



香港糖尿聯會 健康長跑 2022 Diabetes Hongkong Healthy Run

線上跑
Online Run

Running Record Period

15 Jan. to 15 Feb. 2022

Entry Fee (Based on the date of postmark)

Individual / Family : HK\$100 (on or before 4 Jan. 2022)

Category

Ind. 5km (aged 14 and above)

10km (aged 14 and above)

Healthcare Personnel Invitation

(This category is sponsored by Sanofi Hong Kong)

Family A team of 2 to 4 runners with at least one runner aged 6 to 16 to complete at least 5km run

Awards for Cumulative Distance Challenge: Top 5

- 5 & 10km Run:
A HK\$300 cash voucher
- Healthcare Personnel Invitation:
A Personalized Name T-shirt
- Family Fun Run:
A Personalized Name T-shirt

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 :



Souvenirs

- Towel
- Milk Power
- Mini Wet Tissue (15 sheets)
- Earloop Mask (pack of 6 colors)
- Finisher Medal (Need to finish the distance registered)
- HK\$50 Cash Voucher (Need to finish the distance registered)



(This picture is for reference only)

Redemption Period (Venue)

16 to 28 Feb. 2022

Diabetes Hongkong

(Rooms 2001-02, 20/F, Times Tower,
928-930 Cheung Sha Wan Road, KLN.)
Near Lai Chi Kok MTR Station Exit C



Enquiries: Diabetes Hongkong

Tel: (852) 2723 2087

Email: info@diabetes-hk.org

鑽石贊助 Diamond Sponsors :



金贊助 Gold Sponsors :



銀贊助 Silver Sponsor :



銅贊助 Bronze Sponsors :



愛心支持 Supported by:



DHK Healthy Run 2022- Online Run

Entry Form

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Bank Ref :

Cash/ Chq: \$

Please complete the form clearly in BLOCK LETTERS

*Name in English

☐ Mr ☐ Ms

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

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)

Day of Birth / / (Day/Month/Year)

Hong Kong

ID Card No.

X X (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 2022 and future healthy run)
- ☐ notification of issues on healthy run 2022 only

Categories

☐

Individual

☐ 5km (aged 14 and above)

☐ 10km (aged 14 and above)

☐

Family Fun Run (a team of 2 to 4 runners)

Name of
Teammates

1.	(Age:)	2.	(Age:)
3.	(Age:)	4.	(Age:)

(*at least one runner aged 6 to 16)

- 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.

Online Run Summary :

- For those runners who could show their records (e.g. recorded by GPS / Time Tracker App) made from 15 January to 15 February 2022 and fulfilled the time limit of the category they registered, a finisher medal and HK\$50 cash voucher would be given.
- The accumulated running kilometers can be submitted during the redemption period.
(Please note that once submitted, NO amendment/updates/changes would be allowed.)
- The announcement of Awards for Cumulative Distance Challenge (Top 5) would be on or before 15 March 2022.
- Winners MUST present the complete records when collecting the awards.

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
<input type="checkbox"/>	<input type="checkbox"/> Have your doctor ever said that you have a heart condition and that should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/> Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/> In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/> Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/> Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/> During blood pressure monitoring, have you ever recorded high blood pressure?
<input type="checkbox"/>	<input type="checkbox"/> Have you ever been diagnosed with high cholesterol?
<input type="checkbox"/>	<input type="checkbox"/> Do you have diabetes?

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

Your physical condition may not be suitable for taking part in the Diabetes Hongkong Healthy Run (the Run).

It is strongly recommended that you talk with your doctor BEFORE you take part in the Run. Tell your doctor about the questions you answered YES and follow his / her advice.

You should only take part if your doctor advises you that you can do so without risk.

Developed based on Leisure and Cultural Services Departments Physical Activity Readiness Questionnaire PAR-Q»
Source of the PAR-Q: The Canadian Society for Exercise Physiology

Waiver of Liability and Declaration

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)

Registration method (Entry fee is non-refundable when the entry was accepted.)

1. Online : 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.

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

HK\$100

Entry recieved by
4 Jan 2022

Diabetes Hongkong Healthy Run 2022

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 and diabetes education

e.g. Public Seminars, Community Edu. 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, World Diabetes Day Supplement, Social Media Performs

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 and Address

List of Sponsors

Sponsor's Name (in CAPITAL)

Amount (HK\$)

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Bank Ref : _____

Cash/ Chq: \$ _____

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



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 : <http://www.diabetes-hk.org>

Email : info@diabetes-hk.org

慈善團體註冊號碼 Charity Reg.

No. 91/4983