

## Real Runners: The Fund-raiser

Jasmine has found her sweet spot in life – she's combined her love for endurance races with the urge for helping those in need.

In 2006, Jasmine made the Atacama Crossing, a 250km ultramarathon race in Chile, which she used to raise funds for the Andrew & Grace Home (a shelter for troubled youths) in Singapore. Together with a running partner, they both collected more than \$50,000 for the cause.

Incredibly, when Jasmine signed up for the Atacama Crossing, she had only done a few half-marathons up to that point. "I believe in pushing your own boundaries," she says. Staying true to that mantra, she has since raced and dedicated her efforts to various causes, and is part of [The Chain Reaction Project](#), a group of like-minded ladies who share the same fund-raising goals.

In 2009, they competed in the Tour de Timor, a five-day, 450km mountain bike race across Timor Leste for [HIAM Health](#). In 2010, the group ran the Dili Marathon for the same beneficiary.

Besides her efforts with the group, Jasmine has also run the MIND Alpine Challenge – a 100-mile solo run in the Australian Alps – with her friend Sim Yihui (right in picture). Next up for Jasmine: The Nepal 2011, a 250km race.

Fund-raising has had an additional benefit: In long races, it's extra motivation to complete the event, she says. "You're committed to the beneficiary – not just yourself. When you're feeling down midway through, knowing that there's someone counting on you helps you finish."



**Jasmine Wong (left), 35,  
HR Practitioner And Sports Physiotherapist**

SPHmagazines

Copyright © 2011 SPH Magazines Pte Ltd. Reg. No. 196900476M.  
All rights reserved. 82 Genting Lane, Level 7 Media Centre, S349567.  
[Privacy Statement](#) | [Conditions of Access](#) | [Career](#)

**Source URL:** <http://www.menshealth.com.sg/mh-runners/real-runners-fund-raiser>

### Links:

[1] <http://thechainreactionproject.com>

[2] <http://www.hiamhealth.org/>