

香港糖尿聯會健康長跑 DHK Healthy Run 2019 (13 Jan 2019)

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

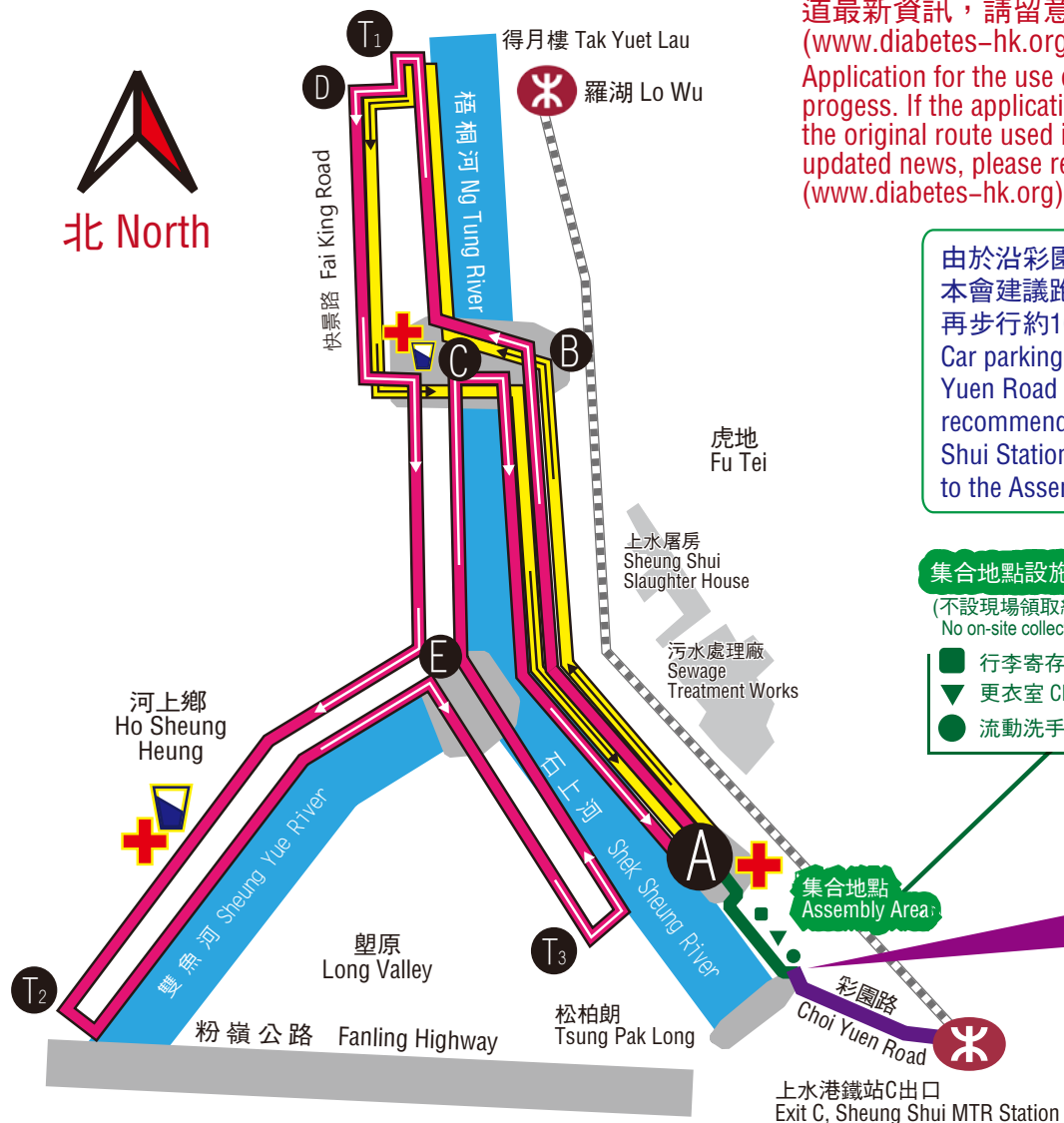
 水站
Water Station

 救傷站
First Aid Station

 折返點
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.



賽段 (T₁ > D > C) 為新設路段，仍向相關部門申請中，如未能獲批，將採用歷屆道路作賽，有關賽道最新資訊，請留意本會網站 (www.diabetes-hk.org)

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上水站，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 Sheung Shui Station and then 10-minute walk to the Assembly Area.

集合地點設施 Facilities at Assembly Area

(不設現場領取紀念品、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