

# 香港糖尿聯會健康長跑 DHK Healthy Run 2021 (10 Jan 2021)

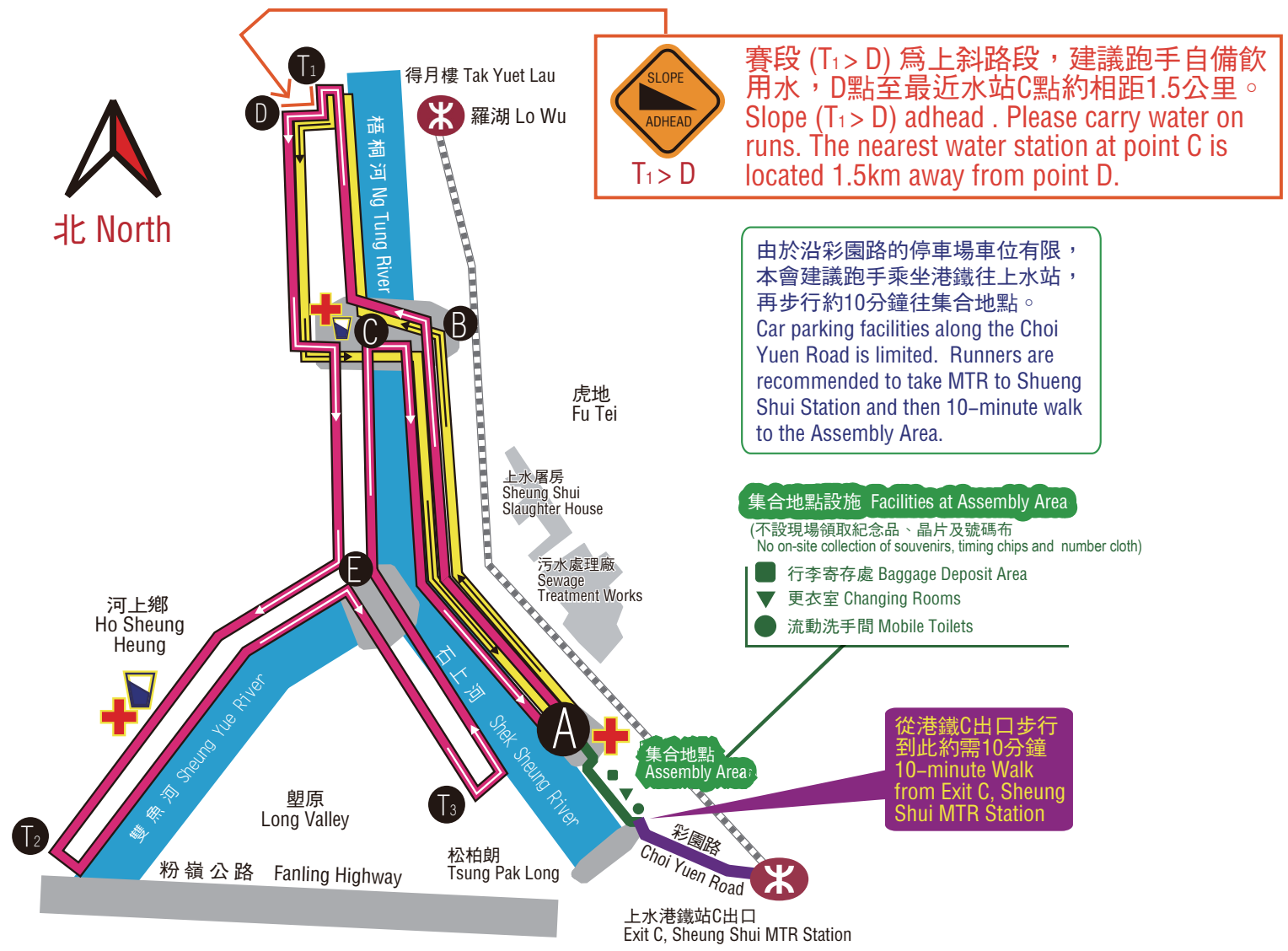
## 賽道 Course Route

(不按比例 not in scale)

- 10km  
A > B > C > T<sub>1</sub> > D > C > E > T<sub>2</sub> > E > T<sub>3</sub> > E > C > B > A
- 5km  
A > B > C > T<sub>1</sub> > 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 (T<sub>1</sub> > D) 為上斜路段，建議跑手自備飲用水，D點至最近水站C點約相距1.5公里。  
Slope (T<sub>1</sub> > D) ahead. Please carry water on runs. The nearest water station at point C is located 1.5km away from point D.

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