



Celebrate. Remember. **Fight Back.**

Singapore Cancer Society – TalkMed

RELAY FOR LIFE 2023

No one fights cancer alone

Physical Event

4 March – **5 March**
Saturday Sunday
Singapore National Stadium

Virtual Challenge

4 March – **12 March**
Saturday Sunday

1. How to Sign Up _____ pg 2

2. How to Join A Team _____ pg 15



Celebrate. Remember. **Fight Back.**

Singapore Cancer Society – TalkMed

RELAY FOR LIFE 2023

No one fights cancer alone

Physical Event

4 March – **5 March**
Saturday Sunday
Singapore National Stadium

Virtual Challenge

4 March – **12 March**
Saturday Sunday

1. How to Sign Up _____ pg 2

2. How to Join A Team _____ pg 15

RFL 2023 – How to Sign Up:

<https://www.relayforlife.sg/sign-up>



Home	Information	Luminaria Dedication	Sponsors	Leaderboard	Donate	Sign Up	Login
My Fight Back Challenge Register	Fundraise \$30 and more per person	Physical event invitation, Event tee & Relay Pack (Goodie Bag)					
100KM Challenge Register	Fundraise \$50 and more per person	Physical event invitation, Event tee, 100KM Finisher Tee & Relay Pack (Goodie Bag)					
Cancer Survivor/Patients Register	No minimum fundraising amount	Physical event invitation, Survivor tee & Relay Pack (Goodie Bag) Depending on which Category the survivor chooses, he/she will also receive the additional entitlement after they fundraise: <ul style="list-style-type: none">• My Fight Back Challenge – min \$30: To receive an Event tee• 100KM Challenge – min \$50: To receive an Event tee & 100KM Finisher tee					

Click to proceed to sign up form page



RFL 2023 – How to Sign Up:

<https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/prereg.cgi>



Residency Status Singaporean/PR Foreigner

NRIC Last 4 Char. / Passport No. / FIN

Date of Birth 58 as of 2023

Gender Male Female

Promo Code (if any) [update promo code](#)

For Corporates*, SCS Influencers, Survivors, Ambassadors

Select Category

TEAM CATEGORIES

Physical 100km Challenge Participant

My Fight Back Challenge (Non-100KM) Participant

Fundraiser

INDIVIDUAL CATEGORIES

Physical 100km Challenge Participant

My Fight Back Challenge (Non-100KM) Participant

Fundraiser

Fill up the above required fields to select your category

*Email rfl@singaporecancersociety.org.sg if you are a new Corporate and wish to get a promo code to participate!

Select Category

TEAM CATEGORIES

- Physical 100km Challenge Participant
- My Fight Back Challenge (Non-100KM) Participant
- Fundraiser

INDIVIDUAL CATEGORIES

- Physical 100km Challenge Participant
- My Fight Back Challenge (Non-100KM) Participant
- Fundraiser

NEXT

100KM Challenge

The 100KM Challenge is a non-competitive walk/run around the relay track. This year, the 100KM Challenge will take place at the National Stadium, and challengers must fundraise \$50 and more per person to earn an entry invitation to the Stadium. Challengers who completed the 100KM individually or with their teammates will be entitled to a 100KM Finisher T-shirt.

My Fight Back Challenge

Do you love Sports, Arts, or even cooking? The activity can be something that participants are passionate about or interested in that promotes good health, body, and /or mind. It can also be a fundraising campaign to raise funds for people impacted by cancer. There is no minimum distance to fulfil under this category.

RFL 2023 – How to Sign Up:

<https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/prereg.cgi>



Waiver

1. I fully understand and acknowledge the risks involved in my participation in the Event and I accept full responsibility and assume all such risks.

2. I hereby represent, warrant and undertake to the Organisers the following with full knowledge that they shall be relied upon by the Organisers in accepting my registration: -
 - i. My personal particulars disclosed in the registration form are accurate, full and complete;
 - ii. I do not have any medical condition that would affect my safety or physical well-being.
 - iii. I am medically and physically fit and competent to participate in the Event; and

I agree with the Terms & Conditions. Agree.

NEXT

CANCEL AND START AGAIN

RFL 2023 – How to Sign Up:

<https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/prereg.cgi>



You will be able to setup your team details after registration on the confirmation slip.

(All fields are mandatory unless otherwise stated.)

Registration Details

Full Name (as per NRIC/FIN/Passport)

Date of Birth 1 Jun 1990 33 as of 2023

NRIC/Passport/FIN 123A

Gender FEMALE

Nationality

Email

Confirm Email

Mobile Number

Apparel

Event Apparel [size chart](#)

Fill up sign up form fields accurately

RFL 2023 – How to Sign Up:

<https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/prereg.cgi>



Address

Block / House number

Unit number (if any)

-

Street Name

Building Name (if any)

Country

SINGAPORE

Postal code

I acknowledge that I have provided the correct mailing address above to receive event entitlements (if eligible).

Health Declaration

I hereby declare that I am healthy and physically as well as mentally fit to participate in the Event and have trained for it as required. I know that participating in a race involves a considerable amount of physical effort and I understand that participating in the race, if I am not physically fit, can endanger my health.

RFL 2023 – How to Sign Up:

<https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/prereg.cgi>



PDPA

I consent to and allow Singapore Cancer Society ("SCS") to collect, use, disclose and/or process my personal data in order to process, administer, facilitate, maintain and/or manage my relationship with SCS as a member, volunteer, programme participant, beneficiary and/or donor ("Purpose"), including communications on SCS' activities, programs and services; donation requests; carrying out research, analysis and development activities for SCS' purposes; and making disclosures required by law or a competent authority. SCS may, for the above Purpose, disclose my personal data to its third-party service providers and/or agents, which may be sited outside of Singapore (subject always to requirements under applicable law having been met).

I wish to receive communications on SCS' activities, programs and services via phone call and/or text message to a phone number or numbers that I have provided to SCS, please TICK the relevant box(es):

- Text Message
- Phone Call

In any event, I acknowledge that SCS may send communications on its activities, programs and services to me via email and/or post. If I do not wish to receive such communications via email and/or post, or if I wish to make changes to consent previously given, I understand that I may opt-out by writing to the "SCS Data Protection Officer" at "Singapore Cancer Society, 48 Pandan Road, L4M, PTC Logistics Hub, Singapore 609289" or to the following email address dataprotection@singaporecancersociety.org.sg.

Tick the checkbox if you wish to receive general updates from SCS



RFL 2023 – How to Sign Up:

<https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/prereg.cgi>



Donate

Donate to support your personal fundraising page. Your donation will support the Singapore Cancer Society's patient care and support services to help needy cancer patients.

\$50	\$100	\$200
Provide a colorectal cancer survivor with 1 weeks' worth ostomy bags	Provide a patient with 2 weeks supply of adult diapers	Provides a hospice patient with 2 weeks supply of milk

Categories	Fundraising Amount	Entitlement
My Fight Back (Regular) Challenge	Minimum \$30 per person	Physical event invitation, Event tee & Relay Pack (Goodie Bag)
100KM Challenge	Minimum \$50 per person	Physical event invitation, Event tee, 100KM Finisher Tee & Relay Pack (Goodie Bag)
Cancer Survivor/Patients	No minimum fundraising amount	Physical event invitation, Survivor tee & Relay Pack (Goodie Bag)

Select the amount you wish to donate



- Select -
- Select -
\$50
\$100
\$200
Other Amount

I would like to donate (SGD) : - Select -

If you require a tax deduction as an individual please provide your full NRIC

Full NRIC for IRAS Tax Deduction [optional]

If you require a tax deduction as a company please provide your UEN and Company Name as registered in ACRA

UEN [optional]

Company Name as in ACRA [optional]

RFL 2023 – How to Sign Up:

<https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/prereg.cgi>



Let us know how you know about RFL

----- please select ----- v

----- please select -----

- Friend
- Word of Mouth
- Website
- EDM
- Corporate
- Social Media
- Past Participant
- Radio

Key in your target amount and share with your family & friends to join you in your support for the cancer community!

Share your words of encouragement or motivational words for the cancer community (survivors/patients)

Survey Questions

How did you get to know about this event ? ----- please select ----- v

We would like to find out more about you:

I am a: ----- please select ----- v

Why are you participating

Why are you participating in Singapore Cancer Society - TalkMed Relay For Life 2023?

Tell us why you want to participate in RFL. What it means to you, and who are you dedicating your fight to.

It is our belief that no one should fight cancer alone, and we are looking to collect stories from participants (whether as a caregiver, patient, survivor or have family members/ close friends who are impacted by cancer).

Target Fundraising Amount

SGD

Profile Display Name

Profile Tagline

Words of Encouragement

UPLOAD PROFILE PHOTO

RFL 2023 – How to Sign Up:

<https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/payment.cgi>



Personal Details

First Name

Date of Birth

NRIC/Passport/FIN

Gender

Nationality

Email

Mobile Number

Event Apparel

Block / House number

Unit number (if any)

Street Name

Building Name (if any)

Country

Postal code

Payment

Registration

Donation

Total

Ensure your sign-up submission information are correct.



Your registration has been accepted.

You will receive your confirmation slip by email shortly.

You may close this window now or ...

[CLICK HERE TO REGISTER ANOTHER PARTICIPANT](#)

INFORMATION IS CORRECT

GO BACK AND MAKE CHANGES

RFL 2023 – How to Sign Up: Sign Up Confirmation Email



Singapore Cancer Society - TalkMed Relay For Life 2023 Confirmation

Your registration for Singapore Cancer Society - TalkMed Relay For Life 2023 is confirmed.

Thank you for signing up for the Singapore Cancer Society - Singapore Cancer Society - TalkMed Relay For Life 2023 and being part of this global movement!

You can make a difference and bring hope to the cancer community by donating to your profile page or raising funds for the event now by sharing your profile page with your friends and associates.

To experience the meaning of RFL and to receive the event entitlements, do complete the following tasks:

E-Badge	Task	Entitlements
Celebrate	Fundraise your minimum amount	Physical Event Invitation, Event T-shirt & Relay Pack (Goodie Bag)
Remember	Dedicate a luminaria bag to the cancer community	
Fight Back	Take Part in the RFL Challenge	
RFL 2023	Collect all three e-badges (Celebrate, Remember, Fight Back)	RFL 2023 Medal

You are eligible to create virtual luminaria bag(s) for every 10 dollars donated. You may also ask your family or friends to create the virtual luminaria bag by sharing this link:

<https://www.relayforlife.sg/luminaria-dedication>

You can view or make changes to your fundraising profile [CLICK HERE](#) or the link below to view your confirmation slip.

https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/showconfirmation.cgi?participant_id=513Z01061995&sessionid=

Submit an activity for your Fight Back Challenge [CLICK HERE](#)

https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/virtualrace.cgi?participant_id=513Z01061995&sessionid=

Donate S\$10 and create virtual luminaria bag(s) to achieve your Remember e-Badge



Unique link to access view and make edits to your profile page (do not share with anyone)



Submit your activity screenshots during the Virtual Challenge Period: 4 Mar to 12 Mar 2023





Singapore Cancer Society – TalkMed

RELAY FOR LIFE 2023

No one fights cancer alone

Physical Event

4 March – **5 March**
Saturday Sunday
Singapore National Stadium

Virtual Challenge

4 March – **12 March**
Saturday Sunday

1. How to Sign Up _____ pg 2
- 2. How to Join A Team** _____ **pg 15**

RFL 2023 – How to Join A Team:

https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/showconfirmation.cgi?participant_id=xxxxxxx



Your Profile

UPLOAD PROFILE PHOTO

Create A New Team/Join An Existing Team

1. Upon successful registration, a confirmation email will be sent to the registered email address with a link to set up 'Your Profile'.

2. Key in the exact team's name under 'Your Profile', and press 'SUBMIT UPDATES' to confirm. The participant will automatically be added to the team once confirmed.

All participants in the same team must take part in the same category as selected by the Team Leader.

There is no maximum number of members for team sign up.

Please use only characters A-Z 0-9

Fund Raising Team Name:

RUN FOR CANCER [Team Name]

TEAM1,2,3,Finance,Admin etc [Sub Team Name, Optional if you want to have

multiple teams per organisation]

SGD 60 [Fund Raising Target]

RFL Challenger [Display Name]

Challenger [Display Tagline]

SUBMIT UPDATES

Key in your exact team's name to join a team successfully

Click 'SUBMIT UPDATES' to confirm your changes

RFL 2023 – How to Join A Team:

https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/showconfirmation.cgi?participant_id=xxxxxxx



Fund Raising Team



Singapore Cancer Society – TalkMed

RELAY FOR LIFE 2023

No one fights cancer alone

Physical Event

4 March Saturday – 5 March Sunday
Singapore National Stadium

Virtual Challenge

4 March Saturday – 12 March Sunday

Confirmation page of your profile updated

Information is Updated

You may close this window.

CLOSE

RFL 2023 – How to Join A Team:

https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/showconfirmation.cgi?participant_id=xxxxxxx

Thank you for registering in **Singapore Cancer Society - TalkMed Relay For Life 2023**. Your registration has been confirmed.

Send your friends this link to contribute to your fund raising efforts.

https://reg5.events-sign-up.com/cgi-bin/registration/rfl2023/prereg_donation.cgi?donate_to_id=



Share your profile page fundraising link to your family & friends to support the cancer community!
Achieve your e-badges so that you can receive your event entitlements:



Celebrate



Remember



Fight Back

For more information on e-badges, refer to: <https://www.relayforlife.sg/e-badges-entitlements>

**For any other enquiries, please email us at
rfl@singaporecancersociety.org.sg**

Thank you for participating in a worthy cause.