

主辦機構 Organizer:



世界糖尿病日慶祝活動

Celebrating the World Diabetes Day

糖尿健步行2014

Walk for Diabetes

11月9日 9 Nov

愛心籌款隊登記表格

Caring Team Registration Form



世界糖尿病日 World Diabetes Day

糖尿病是一種長期病患，對患者及其家人的身心、財政及日常生活均造成負擔，若控制不善，更可能導致嚴重的併發症(如：失明、截肢)。

Diabetes is a chronic, debilitating and costly disease associated with serious complications. It reduces the quality of life, and has a profound impact on the physical, psychological and financial well-beings of patients and their families.

本活動所籌得善款將用以服務糖尿病患者及推廣預防糖尿病教育工作

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



籌善步行
Walkathon



定向大挑戰
Orienteering Challenge



糖尿健步行2014

Walk for Diabetes

舉行日期及地點 DATE AND VENUE

2014年11月9日(星期日) 大埔海濱公園
Sunday, 9 November 2014 at Tai Po Waterfront Park

集合時間及地點 ASSEMBLY TIME AND POINT

早上十時露天劇場 (即場報名於早上九時開始)
10:00 Amphitheatre (On-site Registration Starts at 09:00)

主禮嘉賓 GUEST OF HONOUR

食物及衛生局副局長陳肇始教授 · JP
Professor Sophia CHAN, JP,
Under Secretary for Food and Health

交通安排 TRANSPORTATION

免費穿梭巴士接送往返港鐵大埔墟站。駕車前往者，可考慮把車輛停泊於大埔新達廣場，然後轉乘本會提供之免費穿梭巴士。
Free shuttle bus service to and from Tai Po Market MTR Station is available. Motorists are recommended to park their cars at Tai Po Uptown Plaza and take the free shuttle bus to the venue.

節目內容 PROGRAMME

起步禮、免費健康檢查、慈善步行或定向大挑戰 (只選其一，各需1小時)
Opening ceremony, simple health check, either 1-hour charity walk or 1-hour orienteering challenge

獎項及紀念品 AWARDS AND SOUVENIR

特設有《個人籌款大獎》、《團體籌款大獎》及《最人強馬壯隊伍大獎》。每位愛心籌款隊隊員將獲發豐富紀念品乙份 (數量有限，送完即止)。Individual Fundraising Award, Group Fundraising Award and The Strongest Troupe Award will be given to winners. A gift pack will be given to each member of the caring team (while stocks last).

而參與健康定向大挑戰隊伍同時可角逐《最佳成績大獎》。
Orienteering teams will also compete for The Best Team Performance Award.

報名及捐款方法 REGISTRATION / DONATION

- 參加者請填妥登記表格連同支票 / 入數紙正本 / 捐款收據寄回：九龍長沙灣道 928-930 號時代中心20樓2001-02 室「香港糖尿聯會」收
Please complete the registration form together with donation by mail to DHK office : Rooms 2001-02, 20/F, Times Tower, 928-930 Cheung Sha Wan Road, Kowloon
- 捐款方法 Donation methods:
 - 劃線支票 - 支票抬頭請寫：「香港糖尿聯會」 Crossed cheque payable to "Diabetes Hongkong"
 - 直接存入「香港糖尿聯會」恆生銀行戶口 286-5-203653，然後把入數紙正本寄回本會
Direct transfer to Hang Seng Bank Account No. : 286-5-203653 (Please send original copy of pay-in slip to us)
 - 便利店現金捐款 (每次捐款額為20-5,000港元) Cash donation at retail outlets (for donation of HK\$20-5,000 per transaction)
以現金經任何OK便利店、VanGO便利店、華潤萬家生活超市、華潤萬家便利超市捐款，屆時請出示報名表格上的條碼以便處理。
然後把收據正本寄回本會
Make cash donation at any Circle K Convenience Stores / VanGO Convenience Stores / CRVanguard Superstores / CRVanguard Shops by presenting the barcode printed on the Registration Form. Then mail the original copy of the receipt issued by the retail outlet with the Registration Form to DHK Office.
- 捐款港幣100元或以上報名者，請帶同確認通知信於以下時間及地點領取 *禮品包乙份 (*數量有限，送完即止) :
For those who make donation of HK\$100 or above, please bring along your confirmation letter to redeem your *gift pack at DHKOffice during the following periods (*while stocks last)
 - 香港糖尿聯會辦事處 Diabetes Hongkong Office
 - 1) 27-31/10/2014, 3-6/11/2014 (平日Weekdays) 09:30am to 05:30pm
 - 2) 1/11/2014 (星期六 Saturday) 09:30am to 01:00pm或 or
 - 活動現場 At the site - 9/11/2014 (09:30am to 10:00am)
- 郵寄報名截止日期
Deadline for registration by mail  步行人士 Walker 31/10/2014  定向隊伍 Orienteering team 24/10/2014
- 即場報名步行人士可於11月9日早上9時至9時45分到大埔海濱公園露天劇場辦理登記
On-site registration for walker will be open between 09:00 to 09:45 at the Amphitheatre of the Park on the event date.
- 活動當日若天氣情況欠佳，如天文台於早上7時或以後懸掛3號或以上熱帶氣旋警告訊號或發出任何暴雨警告，活動將會取消，已提交之捐款均不會退回；惟大會將會特別印製感謝證書，並連同收據寄回各步行人士。
In case of adverse weather conditions, such as hoisting of typhoon signal no. 3 or above or any rainstorm warning after 7am, the event would be cancelled. All donation collected for the event will not be returned to participants / sponsors. A certificate of acknowledgement together with receipt(s) for the donor(s) will be mailed to the registrant.

領取賽事物資 Race Goodies Pack Collection : 上午9時-10時30分 大埔海濱公園露天劇場
9:00 - 10:30am, Amphitheatre, Tai Po Waterfront Park

即場派發
To be collected on site.

賽前講解 Race Briefing : 10:45am (即慈善步行起步禮後 i.e. immediately after charity walkathon kick-off)

比賽形式 Race Method : 奪分式 (以到訪最多控制點及時間最快為勝出隊伍, 不需按順序到訪各控制點。
Scoring Award would be given to the team who has reached the most check points, in any order, in the shortest time)

時限 Time Limit : 60分鐘 (未能於限時內返回終點者將不獲分數)
60 minutes (No score would be given if failed to reach the finishing point within the time limit.)

名額 Quota : 30組 (每組2-4人) 30 Teams (2-4 persons per team)

獎項 Prize : 《最佳成績大獎》The Best Team Performance Award**

證書 Certificate : 所有參加者均可獲個人參與證書
A certificate of participation with individual participant's name and team name would be given to all participants.

**如多於六隊參與賽事, 大會將設冠、亞軍; 如不足兩隊, 賽事將不會舉行。 If there are more than 6 participating teams, prizes will be awarded to the top 2 teams.
Healthy Orienteering challenge will be cancelled unless 2 or more teams have signed up.



糖尿健步行 Walk for Diabetes 2014

2014年11月9日 9 November 2014

愛心籌款隊登記表格 Caring Team Registration Form

(每隊請遞交一張表格, 如表格不敷應用, 請自行影印 Each team submits one registration form. Photocopy if necessary.)

隊伍/公司名稱 Team / Company Name: _____

隊長 Team Leader / 聯絡電話
聯絡人 Contact Person: _____ Contact number: _____

地址 電郵地址
Address: _____ Email address: _____

- 每隊的最少捐款額為港幣二千元, 而每名隊員須平均籌得港幣五百元或以上
Minimum donation per team is HK\$2,000 and each team member should donate an average of HK\$500
- 報名經核實後, 本會將把確認通知信連同通行證一併發出予隊長/聯絡人
Confirmation Letter and Passes will be sent to team leader / contact person upon confirmation of registration
- 隊員須於活動當日戴上通行證出席活動 Team members are requested to put on the Passes on the event day
- 捐款港幣一百元或以上, 可用作扣稅 Donation of HK\$100 or above are tax-deductible
- 大會將設有《個人籌款大獎》、《團體籌款大獎-愛心籌款隊》及《最人強馬壯隊伍大獎-愛心籌款隊》, 而所有籌款隊之代表會獲邀上台領取愛心感謝狀, 以作鼓勵
Individual Fundraising Award, Group Fundraising Award (Caring Team) and The Strongest Troupe Award (Caring Team) will be presented. Representatives of Caring teams will be invited to receive a certificate of appreciation at the opening ceremony
- 大會將為賽事購買第三者保險, 參加者之個人意外保險須自行負責
The Organizer will cover Public Liability Insurance only. Participants should be responsible for their own Personal Accident Insurance.

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- 我/我們願意組隊成為愛心籌款隊以支持「糖尿健步行」, 並參與
I / We would like to form a corporate team to support the event by joining
- 慈善步行 the walkathon
- 健康定向大挑戰 the healthy orienteering challenge
- 我/我們未能參與, 但願意捐款, 讓更多病人受惠
I am / We are unable to join the event but would like to donate (港幣 HK\$ _____)



交通安排 自行安排 Self-arrangement
Transportation 大會免費穿梭巴士 Free Shuttle Bus by organizer - 乘車人數 Number of Passengers : _____
(上車地點 Pick-up Point: 港鐵大埔墟站 A1 出口 Exit A, Tai Po MTR Station)

參加者姓名 Name of Walker	參加者姓名 Name of Walker

本隊伍籌得善款總數 Total amount raised by our team: HK\$ _____



糖尿健步行 Walk for Diabetes 2014

隊長 Team Leader/
聯絡人 Contact Person: _____

聯絡電話
Contact No.: _____

電郵地址
Email Address: _____

姓名及地址 Name & Address

(捐款收據將直接寄予上列收件人
for mailing of donation receipts to the addressee)

- 所收集的個人資料定必保密處理，同時該資料將只用作通訊、募款、意見收集、推廣會務之用，若你日後不願意收到本會的宣傳郵件，請在方格填上“X”。
- Personal data collected will be kept strictly confidential for communications, fund raising, research, promotion of activities only. If you do not want to receive any promotional mailing from DHK in the future, please mark an “X” against the box.

豁免法律責任及聲明 Waiver of Liability and Declaration

謹證明本人/本隊伍所有成員體格健全及有能力參與是項活動，並願意自行承擔所有責任。本人/本隊伍亦同意遵守由香港糖尿聯會(大會)所訂之一切規則及決定。本人/本隊伍一旦因往返活動場地或活動中受到任何財物損失、受傷或導致死亡，大會、各贊助商及其他有關合辦機構均無需負上任何責任。

On behalf of my team, I confirm that all my team members and myself are physically fit and capable of participating in the Walk for Diabetes (Walk) and we are participating in the Walk at our own risks and responsibilities. We hereby agree to abide by all rules and conditions laid down by Diabetes Hongkong (DHK). We discharge DHK, the sponsors and any other individuals or organizations connected directly or indirectly with the Walk from any responsibility in the event of an accident or mishap which may cause us injury, death, or loss of property during, as a consequence of or while traveling to or from the Walk.

隊長 / 聯絡人簽署

Team Leader's / Contract Person's Signature _____

日期

Date _____

贊助人名單 List of Sponsors

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贊助人姓名 (正楷填寫) Sponsor's Name (in CAPITAL)	贊助金額(港幣) Amount (HK\$)

贊助人姓名 (正楷填寫) Sponsor's Name (in CAPITAL)	贊助金額(港幣) Amount (HK\$)

(如表格不敷應用，請自行影印 Photocopy if necessary.)