes to Marina Run 2017 during our race entry pack collection "Old Shoes New Life!". Anyone can drop by and contribute. See you at the Race Expo on 11 & 12 Feb 2017 between 11am & 8pm @ City Square Mall, Fountain Square B1. 180 Kitchener Road, Singapore 208539.

Thank you

Team Epic ESR