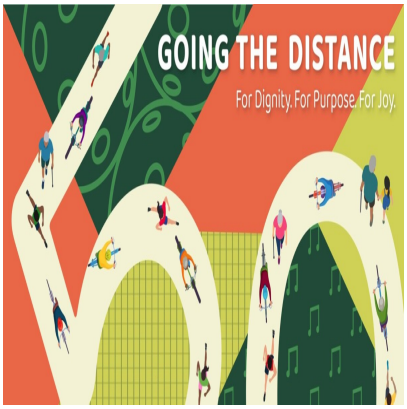


Tour de Care 2027: 5km and 10km run-walk on 17 January from S$30

Description

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Tour de Care 2027 takes its 5km and 10km run-walk to the Great Eastern Promenade beside the National Stadium on Sunday 17 January 2027, with early-bird entries at S$30 and S$50. Every registration fee goes to the Home Nursing Foundation (HNF), which sends nurses, doctors and therapists into the homes of frail and homebound patients.



The Tour de Care 2027 key visual, marking 50 years of Home Nursing Foundation. Illustration: Home Nursing Foundation

The run-walk page says normal prices of S$40 and S$60 apply from 1 December, but the registration system and a banner on the home page show early-bird prices ending on 15 November. The safer bet for the lower price is to sign up by 15 November.

Two distances, one cut-off

The 10km flags off at 9am and the 5km at 9.35am. Both close at 11am, which gives 10km entrants two hours and 5km entrants 85 minutes.

That is a generous standard. Both distances are run-walk, the 5km is pitched at first-timers, and walking at your own pace is fine. Tour de Care is open to all ages, and anyone under 18 needs a parent or guardianâ??s consent.

- 5km run-walk: S$30 early bird, S$40 from 1 December, flag-off 9.35am
- 10km run-walk: S$50 early bird, S$60 from 1 December, flag-off 9am
- All You Can Cycle: S$80 early bird, S$90 from 1 December, 7am to 9am
- Virtual run, walk or ride: S$12, logged on Strava until 17 January



Riders at a previous Tour de Care; undated photo from an earlier edition. Photo: Home Nursing Foundation

The ride before the run

All You Can Cycle is a 10km loop that stays open from 7am to 9am, and riders do as many laps as they can before it closes. There is no bike rental, so riders bring their own, and helmets are compulsory.

The virtual option is for anyone who cannot make race morning. Walks, runs and rides count only if they are recorded with GPS or with a device that syncs to Strava; manually entered activities are rejected, and so is anything logged on an e-bike, motorbike or car.

Race pack and getting there

Every race-day entry comes with an event T-shirt, a finisher medal, a drawstring bag and access to the AgeWell Championships on the day. Race packs are collected on 9 and 10 January 2027, from 11am to 9pm, at B1 Green Square in City Square Mall. The QR code for collection arrives by email a week before.

The Great Eastern Promenade is still marked as to be confirmed, so watch for a venue update. The nearest MRT station is Stadium on the Circle Line.



Participants at a previous Tour de Care by Marina Bay; undated photo from an earlier edition. Photo: Home Nursing Foundation

AgeWell runs alongside

AgeWell is a carnival-style competition for seniors from Active Ageing Centres and the public, with pickleball mixed doubles, soft volleyball and table arm wrestling from 9am. There are no ratings and no skill caps. AgeWell-only registration costs S$12.

Friends can enter as one team even if they pick different categories, and there is no limit on team size. Each member pays for their own entry.

The fine print

All registrations are non-refundable, so commit only when the date is certain. Registration fees are not tax-deductible. Separate donations of S$10 and above qualify for a 250 per cent tax deduction.

HNF is aiming for 3,000 participants this time, against 682 at the last edition, which raised S$241,126. Registration stays open until 17 January 2027, the day itself.

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