

## **BRISK WALK GROUP**

IBC conducted its regular morning brisk walk sessions for over a year!!! The walk takes place at either the Botanic Garden or along the scenic route of various reservoirs. After each walk, there will be opportunity to network while having the breakfast. Details of the walk are as follows:

**7<sup>th</sup> November 2009:** 6.45am.

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

**14th 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.

**21st 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.ibr-club.sg](http://www.ibr-club.sg).

For further details and registration, please contact IBC at 6235 1163 or email to [ibciarc@singnet.com.sg](mailto:ibciarc@singnet.com.sg). Alternatively, you can also contact Mr Patrick Wong at 9623 7403 / Mabel 9667 3133/ Sety Ong 9769 1756. We look forward to your participation.