

主辦機構 Organizer:



香港糖尿聯會 健康長跑

一月三十一日 31 January

Diabetes Hongkong Healthy Run

2010



- **活動日期 Event Date** 2010年1月31日 (星期日) Sunday, 31st January 2010
- **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** 1400 (名額有限, 先到先得 Enrollment is based on first-come-first-served basis)

● 報名費及計時晶片按金 Entry Fee and Timing Chip Deposit

報名費 Entry Fee: 每位港幣100元正 HK\$100 per runner
計時晶片按金 Timing Chip Deposit: 每位港幣100元正 HK\$100 per runner
(將於交還晶片後退回 deposit cheque will be disposed after chip returned)

● 計時辦法 Timing

本賽事採用晶片系統計時 Timing chip system will be adopted in the race

● 組別 Category

(1) 10 公里長跑 10 km Run: 所有16歲或以上人士 All persons aged 16 and over

◆ 挑戰組 Challenge Group

(男子青年 Men's Junior / 男子高級 Men's Senior / 男子先進 Men's Master / 男子隊際 Men's Team / 女子青年 Women's Junior / 女子高級 Women's Senior / 女子先進 Women's Master / 女子隊際 Women's Team)

◆ 體驗組 Novice Group (不設獎項 No award will be presented)

(2) 5 公里長跑 5 km Run: 只限16歲或以上香港糖尿聯會病友會員 For DHK members with diabetes aged 16 and above only (男子公開 Men's Open / 女子公開 Women's Open)

● 起跑時間 Starting Time

挑戰組 Challenge Group: 早上八時十五分 0815

體驗組及5公里跑 Novice Group & 5km Run: 早上八時三十分 0830

● 獎項 Awards

◆ 個人 Individual (前5名 Top 5)

年齡 Age	男/女子10公里挑戰組 Men's / Women's 10km Challenge Group			男/女子5公里 Men's / Women's 5km Run
	青年 Junior 16-28	高級 Senior 29-44	先進 Master ≥45	公開 Open ≥16
名次 Top	1	頸鍊 Necklace (價值 Value HK\$1,280)	及獎盃	及獎盃
	2	頸鍊 Necklace (價值 Value HK\$500)	及獎盃	及獎盃
	3	頸鍊 Necklace (價值 Value HK\$500)	及獎盃	及獎盃
	4	現金券 Cash Coupon (價值 Value HK\$100)	及獎盃	及獎盃
	5	現金券 Cash Coupon (價值 Value HK\$100)	及獎盃	及獎盃

◆ 隊際 Team (前3名 Top 3)

周大福男、女子隊際獎 Chow Tai Fook Men's / Women's Team Awards

(獎項由周大福贊助 Gifts, medals and trophies 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、毛巾及司各脫陽光袋裝軟糖乙件。
Functional dry-fit vest, towel and Scott Candy.

● 郵寄報名截止日期及查詢 Deadline for registration by mail & Enquiries

2009年12月31日 (星期四) 31 December 2009 (Thursday)

電話 Tel: 2723 2087 傳真 Fax: 2723 2207 網址 Website: www.diabetes-hk.org

贊助機構 Sponsored by:

特別鳴謝 Acknowledgements:



◆ 籌募委員會成員, 包括:

梁彥欣醫生 (主席) Dr. Jenny Leung (Chairperson)
陳麗婷營養師 Ms. Tina Chan
鍾振海醫生 Dr. Chung Chun Hoi
曾文和醫生 Dr. Tsang Man Wo

◆ 香港少年領袖團 (F中隊) Hong Kong Adventure Corps (F Squadron)

◆ 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

對象 Target

10公里賽事 10km Run : 所有16歲或以上人士 All persons aged 16 and over
5公里賽事 5km Run : 只限16歲或以上香港糖尿聯會病友會員
For DHK members with diabetes aged 16 and above only

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.

晶片按金 Timing Chip Deposit

(a) 港幣100元正 (使用個人黃色晶片者可免收按金)

HK\$100 (unless the runner uses his/her own personal yellow chip)

(b) 比賽完畢後五天內請歸還計時晶片，否則大會將會以參賽者之按金支票過數，並不作另行通知。

已歸還晶片而又有提供足夠回郵信封者，本會將把按金支票寄回。已歸還晶片但沒有提供足夠回郵信封者，支票將會被銷毀。

Runners must return the timing chip within 5 days after the race; otherwise, the organizer will bank in the cheque. For runners who have returned the chip, the cheque will be sent back to him/her in the stamped self-addressed envelope submitted.

號碼布 Number Cloth

號碼布需扣在胸前當眼處，以便工作人員辨認，否則大會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，如有個人財物遺失，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3.5公里設有水站。

Water Stations will be available at about 3.5km 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

上訴須於成績公佈後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) 如早上六時懸掛紅色暴雨、黑色暴雨或3號風球或以上，賽事將會取消。

If Red / Black Rainstorm or Typhoon Signal No.3 or above is hoisted at 6:00am, the race will be cancelled.

(b) 賽事日緊急查詢電話，服務時間為早上5至10時：9880 4647

Race day emergency contact number during 5am - 10am : 9880 4647

(c) 如賽事取消，報名費將獲全數退回。

If the race is cancelled, full entry fee will be refunded.

路線圖 RACE ROUTE



前往香港科學園方法 How to get there?

1. 公路交通 Driving

駕車前往經吐露港公路 (園內有停車場 供泊車，首一小時費用為港幣6元正，之後為每小時港幣2元正)

Via the Tolo Highway (Car parks are available in the Hong Kong Science Park. The rate is HK\$6 for the first and HK\$2 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	東鐵大學站 MTR University station	東鐵沙田站(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 10-15 minutes
車費 Fare	港幣3元 HK\$3.00	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 10-15 minutes

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

- | | | |
|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | 1. 你的醫生曾否說你有心臟毛病?
Has your doctor ever said you have heart trouble? |
| <input type="radio"/> | <input type="radio"/> | 2. 你是否經常心痛及胸痛?
Do you frequently have pains in your heart and chest? |
| <input type="radio"/> | <input type="radio"/> | 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? |
| <input type="radio"/> | <input type="radio"/> | 4. 曾否有醫生說你的血壓過高?
Has a doctor ever said your blood pressure was too high? |
| <input type="radio"/> | <input type="radio"/> | 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? |
| <input type="radio"/> | <input type="radio"/> | 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?
Is there a good physical reason, not mentioned here, why you should not follow an activity programme even if you wanted to? |
| <input type="radio"/> | <input type="radio"/> | 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」：如你是準確地回答這問卷便相當程度的保證，你現時是適合做運動。

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處) <http://www.phac-aspc.gc.ca/sth-evs/english/parq.htm>



查詢 Enquiry

香港糖尿聯會 Diabetes Hong Kong

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 Commercial Building, 244-252 Des Voeux Road Central, Hong Kong

電話 Tel：(852) 2723 2087 傳真 Fax：(852) 2723 2207

網址 Website：www.diabetes-hk.org 電郵地址 Email：info@diabetes-hk.org

報名表格 Entry Form

* 為方便電腦處理，請用英文正楷大寫清楚填寫
Please complete the form clearly in BLOCK LETTERS.

大會專用 For Office Use

先生 Mr 女士 Ms

Bank Ref: _____

英文姓名 Name in English _____

Cash/Chq: \$ _____

中文姓名 Name in Chinese _____ 聯絡電話 Contact Tel _____ 電郵 E-mail _____

聯絡地址 Address _____

出生日期 Date of Birth _____ 年/Y _____ 月/M _____ 日/D 比賽當日年齡 Age on Run Day _____

計時晶片 Timing Chip :

閣下是否擁有黃色晶片? Do you own a Yellow Chip?

有, 本人的黃色晶片號碼是 Yes, and my Yellow Chip Number is _____

請確保提供的晶片號碼正確, 如號碼錯誤, 大會將不能紀錄成績

Please make sure the Chip number provided is correct. The Organizer will not be able to provide results for participants who have given inaccurate Yellow Chip numbers.

沒有, 本人現提交港幣100元支票作為計時晶片按金 No, so I will pay a cheque of HK\$100 as deposit for the timing chip

組別 Categories

10公里挑戰組 10 km Challenge Group (名額 Quota : 700)

參加者可同時參與個人及隊際賽事 Participants can sign up for both individual and team events

男子青年組 (16 - 28歲) Men's Junior (aged 16 - 28)

男子隊際 Men's Team

男子高級組 (29 - 44歲) Men's Senior (aged 29 - 44)

女子隊際 Women's Team

男子先進組 (45歲或以上) Men's Master (aged 45 and above)

隊長 Team Leader (1) _____

女子青年組 (16 - 28歲) Women's Junior (aged 16 - 28)

隊員 Member (2) _____

女子高級組 (29 - 44歲) Women's Senior (aged 29 - 44)

隊員 Member (3) _____

女子先進組 (45歲或以上) Women's Master (aged 45 and above)

5公里跑 5km Run (名額 Quota : 100)

只限香港糖尿聯會病友會員 For DHK members with diabetes only

男子公開組 (16歲或以上) Men's Open (aged 16 and above)

女子公開組 (16歲或以上) Women's Open (aged 16 and above)

會員編號 Membership No.: _____

10公里體驗組 10km Novice Group (名額 Quota : 600)

16歲或以上 aged 16 and above - 不設任何獎項 No award will be presented

建議完成時間超過1小時者參與

Recommended for runners who expect to take more than 1 hour to finish the race

備註 Remarks

隊際 Team - 以三人為一隊, 計算方法為每名10公里跑手完成賽事時間的總和, 以最短者為勝出, 時間相同則以第三名隊員最早衝線者勝出, 如此類推

Teams of three 10km-runners. The Third runner's time will be counted when two teams finish with an identical time.

各隊員於隊際的成績, 可同時競逐其年齡組別的個人獎項

The result of each team member will also be counted as individual result.

隊際必須集齊所有隊員的報名表一併寄出, 如更改名單或資料不齊, 每次手續費港幣100 (只接受截止日期前之更改)

Changing of team members or submission of additional information will require a further payment of HK\$100 on each occasion (changes can only be accepted before the deadline)

報名表可以自行影印。傳真及電郵報名概不受理。Photocopies of the entry form are acceptable. Faxed and e-mailed entries will not be processed.

大會保留更改以上資料之權利。The Organizer reserves the rights to amend the above information.

豁免法律責任及聲明 Waiver of Liability and Declaration

謹證明本人體格健全及有能力參與比賽, 並願意自行承擔所有責任。本人亦同意遵守由香港糖尿聯會(大會)所訂之一切比賽規則及決定。本人一旦因往返比賽場地或比賽中受到任何財物損失、受傷或導致死亡, 大會、各贊助商及其他有關合辦機構均無需負上任何責任。本人授權大會及傳媒在無需經本人審查, 而可永久使用本人的肖像、姓名、聲線及個人資料, 作為活動籌辦及推廣之用。

I confirm that I am physically fit and capable of participating in the event and I am entering the event at my risk and responsibility. I hereby agree to abide by all rules and conditions laid down by Diabetes Hongkong (DHK). I discharge DHK, the sponsors and any other individuals or organizations connected directly or indirectly with the event from any responsibility in any accident or mishap which may cause me injury, death, or loss of property during, as a consequence of or while traveling to or from the event. I grant permission and assign all rights, title and interest to DHK, and all media throughout the world to utilize my appearance, name, voice, bio-data and like in connection with the event in perpetuity and agree to waive any right of inspection or approval associated therewith.

跑手簽署

Runner's Signature _____

家長/監護人簽署

Parents' / Guardian's Signature _____

(18歲以下跑手適用 For runners aged under 18)

日期 Date _____

敬請必須填寫以下聯絡資料, 以作緊急之用

For Emergency Use on Race Day Only (You MUST fill in)

聯絡人姓名 Name of Contact Person _____

聯絡人電話 Contact No. _____

請列出有關個人醫療關注事項, 如糖尿病人、現正服食之藥物、敏感藥物或患有聾啞症等。
Please indicate below clearly any information which may be essential in a medical emergency, e.g. person with diabetes, medication currently being taken, allergies, deafness, etc.

請填妥以下地址標貼 Please fill in the following address label:

姓名及地址 Name & Address: _____

報名辦法 Registration

請郵寄下列資料到香港德輔道中244-252號東協商業大廈18樓1802室香港糖尿聯會:

Please mail the following to Diabetes Hongkong, Unit 1802, 18/F, Tung Hip Commercial Building, 244-252 Des Voeux Road Central, Hong Kong:

填妥並已簽署之報名表 A duly completed and signed entry form.

兩個貼有1.4港元郵票及附有回郵地址的信封 TWO HK\$1.4 stamped self-addressed envelope.

一張用作支付報名費用, 港幣100元正的支票 ONE HK\$100 cheque being entry fee.

劃線支票抬頭寫上「香港糖尿聯會」Crossed cheques payable to "Diabetes Hongkong" (並於背面寫上參加者姓名 Please write down runner's name at the back of the cheque.)

一張用作計時晶片按金, 港幣100元正的支票 ONE HK\$100 cheque as deposit for a timing chip.

報名一經接納, 報名費恕不發還及轉讓。Entry fee is non-refundable and non-transferable once the entry is accepted.

郵寄報名截止日期 Deadline for registration by mail: 2009年12月31日(星期四) 31 December 2009 (Thursday)

根據個人資料(私隱)條例, 以上資料只會作為發收據及募捐用途。若閣下不希望收取香港糖尿聯會之任何信件, 請來函通知。

In accordance with the Personal Data (Privacy) Ordinance, the above information will be used for receipting and fundraising purpose only. Please notify us in writing if you do not wish to receive future mailings from Diabetes Hongkong.