

主辦機構 Organizer :



香港糖尿聯會健康長跑 2019 Diabetes Hongkong Healthy Run 2019

Sunday, 13 Jan 2019

Funds raised from this event will be used to serve people with diabetes and to promote diabetes prevention

New section of route introduced (applying)

Assembly Area / Finishing Point

Choi Yuen Road, Sheung Shui
(10-min walk from Exit C, Sheung Shui MTR Station)

Starting Time

10km : 8:15am
5km : 8:25am

Category (Men's / Women's)

10 km Run
Junior (14-25) / Senior 1 (26-35) /
Senior 2 (36-45) / Master (≥ 46)

5 km Run
Novo Nordisk 5km Run
Open (≥ 14)

Healthcare Personnel Invitation (This category is sponsored by Sanofi Hong Kong)

Quota: 1,300 (Enrollment is based on first-come-first-served basis)

Awards (Top 3)

1) **A trophy and cash (HK\$800 / HK\$500 / HK\$300)**

5km Open(Individual) 、 10km(Individual)

2) **Medals**

5km(Team) 、 10km(Team)

Healthcare Personnel Invitation

On-site gifts after completion :



Runners need to present their number cloths to redemp the gifts on site.

(The picture above is for reference only)

Souvenirs and number cloth*:

- Bio Sanitizer
- Natural Sweetener
- Pain Relief Patch
- Anti-Dry Derma-Soft Wash Emulsion

*No on-site collection

Photo area, fruit and healthy food ... counters

Registration Methods

- 1) By Post
- 2) Online : www.diabetes-hk.org

Form to be downloaded from

- 1) DHK Website: <http://www.diabetes-hk.org>
- 2) QR code scanned by smartphone



Tel: (852) 2723 2087 Email: info@diabetes-hk.org

Entry Fee

(Based on the date of postmark)

HK\$100

on or before 15 Nov 2018

or

HK\$200

16 Nov - 20 Dec 2018

Early Bird Discount

Enquiries

Diabetes Hongkong

五公里冠名贊助
5km Title Sponsor:



鑽石贊助
Diamond Sponsor:



金贊助
Gold Sponsors:



銀贊助
Silver Sponsor:



銅贊助
Bronze Sponsor:



愛心支持
Supported by:



特別鳴謝 Special Thanks: 醫療輔助隊 Auxiliary Medical Service

技術顧問 Technical Advisor: 騰飛體育及文化發展有限公司 Prospect Sports and Cultural Development Limited

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

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

Benefits of exercise

- 1 Reduce blood glucose and hemoglobin A1c levels
- 2 Reduce insulin resistance
- 3 Improve blood pressure and lipid profile by increasing high-density lipoprotein
- 4 Increase energy expenditure and reduce body fat
- 5 Strengthen the immune system and prevent diseases
- 6 Improve your cardiopulmonary function and blood circulation
- 7 Increase muscular strength, endurance and flexibility
- 8 Relieve pressure

Objectives

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 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
- 3 providing a social occasion for diabetes experts and patients to share experience and support
- 4 to raise funds for DHK to serve people with diabetes and to promote diabetes prevention

Number Cloth

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.

Baggage Area

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.

Water Station

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

賽道 Course Route

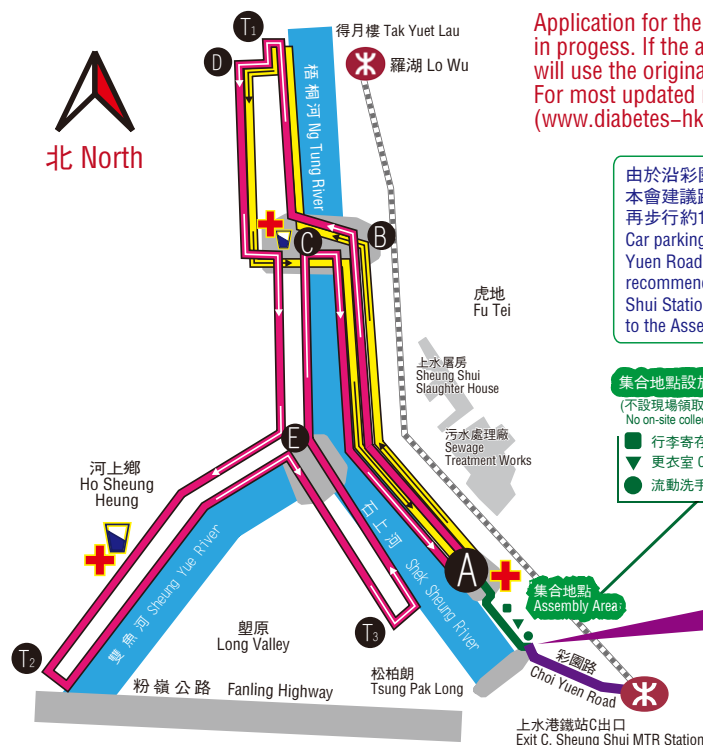
(不按比例 not in scale)

10km
A > B > C > T₁ > D > C > E > T₂
> E > T₃ > E > C > B > A

5km
A > B > C > T₁ > D > C > B > A

- Water Station 水站
- First Aid Station 救傷站
- Turning Point 折返點

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.



Application for the use of new section (T₁ > D > C) is in progress. If the application is unsuccessful, we will use the original route used in year 2016-18. For most updated news, please refer to our website (www.diabetes-hk.org).

- 由於沿彩園路的停車場車位有限，本會建議跑手乘坐港鐵往水上站，再步行約10分鐘往集合地點。
Car parking facilities along the Choi Yuen Road is limited. Runners are recommended to take MTR to Shuen Shui Station and then 10-minute walk to the Assembly Area.
- 集合地點設施 Facilities at Assembly Area
(不致現場領取紀念品、晶片及號碼布)
(No on-site collection of souvenirs, timing chips and number cloth)
- 行李寄存處 Baggage Deposit Area
 - 更衣室 Changing Rooms
 - 流動洗手間 Mobile Toilets

從港鐵C出口步行到此約需10分鐘
10-minute Walk from Exit C, Sheung Shui MTR Station

Insurance

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

Refund and Cancellation Policy

- A If Red /Black Rainstorm or Typhoon Signal No.3 or above is hoisted at 5:00am, the race will be cancelled.
- B Race day emergency contact number during 5 am - 11 am : 5341 9758.
- C If the race is cancelled due to above conditions, entry fee and donations will NOT be refunded.

Collection of Souvenir, timing chip & number cloth

A SMS / email message will be sent out to runners 2 weeks prior to the event. Runners need to present his/her HKID card to redeem the souvenir, timing chip and number cloth on 5-7 January 2019 at 8/F, HK Ind. Centre. **(No on-site collection)**

Protest

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

Result

All race results and rankings are based on the official time.

Time Limit

5km Run : 1.5 hours
10km Run : 2 hours

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

e-Certificate

A e-certificate for runners who finish within the time limit could be downloaded after the race.

Members of the Organizing Committee

Dr. Wong Tin Wai (Chairperson), Mr. Vincent Chan, Dr. Nicole Chau, Dr. Chung Chun Hoi, Dr. Grace Hui, Dr. Tsang Chiu Chi, Dr. Tsang Man Wo, and Dr. Vincent Yeung

Diabetes Hongkong Healthy Run 2019 (13.1.2019)

Run for Fitness and Prevention of Diabetes

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.



Core services

- a 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 Promoting patient empowerment & diabetes education
e.g. Public Seminars, Community Education Program, Wellness program for private corporates and production of publications and other educational materials
- c Promoting public awareness of diabetes
e.g. Walk for Diabetes, Healthy Run
- d 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

Donation Form

To secure your place, runners are recommended to submit application materials (see Registration Methods listed on the left) together with the 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**.

Name of Fundraiser: _____

Contact Number: _____

Address: _____

*Please complete the form clearly.

Name & Address

LIST OF SPONSORS

大會專用 For Office Use

Bank Ref: _____
Cash/Chq:\$ _____

Sponsor's Name (in CAPITAL)	Amount (HK\$)

Total Amount (HK\$) _____

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.

Donation Methods

A crossed cheque payable to "Diabetes Hongkong" (send by post or deliver in person to the office of Diabetes Hongkong)

- Donation of HK\$100 or above is tax deductible
- All receipts will be sent to the fundraiser by post after the event

慈善團體註冊號碼 | 91/4983
Charity Reg. No.



Enquiry
Diabetes Hongkong
Address : Rooms 2001-02, 20/F, Times Tower, 928-930 Cheung Sha Wan Road, Kowloon
Tel : 2723 2087 Fax : 2723 2207 Website : www.diabetes-hk.org Email : info@diabetes-hk.org



報名表格 Entry Form

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Bank Ref: _____

Cash/Chq:\$ _____

Please complete the form clearly in BLOCK LETTERS

*must be identical to that shown on your HKID card for prize collection

*Name in English _____ Mr Ms

Contact No. _____ email _____

(Please make sure your contact no. and email is CLEARLY readable and we will use one of them to confirm your application)

Date of Birth _____ (Day/Month/Year) Age on Race Day _____ Hong Kong ID Card No. _____ XX(X)
(1st alphabet & 1st 4 digits of HKID)

Personal data collected will be kept strictly confidential. I agree to the use of my personal data for: (please tick the appropriate box below)

- apart from notification purpose, Diabetes Hongkong may use the data for communications, fund raising, research, promotion of activities.
- notification purpose (including issues on healthy run 2019 and future healthy run)
- notification of issues on healthy run 2019 only

Categories *Participants can sign up for both individual and team events

(1) Individual

- 5km Run**
 - Men's Open (aged 14 and above)
 - Women's Open (aged 14 and above)
- 10km Run**
 - Men's Junior (aged 14 - 25)
 - Men's Senior1 (aged 26 - 35)
 - Men's Senior2 (aged 36 - 45)
 - Men's Master (aged 46 and above)
 - Women's Junior (aged 14 - 25)
 - Women's Senior1 (aged 26 - 35)
 - Women's Senior2 (aged 36 - 45)
 - Women's Master (aged 46 and above)

(2) Men's Team

Women's Team

Team Name _____

Organization _____ (if any)

1. Tead Leader _____

2. Member _____

3. Member _____

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

- 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.
- If you do not provide the requisite personal information, the organizer may not be able to process your application.
- Photocopies of the entry form are acceptable. Faxed and e-mailed entries will not be processed.
- The Organizer reserves the right to amend the above information.

Physical Activity Readiness Questionnaire (PAR-Q)

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.

YES NO

- 1. Has your doctor ever said you have heart trouble?
- 2. Do you frequently have pains in your heart and chest?
- 3. Do you often feel faint or have spells of severe dizziness?
- 4. Has a doctor ever said your blood pressure was too high?
- 5. 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. Is there a good physical reason, not mentioned here, why you should not follow an activity programme even if you wanted to?
- 7. Are you over age 65 and not accustomed to vigorous exercise?

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.

Source:
Stairway to Health Programme, Public Health Agency of Canada
<http://www.phac-aspc.gc.ca/sth-evs/english/parq.htm>

Waiver of Liability and Declaration

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

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 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 Run in perpetuity and agree to waive any right of inspection or approval associated therewith.

Runner's Signature _____ Date _____

Parents' / Guardian's Signature _____ (For runners aged under 18)

Name of Contact Person: _____

Contact No.: _____

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.

報名辦法

- 1 On line : www.diabetes-hk.org (paid by credit card) or
- 2 By Post

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

- A duly completed and signed entry form
- Entry Fee (Based on the date of postmark)
- Donation (if any) – please send us a crossed cheque. Cheque should be crossed and payable to "Diabetes Hongkong". Please write down runner's name at the back of the cheque

Entry fee is non-refundable and non-transferable once the entry is accepted. Donation will not be refunded.

Mail items with insufficient postage
Diabetes Hongkong will not accept underpaid mail items. Please ensure your mail items bear sufficient postage with return address before posting.

HK\$100
Entry received by 15 Nov 2018

HK\$200
Entry received between 16 Nov - 20 Dec 2018