

Promoting Well-being & Integration of People With Special Needs

Fact Sheet

Runninghour Co-operative Limited

Runninghour Club was founded on 18 April 2009 by Mr John See Toh and Ms Chan Jan Siang with the aim of providing an avenue for mildly-intellectually challenged youth to participate in sports and integrate. About a year later, it became a part of the Healthy Lifestyle Club of Central Singapore CDC. In 2012, the club expanded to include visually challenged runners. Recognising that the club has the potential to create a positive impact in more lives, Runninghour decided to form a co-operative in May 2014. Runninghour Co-operative Limited can continue to do good, but it looks forward to doing well and to stay sustainable by further enhancing its programme. Currently, it has 150 active members and 10 people sit on the management committee including four who are visually challenged.

Besides organising inclusive running events, the co-operative holds regular sports activities such as weekly runs, tandem biking and dragon boating for Intellectually Challenged Runners (ICR) and Visually Challenged Runners (VCR). It is supported by a group of volunteers, sighted guides and buddy runners. The runners will participate in existing races held in Singapore at least once every two months to further enhance members' running experience, rebuild self-confidence and self-reliance as well as promote the cause of Runninghour Co-op.

Runninghour is a President's Volunteerism & Philanthropy Award 2014 (Informal Group Category for Volunteerism) recipient.

Runninghour Co-operative Limited

Mission

Promoting Well-Being & Integration of People With Special Needs

Vision

To be a world class model of integrating people with special needs through sports

Values

Self-reliance, Collaboration, Inclusive, Advocacy & Respect

Motto

Run to bond, run so others can!

Key objectives

- Promote and provide support to persons with special needs in physical recreation i.e. mainly running.
- Provide opportunities for persons with special needs to interact with their peers, ordinary youth and adults to build bonds and enlarge their social networks.
- Nurturing an inclusive Singapore

John See Toh (*B. Ed Adapted PE, M. Ed Special Needs*)

Founding Committee (Chairman) | Runninghour Co-operative Limited (UEN: T14CS0003K)

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Run to bond. Run so others can.



"Be the change you want to see in the world" Gandhi

<http://www.youtube.com/watch?v=MZxdn-Tm0k0>