

香港糖尿聯會健康長跑2021 Diabetes Hongkong Healthy Run 2021

一般安排 Typical Arrangement

活動當日如遇上不可抗力因素 In case of unforeseeable event on the event day ...

- A 活動當日若遇有任何不可抗力因素（如：天氣情況欠佳[^]、疫症、政府政策、社會事件等），活動將會取消。
If there is any force majeure on the event day (such as: adverse weather conditions[^], epidemics, government policies, social events, etc.), the event will be cancelled. [^]如早上5時懸掛紅色暴雨、黑色暴雨或3號風球或以上 Red /Black Rainstorm or Typhoon Signal No.3 or above is hoisted at 5:00am
- B 如賽事取消，所有獎項及現場禮品不會補發，而報名費及捐款恕不退還。
If the race is cancelled due to above conditions, all prizes / gifts to be given on site will NOT be reissued, entry fee and donations will NOT be refunded.
- C 賽事日緊急查詢電話，服務時間為早上5至11時
Event day emergency contact number during 5 am - 11 am : 6712 1459 .

領取選手包、晶片及號碼布 Collection of Souvenir, timing chip & number cloth (不設現場領取 No on-site collection)

接納通知短訊/電郵將於活動2星期前發出，跑手請於2021年1月2-4日憑身份證(代領者需出示該跑手的身份証副本)到香港工業中心A座810室 Launch 8 (荔枝角地鐵站C出口 U-turn)換領選手包。

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 2-4 January 2021 at Launch 8, Room 810, Block A, Hong Kong Industrial Centre, Lai Chi Kok. (Lai Chi Kok MTR Station Exit C).

如比賽日前，因不可抗力因素而需改為線上跑，請參考《應變方案》一欄

If the force majeure happens before the event day, the healthy run will be switched to a virtual format (Please refer to the "Contingency Plan" column.).

應變方案 Contingency Plan

應變方案內容或可能會不時更新，為確保您獲得最新資訊，請每次重新下載。

The details of this Contingency Plan may be updated from time to time. You are advised to download it again to make sure you get the most updated information.

http://www.diabetes-hk.org/uploads/file/hr2021/Contingency_Plan_HR2021.pdf

因應新型冠狀病毒病疫情或其他不可抗力因素，籌委會雖極希望能秉承歷屆傳統舉辦實體賽事，惟倘若經審慎考慮、不得已的情況下，或把活動更改為線上跑，而報名費及捐款不作退還，敬請見諒。

有關決定將以短訊/電郵通告，如有關決定在2021年1月1日或之前宣佈，則選手包換領處將改為於2021年1月11日至2月5日辦公時間內在香港糖尿聯會派發。

In response to the COVID-19 epidemic or other force majeure factors, the event may be changed to a virtual format although the organizing committee is very hopeful that it can hold physical events in the tradition of the Healthy Run. Entry fee and donations will NOT be refunded.

A SMS / email message will be sent out once the contingency plan is executed. If the announcement made on or before 1st January, 2021, the souvenir redemption point will be changed to Diabetes Hongkong's Office and the redemption period would be from 11th January to 5th February, 2021.

(選手包將不包括號碼布及晶片)

Number cloth and timing chip will NOT be included in the souvenir pack)

所有選手可於2021年1月11日至2月5日辦公時間內到香港糖尿聯會領取。

All runners could collect a towel and drawstring bag during the office hours of Diabetes Hongkong within the redemption period.

線上跑的安排 Online Run (進行跑步的地點不限 You can choose your favourite place to run)

如選手能紀錄(如利用智能手機中的運動追蹤軟件)並展示其個人在2021年1月份內完成的成績，與所報里數及時限均符合本活動要求，選手則可另獲完成紀念牌乙面及即場抽獎機會一次。額外完成一次5公里或以上者，可多獲一次抽獎機會(每人最高可獲二次抽獎機會)

For those runners who could show their records (e.g. recorded by GPS / Time Tracker App) made in January 2021 and fulfilled the time limit of the category they registered, a finisher medal and ONE chance to spin a lucky wheel would be given. Runners completed additional 5 km could enjoy one more chance to win the prize (Maximum lucky draw entry per runner: 2).

每名成功達至線上跑要求的跑手均可參與幸運輪抽獎，永不落空。當中獎品包括現金券HK\$50及禮品。

Every online runner fulfilled the criteria can get a gift in this Lucky Draw. There will be a range of prizes for the winners including HK\$50 cash vouchers and gifts.

此圖片只供參考

This picture is for reference only.



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換領地點 Locations for Redemption

(以下圖片只供參考)
The following pictures are for reference only

換領處 Redemption Point	一般安排 Typical Arrangement	應變方案 Contingency Plan 啟動日期 Date of announcement
選手包 Souvenir Pack	Launch 8 換領日期 Redemption Period: 2021年1月2-4日 2 to 4 Jan., 2021	<p>2021年1月1日或以前 On or before 1 Jan. 2021</p> <p>香港糖尿聯會 Diabetes Hongkong 換領日期 Redemption Period: 2021年1月11日至2月5日 11 Jan.- 5 Feb., 2021 (選手包將不包括號碼布及晶片 Number cloth and timing chip NOT be included)</p>
賽事完成禮品 On-site gifts after completion	<p>現場 On Site 2021年1月10日 (活動日) 10 Jan., 2021 (Event Day)</p>  <p>運動毛巾 Towel 索繩背包 Drawstring Bag 完成紀念牌 Finisher Medal</p>	<p>2021年1月1日或以前/2021年1月4日或之後 On or before 1 Jan. 2021 / After 4 Jan, 2021</p> <p>香港糖尿聯會 Diabetes Hongkong 換領日期 Redemption Period: 2021年1月11日至2月5日 11 Jan.- 5 Feb., 2021 (不包括完成紀念牌 Finisher Medal NOT included)</p>  <p>運動毛巾 Towel 索繩背包 Drawstring Bag</p>
線上跑禮品 Gifts for Online Run		<p>自由參與 Optional (線上跑的安排請見前頁 Please refer to pervious page)</p> <p>香港糖尿聯會 Diabetes Hongkong 換領日期 Redemption Period: 2021年1月11日至2月5日 11 Jan.- 5 Feb., 2021</p>  <p>完成紀念牌 Finisher Medal 即場抽獎機會 Chance(s) to spin a lucky wheel</p>

Launch 8 荔枝角香港工業中心A座810室 (荔枝角地鐵站C出口)
Room 810, Block A, Hong Kong Industrial Centre, Lai Chi Kok (Lai Chi Kok MTR Station Exit C)

香港糖尿聯會 九龍長沙灣道 928-930 號時代中心20樓2001-02室 (荔枝角地鐵站C出口)
Diabetes Hongkong Rooms 2001-02, 20/F, Times Tower, 928-930 Cheung Sha Wan Road, Kowloon (Lai Chi Kok MTR Station Exit C)