



香港糖尿聯會健康長跑 2017

Diabetes Hongkong Healthy Run 2017

本活動所籌得善款將用以服務糖尿病患者及推廣預防糖尿病教育工作
Funds raised from this event will be used to serve people with diabetes and to promote diabetes awareness

活動日期 Event Date

2017年1月15日 (星期日)
Sunday, 15 January 2017

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

上水彩園路
Choi Yuen Road, Sheung Shui
(由上水港鐵站C出口步行約10分鐘
10-min walk from Exit C, Sheung Shui MTR Station)

報名費用 Entry Fee

(以郵戳日為準 Based on the date of postmark)

HK\$140

2016年11月21日或之前報名
Entry received by Mon, 21 Nov 2016
或 Or

HK\$190

2016年11月22日至12月27日
Entry received between 22 Nov-27 Dec 2016

提前報名優惠
Early Bird Discount

組別 Category

10 km Run 挑戰組 Challenge Group (男 Men's / 女 Women's)

	青年 Junior	高級1 Senior 1	高級2 Senior 2	先進 Master
年齡Age:	14-25	26-35	36-45	≥ 46

10 km Run 體驗組 Novice Group (不設獎項及團體 No award will be presented and no team event)

≥ 14歲 years old

5 km Run 公開 Open (男 Men) 5km Run 名額已滿 Quota Full

≥ 14歲 years old

名額 Quota

2000
(名額有限, 先到先得 Enrollment is based on first-come-first-served basis)

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

起跑時間 Starting Time

- 1) 10公里跑 10km Run (挑戰組 Challenge Group):
早上八時十五分 0815
- 2) 10公里跑 10km Run (體驗組 Novice Group):
早上八時二十分 0820
- 3) 諾和諾德5公里跑 Novo Nordisk 5km Run:
早上八時廿五分 0825

獎項 (前3名) Awards (Top 3)

- 1) 個人 Individual
獎盃乙座及現金獎 (港幣800元 / 港幣500元 / 港幣300元)
A trophy and cash (HK\$800 / HK\$500 / HK\$300)
- 2) 隊際 Team
10公里跑 10km Run (挑戰組 Challenge Group): 公開 Open
5公里跑 5km Run: 公開 Open, 醫護團隊邀請賽 Medical Team Invitation
個人獎牌 Medals

紀念品 Souvenir

所有參加者將獲贈快乾功能運動袖衫、營養奶粉、紀念袋、紙巾、代糖、
抗乾潤膚露、高纖維穀物早餐各一。
Functional dry-fit T-shirt, nutrition powder, souvenir bag, tissue paper
natural sweetener, body lotion, high-fibre breakfast cereal

*完成賽事的5公里 (公開組) 跑手可於現場獲發大毛巾乙條。
All runners in 5km Open category who have completed the event will be given a large towel on site.
*完成10公里跑手可於現場獲發紀念牌乙面。
All 10km runners who have completed the event will be given a medal on site.

查詢 Enquiries

香港糖尿聯會 Diabetes Hongkong
電話 Tel: (852) 2723 2087
電郵地址 Email: info@diabetes-hk.org

報名辦法 Registration Method

- 1) 郵寄 By Post
- 2) 網上 Online: www.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



五公里冠名贊助 5km Title Sponsor: 金贊助 Gold Sponsors:



銀贊助 Silver Sponsor: 銅贊助 Bronze Sponsors:



愛心支持 Supported by:



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：
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 Healthy Run aims at:

- 1 為了宣揚恆常運動對健康及預防糖尿病的重要
educating the public about the importance of regular exercise for good health, particularly diabetes prevention
- 2 給參加者挑戰自我、克服壓力的機會
providing an opportunity for runners to work out their self-challenging power and stress
- 3 讓糖尿專家及病患者互助並分享經驗
providing a social occasion for diabetes experts and patients to share experience and support

號碼布 Number Cloth

號碼布需扣在胸前當眼處，以便工作人員辨認，否則大會將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的比賽的權利。

Runners should wear their number cloths in front of their chests, so 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 all 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.

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.

賽道 Course Route

(不按比例 not in scale)

10km

A > B > C > D > E > T₁ > E > T₂ > E > D > C > T₃ > C > B > A

5km

A > B > C > D > T₃ > C > B > A

Water Station

First Aid Station

Turning Point

比賽期間，跑手必須依照大會工作人員及有關指示，沿指定路線完成賽事。

Runners MUST follow all instructions of the officials during the race.



上訴 Protest

賽事不設上訴，如對賽果有任何爭議，以當日賽事裁判為最後決定。

No appeal will be entertained. Should there be any disputes, the Judge's decision is final and conclusive.

領取紀念品、晶片及號碼布 Collection of Souvenir, timing chip and number cloth

(不設現場領取 No on-site collection)

接納通知書將於活動2星期前發出，跑手須憑該接納通知書正本於比賽前到指定地點領取。

Acceptance letter will be sent out to runners 2 weeks prior to the event. Runners have to present the original copy of this acceptance letter to redeem the souvenir, timing chip and number cloth at the designated location before the event day.

水站 Water Station

起點開始約2公里、3.8公里和7公里設有水站。

Water Stations will be available at about 2km, 3.8km and 7km away from the starting point.

籌備委員會成員 Members of the Organizing Committee

曾昭志醫生(主席)、陳艷婷營養師、陳嘉誠先生、鍾振海醫生、梁彥欣醫生、許培詩醫生、曾文和醫生、王天慧醫生、楊鐸輝醫生

Dr. Tsang Chiu Chi (Chairperson), Ms Tina Chan, Mr. Vincent Chan, Dr. Chung Chun Hoi, Dr. Jenny Leung, Dr. Grace Hui, Dr. Tsang Man Wo, Dr. Wong Tin Wai, Dr. Vincent Yeung

隊際 Team (5公里及10公里挑戰組 5km and 10km Challenge Gp.)

- 1 每三人為一隊，計算方法為每名同一賽程跑手(需為同一性別)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

Based on the total time of a team of 3 runners of same gender who run in same distance. The Third runner's time will be counted when two teams finish with an identical time.

- 2 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.

- 3 隊際必須集齊所有隊員的報名表一併寄出，如資料不齊或更改名單，每次手續費港幣100元正(只接受截止日期前之更改)
All team members must complete an application and submit them together. Changing of team members or additional information will require a further payment of HK\$100 on each occasion (changes will only be accepted before the deadline)



惡劣天氣 Refund and Cancellation Policy

- A** 如早上5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 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：9464 2636
Race day emergency contact number during 5 am - 11 am : 9464 2636
- C** 如賽事取消，報名費將獲全數退回。捐款恕不退還。
If the race is cancelled, full entry fee will be refunded. Donations will NOT be refunded.

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.

跑向健康 遠離糖尿 Run for Fitness and Prevention of Diabetes

香港糖尿聯會於一九九六年成立，是香港政府認可的註冊慈善團體。本會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。

Diabetes Hongkong (DHK) was founded in 1996 as a registered 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.

核心服務 Core services

- a** 提供病友支援服務
例如：糖尿病併發症檢查、糖尿病人試紙資助計劃、糖尿諮詢服務
Providing support for people with diabetes and their families
e.g. Diabetic Complications Screening, Self-Monitoring of Blood Glucose Test Strip Subsidized Project and Diabetes Helpline Services
- b** 推廣病人賦權及糖尿教育
例如：公開教育講座、社區外展教育、「遠離糖尿校園行動」計劃、印製糖尿病教育刊物/單張/影碟
Promoting patient empowerment & diabetes education
e.g. Public Seminars, Community Education Program, School-based Education Program for the Prevention of Obesity and Diabetes in Children, wellness program for private corporates and production of publications and other educational materials
- c** 增加社會大眾對糖尿病的認識和關注
例如：糖尿健步行、健康長跑
Promoting public awareness of diabetes
e.g. Walk for Diabetes, Healthy Run
- d** 提昇糖尿病治理水平
例如：糖尿病研究基金、醫護人員培訓、發表糖尿管理指引及立場書
Advancing the standard of care in diabetes management
e.g. Diabetes Care Research Fund, training of healthcare professionals, conducting researches, producing position statements and guidelines on diabetes management



助人自助義工計劃 Volunteer Programme



病人教育活動 Patient Education Activities



「遠離糖尿校園行動」計劃
School-based Education Program for the Prevention of Obesity and Diabetes in Children



社區教育活動 Community Education Activities



糖尿諮詢服務 Diabetes Helpline Services

捐款表格 Donation Form

跑手可先遞交本賽事報名所需資料(詳見左方報名辦法)及所募集的善款,以保參賽資格;額外所籌集的善款,請於賽事後一個月內交回本會。
To secure your place, runners are recommended to submit application materials (see Registration Method listed on the left) together with fund that has been raised. We appreciate if you could continue to raise fund after the event and send in your donation to Diabetes Hongkong **within one month from the event date.**

籌款人姓名
Name of Fundraiser: _____
聯絡電話
Contact Number: _____

*為方便電腦處理,請清楚填寫 Please complete the form clearly.

姓名及地址 Name & Address

大會專用 For Office Use

Bank Ref: _____

Cash/Chq:\$ _____

贊助人名單 LIST OF SPONSORS

贊助人姓名 (正楷填寫) Sponsors Name (in CAPITAL)	贊助金額 (港幣) Amount (HK\$)

Total Amount (HK \$) 總贊助金額 (港幣)

本會定必保密處理所收集的個人資料,除用作開發收據外,有關資料或會用作通訊、募款、意見收集、推廣會務之用,若你不同意此安排,請在方格填上“x”。

Personal data collected will be kept strictly confidential. Apart from issuing receipts, Diabetes Hongkong may use the data for communications, fundraising, research, promotion of activities. If you do not agree with this, please mark an “x” against the box.

香港糖尿聯會成立於一九九六年,是一間香港政府認可的註冊慈善團體,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。您的捐款將有助聯會的穩定及長遠發展。

Diabetes Hongkong (DHK) was founded in 1996 as a registered 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 subsidy, the running of our services relies on donations from the public, commercial corporates 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

劃線支票抬頭「香港糖尿聯會」 A crossed cheque payable to “Diabetes Hongkong”
(郵寄或親臨香港糖尿聯會 send by post or deliver in person to the office of Diabetes Hongkong)

- 捐款港幣\$100或以上者可作扣稅之用 Donation of HK\$100 or above are tax deductible
- 所有收據將於活動後郵寄至籌款人 All receipts will be sent to the fundraiser by post after the event

慈善團體註冊號碼

Charity Reg. No.

91/4983



查詢 Enquiry

香港糖尿聯會 Diabetes Hongkong

地址 Address: 九龍長沙灣道 928-930 號時代中心20樓2001-02 室

Rooms 2001-02, 20/F Times Tower, 928-930 Cheung Sha Wan Road, Kowloon

電話 Tel: 2723 2087 傳真 Fax: 2723 2207 網址 Website: www.diabetes-hk.org 電郵地址 Email: info@diabetes-hk.org

香港糖尿聯會鼓勵恆常運動

Diabetes Hongkong encourages making physical activity as a routine part of your life.

香港香港糖尿聯會於2005發起「健康長跑」，隨著本會多年的推廣，此活動已成為本港年度運動賽事，藉此提倡透過運動以預防肥胖及糖尿病。

Since 2005, DHK has been organizing the Healthy Run annually to increase awareness of the importance of regular exercise for prevention of obesity.

運動可帶來的好處 Benefits of exercise

- 1 降低血糖及糖化血紅素
Reduce blood glucose and hemoglobin A1c levels
- 2 改善胰島素抗拒性
Reduce insulin resistance
- 3 改善血脂（提高高密度膽固醇）及高血壓狀況
Improve blood pressure and lipid profile by increasing high-density lipoprotein
- 4 消耗熱能，減少脂肪
Increase Energy Expenditure and reduce body fat
- 5 增強身體抵抗力，減低患上疾病機會
Strengthen the immune system and prevent diseases
- 6 改善心肺功能及促進血液循環
Improve your cardiopulmonary function and blood circulation
- 7 增加肌肉韌度及柔軟度
Increase muscular strength, endurance and flexibility
- 8 紓緩壓力
Relieve pressure

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)，就是為一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 否
YES 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. 曾否有醫生說你的血壓過高？
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？
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處) <http://www.phac-aspc.gc.ca/sth-evs/english/parq.htm>



香港糖尿聯會健康長跑 2017 Diabetes Hongkong Healthy Run 2017

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

Bank Ref: _____

Cash/Chq.\$ _____

英文姓名 Name in English _____ 先生 Mr 女士 Ms

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 _____

香港身分證號碼 Hong Kong ID Card No. [][]-[][][][] XX(X) (首個字母及首四個數字 1st alphabet & 1st 4 digits of HKID)

本會定必保密處理所收集的個人資料，除用作接納通知外，有關資料或會用作通訊、募款、意見收集、推廣會務之用，若你不同意此安排，請在方格填上“x”。
Personal data collected will be kept strictly confidential. Apart from issuing acceptance letter, Diabetes Hongkong may use the data for communications, fund raising, research, promotion of activities. If you do not agree with this, please mark an “x” against the box.

組別 Categories *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

*5公里跑 5km Run (名額 Quota : 400) **5km Run 名額已滿 Quota Full**
 男子公開組 (14歲或以上) Men's Open
 女子公開組 (14歲或以上) Women's Open

男子隊際 Men's Team 女子隊際 Women's Team

隊伍名稱 Team Name _____

所屬隊伍 Organization _____ (如有 If any)

1. 隊長 Team Leader _____

2. 隊員 Member _____

3. 隊員 Member _____

*10公里挑戰組 10 km Challenge Group (名額 Quota : 1200)

- 男子青年組 (14 - 25歲) Men's Junior (aged 14 - 25)
- 男子高級組1 (26 - 35歲) Men's Senior 1 (aged 26 - 35)
- 男子高級組2 (36 - 45歲) Men's Senior 2 (aged 36 - 45)
- 男子先進組 (46歲或以上) Men's Master (aged 46 and above)
- 女子青年組 (14 - 25歲) Women's Junior (aged 14 - 25)
- 女子高級組1 (26 - 35歲) Women's Senior 1 (aged 26 - 35)
- 女子高級組2 (36 - 45歲) Women's Senior 2 (aged 36 - 45)
- 女子先進組 (46歲或以上) Women's Master (aged 46 and above)

男子隊際 Men's Team 女子隊際 Women's Team

隊伍名稱 Team Name _____

所屬隊伍 Organization _____ (如有 If any)

1. 隊長 Team Leader _____

2. 隊員 Member _____

3. 隊員 Member _____

10公里體驗組 10km Novice Group (名額 Quota : 400)

14歲或以上，不設任何獎項，亦不設隊際 Aged 14 and above. No award will be presented. No team event.
(建議完成時間超過一小時者參與 Recommended for Runners who expect to take more than 1 hour to finish the race)

- 你所提供的個人資料只作報名、統計、日後聯絡及宣傳本活動之用。除獲大會授權外，其他人士不得查閱你所提供的個人資料。The personal data provided by you will only be used for the purposes of enrolment, compilation of statistics, future contact and promotion relating to this activity. Except for those authorised by the Organiser, no one will be given access to your personal data.
- 如你未能提供所需個人資料，大會可能無法處理你的申請。If you do not provide the requisite personal information, the organizer may not be able to process your application.
- 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 right to amend the above information.

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

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)

謹證明本人體格健全及有能力參與是項比賽，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下，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 Healthy Run (Run) and I am entering the Run 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 Run from any responsibility in the event of an 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 Run. 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 Run in perpetuity and agree to waive any right of inspection or approval associated therewith.

跑手簽署 Runner's Signature _____ 日期 Date _____

家長 / 監護人簽署 Parents' / Guardian's Signature _____

(18歲以下跑手適用 For runners aged under 18)

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、敏感藥物或患有聽覺障礙等。
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.

請填妥以下之地址標貼：
Please fill in the following address label:
姓名及地址 Name & Address: _____

報名辦法 Registration Method

1 網上 Online : www.diabetes-hk.org (透過Paypal 支付 paid by Paypal) 或

2 郵寄 By Post :

請郵寄下列資料到九龍長沙灣道 928-930 號時代中心20樓2001-02 室

Please mail the followings to Diabetes Hongkong, Rooms 2001-02, 20/F, Times Tower, 928-930 Cheung Sha Wan Road, Kowloon

- 填妥並已簽署之報名表 A duly completed and signed entry form.
- 一個貼有足夠郵資及附有回郵地址的信封 One stamped and self-addressed envelope.
- 報名費用 Entry Fee (以郵戳日期為準 Based on the date of postmark)
- 捐款支票 (如適用) - 請勿郵寄現金，並歡迎賽事後繼續籌集捐款 Donation (if any) - please send us a crossed cheque.

劃線支票抬頭寫上「香港糖尿聯會」，並於背面寫上參加者姓名。
Cheque should be crossed and payable to "Diabetes Hongkong". Please write down runner's name at the back of the cheque.

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.
捐款將不作退還。Donation will not be refunded.

HK\$140
2016年11月21日或之前報名
Entry received by Mon, 21 Nov 2016

HK\$190
2016年11月22日至12月27日
Entry received between
22 Nov - 27 Dec 2016