

Start a chain reaction!

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There are more ways to raise funds and awareness for charities than just dolling up and attending big gala dinners. Last year, four women set the wheels in motion when they formed The Chain Reaction Project – cycling in a 450km bike race through Timor-Leste for a good cause. This year, they're strapping on their shoes to raise money again, and they want plenty of people along for the ride.

Jasmine Wong, a sports physiotherapist and avid ultra-marathoner, and also one of the founding members of The Chain Reaction Project, tells us all about what they're trying to achieve and how you can get involved.

Just what is The Chain Reaction Project all about?

It's an initiative founded by four women, who came together through a passion for adventure and philanthropy. We believe in using our different skill-sets to bring about change in the lives of people around us, both in Singapore and beyond. We wanted to find a cause and have an effect from there – growing our initiative to inspire others to spark a change in their own way. We're using the power of social networking and media to inform, inspire and motivate as well as raise funds and awareness for charities. It's all about starting that chain reaction – using unique opportunities to affect positive changes.

How did it get started?

It all started when we decided to form a team to participate in the inaugural Tour de Timor – a 450km bike race through Timor-Leste in 2009. Knowing that it was going to be a gruelling challenge, we wanted to use that race as a platform to raise awareness for Timor-Leste as well as to raise funds for a Timorese charity. So with the support of the community and various generous sponsors, we successfully raised awareness and about SG\$50,000 for our adopted charity, HIAM-Health.



Why did you choose to support HIAM-Health?

HIAM-Health (Hamutuk Ita Hamutuk Ita Ajuda Malu (HIAM) Health is an NGO focused on education, rehabilitation and prevention of malnutrition) educates the families of critically malnourished infants on food groups and nutrition concepts, food preparation and hygiene. So this year we wanted to continue to support the good work that they are doing because we feel that it's through education that lasting change can happen and we support the vision of HIAM-Health to influence this generation of Timorese people for the future.

What did the experience last year teach you?

Our Tour de Timor experience taught us a lot about being catalysts for change. We know we can make a difference in another person's life and we all have talents and skills that we can use to make that difference. What we want to do is share that with more people and influence them to become catalysts too.

Most importantly I think it's also taught us that something small to us has the potential to impact another person's life in a bigger way than we realise. Everything has to start with an idea or a dream. It's just a matter of making that dream a reality – one step at a time.

How has the response been so far, and how many people do you hope will participate?

We hope to form a group of 50 people to join TCRP in participating in the Dili Marathon. The Dili Marathon has races of 5km, 10km, half-marathon and full-marathon distances to cater to all levels of fitness, so you don't have to feel like you have to complete 42km to make a difference! We are targeting just about anyone and everyone that wants experience and be part of a movement for positive change - we want people to realize that you don't have to be athletic/sporty/hard core to make your mark.

Registration closes on May 10, and there's a group discount of US\$150 per person for groups of four or more. For more details, click [here](#).