

BRISK WALK GROUP

IBC conducts regular morning brisk walk sessions. The walk takes place along the scenic route of various spots. After each walk, there will be opportunity to network while having the breakfast. Details of the walk are as follows:

14h November 2009: 6.45am.

Meet at the Venus Drive public car park (off Upper Thomson Road)

1st anniversary IBC Brisk Walk Group Breakfast at the Singapore Island Country Club, 19th Hole (Island Location).

Adults only, members and guests are welcome.

For those regulars, a complimentary t-shirt will be provided. Please state your t-shirt size before hand.

21st November 2009: 6.45am.

Meet at the Mac Ritchie Reservoir car park (off Lornie Road)

Breakfast at the Reservoir's Cafe.

Adults only, members and guests are welcome.

28th November 2009: 6.45am.

Meet at the Botanic Garden taxi drop-off point facing the Gleneagles Hospital.

Breakfast at the Garden Cafe.

Adults only, members and guests are welcome.

Program:

6.45 - 7.00 - Arrival and warming up

7.00 - 8.00 - Brisk walking, cool down

8.00 - 8.45 - Breakfast and networking, end of program

Participants are to dress in their sports gear. Breakfast should be in the region of \$5-00 per pax in food court/hawker centre, or up to \$10-00 per pax in a club house. Participation in the brisk walk is FREE. Photos of past walk session are available at www.ibrclub.sg. Further details and registration, contact IBC at 62351163 and email to ibciarc@singnet.com.sg, or call Mr Patrick Wong at 9623 7403 / Mabel 96673133/ Sety Ong 97691756.