



Club Rainbow (Singapore)

# Ride & Ralk for Rainbows (R2FR) 2025

6 June to 6 November 2025

Participant Registration Guide



Club Rainbow (Singapore)





# Signing up as a team?

Follow the simple steps below to register for R2FR 2025!



**Join us as an Individual, lead a Team or be part of one as a Team Member!**



**Create your participant profile**



**Fill in your personal particulars and other details according to the categories chosen**





# How to Register?

1. Visit Ride & Ralk for Rainbows website at: <https://www.rideforrainbows.org/>
2. Click "Register" on the website to join as an Individual, Family or Team



**SELF-ENTRY (ALL AGES)**  
**Individual**

**Entry Fundraising Target**

- Climb For Rainbows: S\$133
- Virtual 60KM Ride: S\$633
- Virtual 10KM Ralk: S\$133

REGISTER NOW

**FAMILY ENTRY (UP TO 4 PARTICIPANTS\*)**  
**Team Family**

**Entry Fundraising Target**

- Climb For Rainbows: S\$266

\* At least 1 adult (21 years or older) required  
 \* Junior: Under 21 years old

REGISTER NOW

**NEW TEAM**  
**Team Leader**

**Entry Fundraising Target**

- Climb For Rainbows: S\$133
- Virtual 60KM Ride: S\$633
- Virtual 10KM Ralk: S\$133

REGISTER NOW

**EXISTING TEAM**  
**Team Member**

**Entry Fundraising Target**

- Climb For Rainbows: S\$133
- Virtual 60KM Ride: S\$633
- Virtual 10KM Ralk: S\$133

\* Please contact your team leader for the team code.

REGISTER NOW





# Registration - **Team Leader**



Club Rainbow (Singapore) was also a CTA winner in 2018, 2019, 2022 and 2023

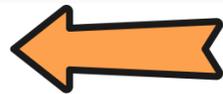




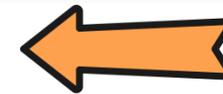
# Registration - **Team Leader**

## 3. Create your team name , tagline and photo

**Team Name \***



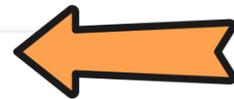
**Team Tagline**



**Team Photo**

Choose File

No file chosen



Upload the photo in JPG or JPEG format with a maximum size of 8MB size. The recommended ratio is 1:1 with minimum image width and height of 250px by 250px.

Note that uploaded image will be automatically square cropped.





# Registration - Choose your preferred categories

4. Choose the preferred physical or virtual categories of your choice

- You may choose more than 1 category – just keep in mind that with more categories comes a higher fundraising goal – but also more impact and fun along the way!
- **Important:** For Climb for Rainbows, if you are joining with your family instead of a corporate team, there's no need to sign up as an individual or team

## Climb For Rainbows (Vertical Challenge) \*

 7 Storeys 31 Storeys Not Joining

## 60KM Ride (Virtual Category) \*

 Yes No

## 10KM Ralk (Virtual Category) \*

 Yes No



# Registration - Choose your preferred categories

**Climb For Rainbows (Vertical Challenge) \***



Participants joining **Climb for Rainbows** can choose to climb either 7 storeys or 31 storeys

7 Storeys

31 Storeys

Not Joining

**60KM Ride (Virtual Category) \***

Yes

No



**10KM Ralk (Virtual Category) \***

Yes

No



Go for virtual categories too, and unlock all the finisher rewards!



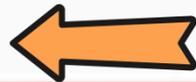


# Registration - Account Details

## 5. Fill in your details

- Kindly ensure that the correct details are keyed in as it will be used as your login ID subsequently

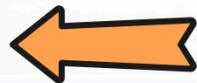
Email Address (Your Login ID) \*




Make sure your email address is correct. Event updates and instructions will also be sent there.

This field is required.

Account Password \*

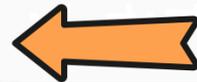



This field is required.

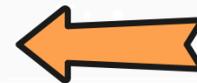
Account Display Name \*




Confirm Email Address \*




Confirm Account Password \*




Account Tagline




### Note:

**If you are registering for Climb for Rainbows as a family member, kindly use a different email address if you would like to register for Ride & Ralk virtual categories too!**



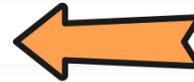


# Registration - Shirt Sizes

6. Choose your preferred shirt size - sizing chart provided for your reference and account display photo (optional)

Your Preferred T-Shirt Size \*

- Select One -



Please refer to the following sizing chart for our finisher tees:



UNISEX SHORT SLEEVE TEE								
SIZE SPECIFICATION: INCHES								
*DESCRIPTION	2XS	XS	S	M	L	XL	2XL	3XL
CHEST	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5
LENGTH	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5

\*Tolerance +/- 0.5inch

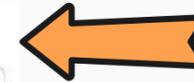
KIDS SIZES SPECIFICATION (UNISEX)			
SIZE SPECIFICATION: INCHES			
*DESCRIPTION	S	M	L
CHEST	15	16	17
LENGTH	22	23	24

\*Tolerance +/- 0.5(inches)

[Click here](#) to view size chart.

Account Display Photo

Choose File No file chosen



Upload the photo in JPG or JPEG format with a maximum size of 8MB size. The recommended ratio is 1:1 with minimum image width and height of 250px by 250px. Note that uploaded image will be automatically square cropped.





# Registration - Profile Details

7. Set a fundraising target that inspires - every contribution counts!
8. Let us know if you're a returning participant or joining us for the first time
9. Share how you heard about us and feel free to leave some words of encouragement to our children and families

Set Your Fundraising Target \*

\$ 0 .00

Your Entry Fundraising Target: \$133.00

I am participating in the event because... \*

- Select One -

I learned about this event through... \*

- Select One -

My message to children with chronic illnesses and families

I'm a... \*

- Select One -

- Select One -

New Participant

Returning Participant



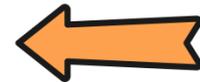


# Registration - Profile Details

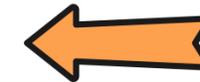
10. Provide your personal particulars

## Personal Particulars

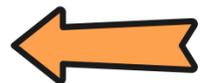
Full Name (as per NRIC/FIN/Passport No.) \*



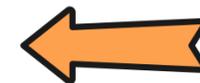
Mobile Number \*



Date of Birth \*



Sex \*





# Registration - Profile Details

## (for Ride & Ralk Participants ONLY)

12. If you are joining the Ride & Ralk virtual categories, please provide your mailing address details (if you have) for us to facilitate the delivery of finisher entitlements after the event

### Mailing Address

Do note: Delivery is for Singapore address only. Mailing address will be utilised for the delivery of entitlements

Do you have a local address? \*

 Yes

 No

Country

Postal Code \*

For testing purpose, please use 408600 or 058415

Unit Number \*

Please indicate NA if there is no unit number.

Building Number \*

Please select your block number.

Street Name \*

Building Name





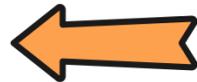
# Registration - Profile Details

*(for Climb for Rainbows Participants ONLY)*

11. For Climb for Rainbows participants, do fill in your medical information and emergency details

## Emergency Contact and Medical Information

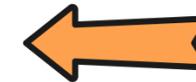
Blood Group \*



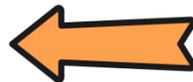
- Select One -



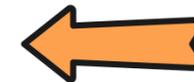
Medical Conditions / Allergies (If any)



Emergency Contact Name \*



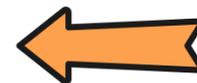
Emergency Contact Relationship \*



- Select One -



Emergency Contact Mobile Number \*



 8123 4567



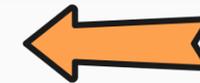


# Registration - Profile Details

13. Accept the Health Declaration, Rules & Regulation, Indemnity and PDPA Consent; Thereafter click "Sign-up" thereafter to complete registration process

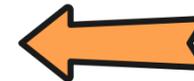
## Health Declaration

I do not have any medical condition that would affect my safety or physical wellbeing. I am medically and physically fit and competent to participate in the Event. I fully understand and acknowledge the risks involved in my participation in the Event and I accept full responsibility and agree to solely assume all such risks.



## Rules and Regulations

I have read and agree with the above stipulated **Rules and Regulations**.



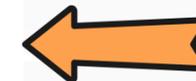
## Indemnity

I have read and agree with the above stipulated **Indemnity**.



## PDPA Consent

By clicking on 'SIGN UP' below, I consent to Club Rainbow (Singapore) collecting and using personal data about me in this online registration form for the purposes of:



- i. Organising and carrying out the Ride & Ralk for Rainbows event;
- ii. Disclosing to third parties as necessary for event organisation and execution;
- iii. Promoting the event;
- iv. Sending me further information about the event;
- v. Contacting me after the event for feedback and survey.

SIGN UP





# Successful Registration!

14. Upon registering successful, you will receive a confirmation email with your participation number and you may begin your fundraising journey!

15. For **Team Leaders**, you will receive a separate email with a unique code (as seen in the sample below), which must be shared with team members to join the team

**Invite your Family and Friends to join your team**



Share the QR code to your family and friends.  
Alternatively, you can share the following Team  
Code: **H0009Z**

Get your family and friends to join your team  
by sharing this URL with them!

**COPY LINK**

Share this invitation URL:



**Note:**  
**Do check your junk mail if  
you do not receive it in  
your inbox!**





# Registration - **Team Member**



Club Rainbow (Singapore) was also a CTA winner in 2018, 2019, 2022 and 2023

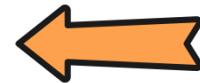




# Registration - **Team Member**

1. Get the team code from your team leader to join your team – once the code is entered, your team name will appear

Team Code of the Team you are joining \*



Team Name which you are joining \*

Tip: Get the team code from your Team Leader.





# Registration - Choose your preferred categories

2. Choose the preferred physical or virtual categories of your choice

- You may choose more than 1 category – just keep in mind that with more categories comes a higher fundraising goal – but also more impact and fun along the way!
- **Important:** For Climb for Rainbows, if you are joining with your family instead of a corporate team, there's no need to sign up as an individual or team

## Climb For Rainbows (Vertical Challenge) \*

 7 Storeys 31 Storeys Not Joining

## 60KM Ride (Virtual Category) \*

 Yes No

## 10KM Ralk (Virtual Category) \*

 Yes No

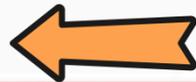


# Registration - Account Details

## 3. Fill in your details

- Kindly ensure that the correct details are keyed in as it will be used as your login ID subsequently

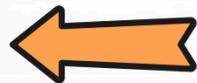
Email Address (Your Login ID) \*




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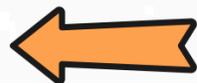
This field is required.

Account Password \*

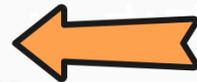



This field is required.

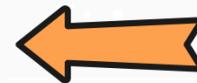
Account Display Name \*




Confirm Email Address \*




Confirm Account Password \*




Account Tagline




### Note:

**If you are registering for Climb for Rainbows as a family member, kindly use a different email address if you would like to register for Ride & Ralk virtual categories too!**



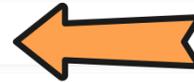


# Registration - Shirt Sizes

4. Choose your preferred shirt size - sizing chart provided for your reference and account display photo (optional)

Your Preferred T-Shirt Size \*

- Select One -



Please refer to the following sizing chart for our finisher tees:



UNISEX SHORT SLEEVE TEE								
SIZE SPECIFICATION: INCHES								
*DESCRIPTION	2XS	XS	S	M	L	XL	2XL	3XL
CHEST	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5
LENGTH	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5

\*Tolerance +/- 0.5inch

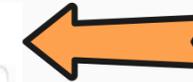
KIDS SIZES SPECIFICATION (UNISEX)			
SIZE SPECIFICATION: INCHES			
*DESCRIPTION	S	M	L
CHEST	15	16	17
LENGTH	22	23	24

\*Tolerance +/- 0.5(inches)

[Click here](#) to view size chart.

Account Display Photo

Choose File No file chosen



Upload the photo in JPG or JPEG format with a maximum size of 8MB size. The recommended ratio is 1:1 with minimum image width and height of 250px by 250px. Note that uploaded image will be automatically square cropped.





# Registration - Profile Details

5. Set your fundraising target based on the categories you've chosen
6. Let us know if you're a returning participant or joining us for the first time
7. Share how you heard about us and feel free to leave some words of encouragement to our children and families

Set Your Fundraising Target \*

\$ 0 .00

Your Entry Fundraising Target: \$133.00

I am participating in the event because... \*

- Select One -

I learned about this event through... \*

- Select One -

My message to children with chronic illnesses and families

I'm a... \*

- Select One -

- Select One -

New Participant

Returning Participant



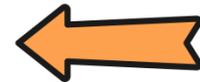


# Registration - Profile Details

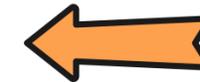
8. Provide your personal particulars

## Personal Particulars

Full Name (as per NRIC/FIN/Passport No.) \*

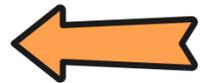


Mobile Number \*



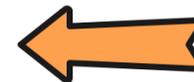
 8123 4567

Date of Birth \*



DD/MM/YYYY

Sex \*



- Select One -





# Registration - Profile Details

*(for Ride & Ralk Participants ONLY)*

9. If you are joining the Ride & Ralk virtual categories, please provide your mailing address details (if you have) for us to facilitate the delivery of finisher entitlements after the event

## Mailing Address

Do note: Delivery is for Singapore address only. Mailing address will be utilised for the delivery of entitlements

Do you have a local address? \*

 Yes

 No

Country

Postal Code \*

For testing purpose, please use 408600 or 058415

Unit Number \*

Please indicate NA if there is no unit number.

Building Number \*

Please select your block number.

Street Name \*

Building Name





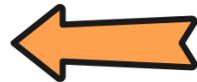
# Registration - Profile Details

*(for Climb for Rainbows Participants ONLY)*

10. For Climb for Rainbows participants, do fill in your medical information and emergency details

## Emergency Contact and Medical Information

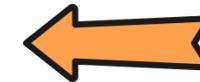
Blood Group \*



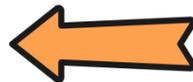
- Select One -



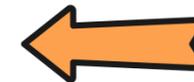
Medical Conditions / Allergies (If any)



Emergency Contact Name \*



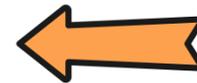
Emergency Contact Relationship \*



- Select One -



Emergency Contact Mobile Number \*



 8123 4567



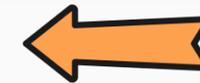


# Registration - Profile Details

11. Accept the Health Declaration, Rules & Regulation, Indemnity and PDPA Consent; Thereafter click "Sign-up" thereafter to complete registration process

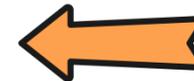
## Health Declaration

I do not have any medical condition that would affect my safety or physical wellbeing. I am medically and physically fit and competent to participate in the Event. I fully understand and acknowledge the risks involved in my participation in the Event and I accept full responsibility and agree to solely assume all such risks.



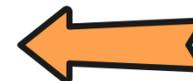
## Rules and Regulations

I have read and agree with the above stipulated **Rules and Regulations**.



## Indemnity

I have read and agree with the above stipulated **Indemnity**.



## PDPA Consent

By clicking on 'SIGN UP' below, I consent to Club Rainbow (Singapore) collecting and using personal data about me in this online registration form for the purposes of:



- i. Organising and carrying out the Ride & Ralk for Rainbows event;
- ii. Disclosing to third parties as necessary for event organisation and execution;
- iii. Promoting the event;
- iv. Sending me further information about the event;
- v. Contacting me after the event for feedback and survey.

**SIGN UP**





# Successful Registration!

12. Upon registering successful, you will receive a confirmation email with your participation number and you may begin your fundraising journey!

Thank you for signing up for Ride & Ralk for Rainbows 2025!

Your Participant No.: P00010JP.

You can log in to view or make changes to your password, profile or upload activity for the challenge [here](#).

Just a friendly reminder: To participate in the event, please ensure you meet the minimum qualifying fundraising amount. Upon reaching this milestone, you will receive a confirmation email verifying your eligibility to participate.

Best regards,  
Club Rainbow (Singapore)

**Note:**

**Do check your junk mail if you do not receive it in your inbox!**

