

# 2012

## 香港糖尿聯會

# 健康長跑

## Diabetes Hongkong Healthy Run

### 一月八日 8 January

主辦機構 Organizer:



協辦機構 Co-organizers:



衛生署  
Department of Health



醫院管理局  
HOSPITAL  
AUTHORITY

### 活動日期 Event Date

2012年1月8日 (星期日) Sunday, 8th January 2012

### 集合地點 Assembly Area / 終點及頒獎地點 Finishing Point

白石角海濱長廊 (近香港科學園)  
Pak Shek Kok Promenade (near Hong Kong Science Park)

### 名額 Quota

1500 (名額有限, 先到先得) Enrollment is based on a first-come-first-served basis)

### 報名費用 Entry Fee (以郵戳日期為準 Based on the date of postmark)

**HK\$100** 2011年10月31日或之前報名  
Entry received by Mon, 31 Oct 2011

或 OR

**HK\$150** 2011年11月1日至12月19日  
Entry received between 1 Nov-19 Dec 2011

提前報名優惠  
Early Bird Discount

### 晶片按金 Timing Chip Deposit

免晶片按金及免歸還晶片 No deposit required and no need to return the chip

### 組別 Category

(1) 10公里健康跑 10km Healthy Run :

年齡 Age	挑戰組 Challenge Group 男 Men's / 女 Women's			體驗組 Novice Group (不設獎項 No award will be presented)
	青年 Junior 16-28	高級 Senior 29-44	先進 Master ≥ 45	≥ 16歲 years old

(2) 5公里健康跑 5km Healthy Run :

男子公開 Men's Open / 女子公開 Women's Open (≥ 16歲 years old)

### 起跑時間 Starting Time

- (1) 10公里跑 10km Run (挑戰組 Challenge Group): 早上八時 0800  
(2) 10公里跑 10km Run (體驗組 Novice Group): 早上八時八分 0808  
(3) 5公里跑 5km Run : 早上八時十五分 0815

### 獎項 Awards

- 個人 Individual (前五名 Top 5)  
獎盃乙座及首飾乙份 A trophy and a piece of jewellery
- 隊際 Team (前五名 Top 5)  
周大福男、女子隊際獎 Chow Tai Fook Men's / Women's Team Awards  
獎盃乙座及個人獎牌 A trophy and medals  
(獎項由周大福贊助 Awards are sponsored by Chow Tai Fook)

### 紀念品 Souvenir

所有參加者將獲贈快乾功能運動背心、牙膏及牙刷乙件。  
Functional dry-fit vest, toothpaste and toothbrush.

### 報名及查詢 Registration and Enquiries

香港糖尿聯會 Diabetes Hongkong  
地址 Address: 香港德輔道中244-252號東協商業大廈18樓1802室  
Unit 1802, 18/ F, Tung Hip Comm. Bldg, 244-252 Des Voeux Rd Central, HK  
電話 Tel: (852)2723 2087 傳真 Fax: (852)2723 2207  
電子郵件 Email: info@diabetes-hk.org

### 表格下載 Form to be downloaded from:

- (1) 香港糖尿聯會網站 DHK Website: <http://www.diabetes-hk.org>  
(2) 智能手機掃描條碼 QR code scanned by smartphone



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特別鳴謝  
Acknowledgements :

香港少年領袖團  
Hong Kong Adventure Corps  
香港物理治療學會  
Hong Kong Physiotherapy Association Limited

香港聖約翰救傷隊  
Hong Kong St. John Ambulance  
康樂及文化事務署  
Leisure and Cultural Services Department

大會時計  
Official Timer:

精工表  
SEIKO

## 對象 Target

所有16歲以上人士 All persons aged 16 and over

## 賽事目的 Objectives

長跑既可消耗卡路里幫助減肥，也可改善血糖、血脂及血壓的控制。為了鼓勵大眾（特別是糖尿病友及糖尿病高危人士）多做運動，香港糖尿聯會舉辦健康長跑，其目的是：

- (1) 為了宣揚定期參與體能運動對健康及預防糖尿病的重要；
- (2) 給參加者挑戰自我、克服壓力的機會；
- (3) 讓糖尿專家及病患者互助並分享經驗。

Distance running does not only burn off calories for weight reduction and achieving fitness, it also improves blood sugar, lipid and blood pressure control. The Run aims at:

- (1) Educating the public about the importance of regular exercise for good health, particularly diabetes prevention;
- (2) Providing an opportunity for runners to work out their self-challenging power and stress; and
- (3) Providing a social occasion for diabetes professionals and patients to share experience and support.

## 號碼布 Number Cloth

號碼布需扣在胸前當眼處，以便工作人員確認，否則大會將有權取消運動員之比賽資格。號碼布不得轉讓，如有代跑者，除取消比賽資格外，大會亦保留拒絕其參加大會日後舉辦之賽事的權利。

Runners should wear their number cloths in front of their chests, so that the officials can identify their numbers easily; otherwise, the Organizer reserves the right to disqualify their results. Number cloths are non-transferable. In case of any dishonest behavior, runners will be disqualified and the Organizer reserves the right to reject their applications for other events held by the Organizer.

## 行李擺放區 Baggage Area

集合點將設行李擺放區，大會建議運動員不要攜帶貴重物品到場，如有個人財物損失，大會概不負責。如運動員需要行李袋，可於比賽當日向行李區之工作人員索取。

A Baggage Storage Area will be provided; however, runners are advised not to bring any valuable item on the day. The Organizer will not be responsible for any loss of personal property. Plastic baggage bags will be provided at baggage area upon request.

## 水站 Water Station

起點開始約2及4.8公里設有水站。

Water Stations will be available at about 2km and 4.8km away from the starting point.

## 時限 Time Limit

5公里賽事 5km Run: 1.5小時hours

10公里賽事 10km Run: 2小時hours

終點及賽道設施將於比賽時限後關閉。

The race course and the finish facilities will be closed after the time limit.

## 證書 Certificate

上述時限內完成之跑手將獲發證書乙張。

Certificates will be issued to runners completed within the time limit.

## 保險 Insurance

大會將為賽事購買第三者保險，參加者之個人意外保險須自行負責。

The Organizer will cover Public Liability Insurance only. Runners should be responsible for their own Personal Accident Insurance.

## 上訴 Protest

上訴須於成績公報後30分鐘內，以書面連同港幣100元手續費遞交大會，如上訴得直，手續費可獲發還。

Any protest must be made in writing with a deposit of HK\$100 within 30 minutes after the announcement of the result.

Relevant deposit will be refunded if the protest is upheld.

## 惡劣天氣 Cancellation Policy

(a)如早上5時懸掛紅色暴雨、黑色暴雨或3號或以上熱帶氣旋警告信號，賽事將會取消。

If Red / Black Rainstorm or Typhoon Signal No.3 or above is hoisted at 5:00am, the race will be cancelled.

(b)賽事日緊急查詢電話，服務時間為早上5至11時：65310197

Race day emergency contact number during 5am — 11am : 65310197

(c)如賽事取消，報名費將不予以退回。

If the race is cancelled, no entry fee will be refunded.

## 籌募委員會成員 Members of the Organizing Committee:

胡裕初醫生 (主席)、戴兆群醫生、譚國昌醫生、  
陳艷婷營養師、鍾振海醫生、許培詩醫生、馬青雲醫生、  
曾文和醫生及楊鐸輝醫生

Dr. Woo Yu Cho (Chairman), Dr. Daisy Dai, Dr. Barry Tam,  
Ms Tina Chan, Dr. Chung Chun Hoi, Dr. Grace Hui, Dr. Ronald Ma,  
Dr. Tsang Man Wo and Dr. Vincent Yeung

## 路線圖 RACE ROUTE



前往香港科學園方法 How to get there?

### 1. 自行駕車前往 Driving

駕車前往經吐露港公路 Via the Tolo Highway

(園內有停車場P供泊車，首三小時費用為港幣8元正，之後為每小時港幣3元正)

(Car parks P are available in the Hong Kong Science Park. The rate is HK\$8 for the first 3 hours and HK\$3 per hour for any subsequent hour)

### 2. 公共交通 Public Transport

	● 272K 九巴KMB	● No.27專線小巴Mini bus
乘車地點 Location	港鐵大學站 MTR University station	港鐵沙田站 (排頭街) MTR Shatin station (Pai Tau Street)
服務時間 Service hours	早上6時30分 — 晚上11時20分 6:30 am — 11:20 pm	早上6時15分 — 晚上11時15分 6:15 am — 11:15 pm
班次 Frequency	每6至20分鐘一班 6-20 minutes	每10至15分鐘一班 10-15minutes
車費 Fare	港幣3.5元 HK\$3.50	港幣6元 HK\$6.00
車程 Journey time	約10至16分鐘 10-16 minutes	約10至15分鐘 10-15minutes

# 體能活動就緒問卷 Physical Activity Readiness Questionnaire (PAR-Q)

對多數人來說，體能活動應該不會構成問題或危機。以下體能活動就緒問卷 (PAR-Q)，是針對那些少數不適宜作體能活動或是需經醫生建議最適合的活動的成人而設。請細閱以下問題，然後誠實回答『是』或『否』。

For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check YES or NO opposite the question if it applies to you.

**是**  
**Yes**

**否**  
**No**

1. 你的醫生曾否說你有心臟毛病？  
Has your doctor ever said you have heart trouble?

2. 你是否經常心痛及胸痛？  
Do you frequently have pains in your heart and chest?

3. 你是否經常感覺暈眩或有短暫性的嚴重頭昏眼花？  
Do you often feel faint or have spells of severe dizziness?

4. 曾否有醫生說你血壓過高？  
Has a doctor ever said your blood pressure was too high?

5. 曾否有醫生說你因運動而形成或加重了骨頭或關節的毛病？  
Has your doctor ever told you that you have a bone or joint problem(s), such as arthritis that has been aggravated by exercise, or might be made worse with exercise?

6. 除上述外，還有別的體能原因令你不能參加想參與的體能活動嗎？  
Is there a good physical reason, not mentioned here, why you should not follow an activity programme even if you wanted to?

7. 你是否年過六十五及不習慣劇烈運動？  
Are you over age 65 and not accustomed to vigorous exercise?

**答案如有一個或超過一個『是』：**

在增加體能活動或測試體能前，請諮詢你的家庭醫生。

**如答案全屬『否』的話，便有理由相信：**

如你是準確地回答這問卷的話，便有理由相信你現時是適合做運動的。

**If you answered YES to one or more questions...**

If you have not recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness test.

**If you answered NO to all questions...**

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for exercise.

資料來源 Source:

Stairway to Health Programme, Public Health Agency of Canada (譯自加拿大公共衛生署) <http://www.phac-aspc.gc.ca/sth-evs/english/parq.htm>

香港糖尿聯會成立於一九九六年，是一間香港政府註冊的慈善機構，經費來源全賴公眾、團體、商業機構等捐助。我們的宗旨是為糖尿病患者服務，促進各界人士對糖尿病的認識和關注，以期加強糖尿病的預防和治理。您的捐款將更有助聯會的穩定及長遠發展。

Diabetes Hongkong (DHK) was founded in 1996 as a charitable organization. Our Mission is to serve all people with diabetes and their families, to promote social awareness and concern towards diabetes, and to strive for optimal care and prevention of the disease. Without any government subsidies, the running of our services relies on donations from the public, commercial corporate and other organizations. Your donation will definitely provide a cash inflow for maintaining the daily operation and facilitating further development of DHK.

捐款方法 Donation Methods

1) 支票 Cheque

劃線支票抬頭「香港糖尿聯會」 A crossed cheque payable to "Diabetes Hongkong"

2) 直接存款 Direct Transfer

存款到香港糖尿聯會恆生銀行戶口(號碼:024-286-5-203653)，並交回存款入數紙正本

Transfer to Hang Seng Bank Account No.: 024-286-5-203653 and send the original copy of the bank-in slip to us

捐款達港幣一百元或以上可憑收據在香港申請免稅。

Donations of HK\$100 or above supported by receipt are tax deductible.

查詢 Enquiry



香港糖尿聯會 Diabetes Hongkong

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