

News Release for the Editor's Desk

Going the extra mile.....250km actually!

- Racing the Atacama Crossing in aid of the Children's Cancer Foundation (CCF)

Singapore (1 June 2006) – On 23 July 2006, our own true blue Singaporean, 32 years old Mr Nicholas Yong, will be racing across the Atacama Crossing in the Atacama Desert of Chile – the driest place on earth. Nicholas will be the first Singaporean to attempt the Atacama Crossing challenge.

Organised by **RacingThePlanet**[®], the entire event will be held one mile above sea level and cover a total distance of 250km required to make a horizontal crossing of the country of Chile. This trip is funded entirely by Nicholas whose decision to go the extra mile is to raise funds for CCF through monetary pledges amongst his friends and supporters.

Said Nicholas, "this is a personal challenge set and I want to test and stretch my limits, and send a message to all my friends and supporters that like me, the brave children of CCF need our word of encouragement and support while their strength and courage are being stretched throughout their cancer treatment.

Nicholas will first arrive in Calama, Chile by 22 July, afterwhich he will depart for the first campsite in the Atacama Desert. The official Atacama Crossing begins at 9am on 23 July and concludes on 29 July 2006. Harsh terrains will be prevalent and Nicholas's course could potentially follow river valleys, cross streams and traverse massive salt flats and volcanoes before finishing in a location around San Pedro de Atacama. In addition, Nicholas has to climatise and get used to breathing the desert air. The Atacama Desert is 50 times more arid than California's Death Valley and is virtually sterile because it is blocked by moisture on both sides by the Andes and the coastal mountains. During July, the daytime temperature can soar up to 40 degree Celsius and drop below freezing point after sunset.

For those who would like to make a donation for Nicholas's effort, kindly send your cheque donation to "**Children's Cancer Foundation**" and mail it to Orchard P O Box 0157, Singapore 912306 or contact CCF at 6835 6465/admin@ccf.org.sg.

Notes to Editor

Atacama Crossing

The Atacama Crossing is a self-supported footrace across 250 kilometers of the Atacama Desert in Chile. The race consists of six stages, lasting 7 days, with distances ranging from 20km to 80km per stage. There will be checkpoints conveniently positioned along the course every 10km to 12km. Competitors are required to be fully self-supported throughout the event and must carry all their own food, gear and clothing which they will need to complete the 150 mile (250 kilometer) course. Water and a place in a tent will be provided daily. Generous cut-off times will be established daily so that anyone walking the course can complete it. A limited number of three-person teams and individuals will be accepted. For more information, please visit <http://www.racingtheplanet.com/atacamacrossing/>

About Children's Cancer Foundation

Children's Cancer Foundation (CCF) has helped more than 1,200 children and their families since its inception in 1992. CCF is an independent Voluntary Welfare Organisation (VWO) that helps children with cancer below 17 years old. Its mission is to improve the quality of life of children with cancer and their families through enhancing their emotional, social and medical well-being.

Among the free services CCF provides are

- Counselling and Casework
- Therapeutic Play
- Parents Support Groups & Workshops
- Bereavement Programme
- Financial Assistance
- Childhood Cancer Marrow Transplant Programme
- Wishlink
- Supervised Play
- Back-to-School Programme
- Resource Libraries
- Tuition and befriending programme
- Social and Recreational Programmes
- Educational Talks and Workshops

CCF has two Family Support Centres (FSCs) where counselling and other related activities take place. The FSCs are located just outside the childhood cancer ward of both the KK Women's & Children's Hospital (KKH) and the National University Hospital (NUH) for easy accessibility by children and their families. CCF also has a playroom at the National Cancer Centre (Singapore General Hospital) next to the Radiation Oncology department

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