

# 27.1.2013

## 健康長跑

### HEALTHY RUN

#### DIABETES HONGKONG

##### 香港糖尿聯會



#### 活動日期 Event Date

2013年1月27日 (星期日) Sunday, 27 January 2013

#### 集合地點/終點及頒獎地點

##### Assembly Area/Finishing Point

上水彩園路 Choi Yuen Road, Sheung Shui

(由上水港鐵站C出口步行約10分鐘)

10-min walk from Sheung Shui MTR Station Exit C)

#### 報名費用 Entry Fee

(以郵戳日期為準 Based on the date of postmark)

**HK\$100**

2012年11月19日或之前報名

Entry received on or before 19 Nov 2012

或 OR

**提前報名優惠 Early Bird Discount**

**HK\$150**

2012年11月20日至2013年1月7日

Entry received between

20 Nov 2012 - 7 Jan 2013

#### 組別 Category

1) 10 公里跑 10km Run

年齡 Age	挑戰組 Challenge Group 男 Men's / 女 Women's				體驗組 Novice Group (不設獎項 No award will be presented)
	青年 Junior 16-25	高級 1 Senior 1 26-35	高級 2 Senior 2 36-45	先進 Master ≥ 46	≥ 16歲 years old

2) 5 公里跑 5km Run

諾華男子 / 女子公開 (年齡: ≥ 16)

Norvatis Men's / Women's Open (Age: ≥ 16)

#### 名額 Quota

2000 (名額有限, 先到先得 Enrollment is based on a first-come-first-served basis)

#### 晶片按金 Timing Chip Deposit

免晶片按金及免歸還晶片

No deposit required and no need to return the chip

#### 起跑時間 Starting Time

1) 10 公里跑 10km Run (挑戰組 Challenge Group) 早上八時十五分 0815

2) 10 公里跑 10km Run (體驗組 Novice Group) 早上八時二十分 0820

3) 5 公里跑 5km Run 早上八時三十分 0830

#### 獎項 Awards (前3人 Top3)

1) 個人 Individual

獎盃乙座及現金獎 (港幣1,200元 / 港幣800元 / 港幣400元)

A trophy and cash (HK\$1,200 / HK\$800 / HK\$400)

2) 隊際 Team

● 10 公里跑 10km Run (挑戰組 Challenge Group) 公開 Open

● 5 公里跑 5km Run 公開 Open, 中學 Secondary School

獎盃乙座及個人獎牌 A trophy and medals

#### 紀念品 Souvenir

所有參加者將獲快乾功能運動背心、牙膏、牙刷、漱口水、紙巾、毛巾、代糖各一

Functional dry-fit vest, toothpaste, toothbrush, mouthwash, tissue paper, towel and natural sweetener

#### 報名及查詢 Registration and Enquiries

香港糖尿聯會 Diabetes Hongkong

地址 Address: 香港德輔道中244-252號東協商業大廈18樓1802室

Unit 1802, 18/F, Tung Hip Comm. Building,

244-252 Des Voeux Road Central, HK

電話 Tel: (852)2723 2087 傳真 Fax: (852)2723 2207

電郵 Email: info@diabetes-hk.org

#### 表格下載 Form to be downloaded from

1) 香港糖尿聯會網站 DHK Website: www.diabetes-hk.org

2) 智能手機掃描條碼 QR code scanned by smartphone



組別冠名贊助  
Category Title Sponsor:

NOVARTIS

金贊助  
Gold Sponsors:



銀贊助  
Silver Sponsors:



銅贊助  
Bronze Sponsors:



愛心支持  
Supported by:



特別鳴謝 Special Thanks:

醫療輔助隊  
Auxiliary Medical Service

俊和-中國中鐵-中鐵大橋局聯營  
CHUN WO-CRGL-MBEC JOINT VENTURE

香港物理治療學會  
Hong Kong Physiotherapy Association Limited

技術顧問 Technical Advisor:

誠信運動發展  
Shing Shun Sports Development

大會計時 Official Timer:

精工表  
SEIKO



## 對象 Target

所有16歲或以上人士 All persons aged 16 and over

## 賽事目的 Objectives

長跑既可消耗卡路里幫助減肥，也可改善血糖、血脂及血壓的控制。為了鼓勵大眾(特別是糖尿病友及糖尿病高危人士)多做運動，香港糖尿聯會舉辦健康長跑，其目的是：

Distance running does not only burn off calories for weight reduction and achieving fitness, it also improves blood sugar, lipid and blood pressure control. The Healthy Run aims at:

- 1) 為了宣揚定期參與體能運動對健康及預防糖尿病的重要  
educating the public about the importance of regular exercise for good health, particularly diabetes prevention
- 2) 給參加者挑戰自我、克服壓力的機會  
providing an opportunity for runners to work out their self-challenging power and stress
- 3) 讓糖尿專家及病患者互助並分享經驗  
providing a social occasion for diabetic professionals and patients to share experience and support

## 號碼布 Number Cloth

號碼布需扣在胸前當眼處，以便工作人員辨認，否則大會有權取消運動員之比賽資格。號碼布不得轉讓，如有代跑者，除取消比賽資格外，大會亦保留拒絕其參加大會日後舉辦之比賽的權利

Runners should wear their number cloths in front of their chests, so the officials can identify their numbers easily; otherwise, the Organizer reserves the right to disqualify their results. Number cloths are non-transferable. In case of any dishonest behavior, runners will be disqualified and the Organizer reserves the right to reject their applications for all events held by the Organizer.

## 行李擺放區 Baggage Area

集合點將設行李擺放區，大會建議運動員不要攜帶貴重物品到場，如有個人財物遺失，大會概不負責。如運動員需要行李袋，可於比賽當日向行李區之工作人員索取。

A Baggage Storage Area will be provided, however, runners are advised not to bring any valuable item on the day. The Organizer will not be responsible for any loss of personal property. Plastic baggage bags will be provided at baggage area upon request.

## 水站 Water Station

起點開始約2公里和3.8公里設有水站。

Water Stations will be available at about 2km and 3.8km away from the starting point.

## 惡劣天氣 Cancellation Policy

- A) 如早上5時懸掛紅色暴雨、黑色暴雨或3號風球或以上，賽事將會取消  
If Red / Black Rainstorm or Typhoon Signal No.3 or above is hoisted at 5:00am, the race will be cancelled.
- B) 賽事日緊急查詢電話，服務時間為早上5至10時：5432-9394  
Race day emergency contact number during 5am - 10am: 5432-9394
- C) 如賽事取消，報名費將獲全數退回  
If the race is cancelled, full entry fee will be refunded.

## 籌備委員會成員 Members of the Organizing Committee

胡裕初醫生(主席)、陳艷婷營養師、鍾振海醫生、戴兆群醫生、許培詩醫生、梁彥欣醫生、梁美儀女士、譚國昌醫生、曾文和醫生及楊鐸輝醫生

Dr. Woo Yu Cho (Chairman), Ms Tina Chan, Dr. Chung Chun Hoi, Dr. Daisy Dai, Dr. Grace Hui, Dr. Jenny Leung, Ms Wendy Leung, Dr. Barry Tam, Dr. Tsang Man Wo and Dr. Vincent Yeung

## 時限 Time Limit

5公里賽事 5km Run : 1.5小時hours

10公里賽事 10km Run : 2小時hours

終點及賽道設施將於比賽時限後關閉

The race course and the finish facilities will be closed after the time limit.

## 證書 Certificate

上述時限內完成之跑手將獲發證書乙張

Certificates will be issued to runners completed within the time limit.

## 保險 Insurance

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.

Runners should be responsible for their own Personal Accident Insurance.

## 上訴 Protest

上訴須於成績公報後30分鐘內，以書面連同港幣100元手續費遞交大會，如上訴得直，手續費可獲發還

Any protest must be made in writing and accompanied with a deposit of HK\$100 within 30 minutes after the announcement of the results. Relevant fee will be refunded if the protest is upheld.

## 賽道 Course Route

(不按比例 not in scale)

5km 10km

若需精確的賽道，可瀏覽香港糖尿聯會網站  
For precise course route, please refer to DHK website:  
[www.diabetes-hk.org](http://www.diabetes-hk.org)





## 體能活動就緒問卷 Physical Activity Readiness Questionnaire (PAR-Q)

對多數人來說，體能活動應該不會構成問題或危機。以下體能活動就緒問卷(PAR-Q)，就是為一些少數不適宜作體能活動或是需經醫生建議最適合的活動的成人而設。請細閱以下問題，然後誠實回答「是」或「否」。

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.

是  
YES

否  
NO

- |                       |                       |  |
|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | 1. 你的醫生曾否說你有心臟毛病?<br>Has your doctor ever said you have heart trouble?   |
| <input type="radio"/> | <input type="radio"/> | 2. 你是否經常心痛及胸痛?<br>Do you frequently have pains in your heart and chest?  |
| <input type="radio"/> | <input type="radio"/> | 3. 你是否經常感覺暈眩或有短暫性的嚴重頭昏眼花?<br>Do you often feel faint or have spells of severe dizziness?   |
| <input type="radio"/> | <input type="radio"/> | 4. 曾否有醫生說你的血壓過高?<br>Has a doctor ever said your blood pressure was too high?   |
| <input type="radio"/> | <input type="radio"/> | 5. 曾否有醫生說你因運動而形成或加重了骨頭或關節的毛病?<br>Has your doctor ever told you that you have a bone or joint problem(s), such as arthritis that has been aggravated by exercise, or might be made worse with exercise? |
| <input type="radio"/> | <input type="radio"/> | 6. 除上述外，還有別的體能原因令你 cannot 參加想參與的體能活動?<br>Is there a good physical reason, not mentioned here, why you should not follow an activity programme even if you wanted to?                                   |
| <input type="radio"/> | <input type="radio"/> | 7. 你是否年過六十五及不習慣劇烈運動?<br>Are you over age 65 and not accustomed to vigorous exercise?   |

答案如有一個或超過一個「是」：

在增加體能活動或測試體能前，請諮詢你的家庭醫生

如答案全屬「否」的話，便有理由相信：

如你是準確地回答這問卷的話，便有理由相信你現時是適合做運動的

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

If you have not recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness test.

**If you answered NO to all questions ...**

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for exercise.

資料來源 Source :

Stairway to Health Programme, Public Health Agency of Canada (譯自加拿大公共衛生處)

[www.phac-aspc.gc.ca/sth-evs/english/parq.htm](http://www.phac-aspc.gc.ca/sth-evs/english/parq.htm)

香港糖尿聯會成立於一九九六年，是一間香港政府註冊慈善機構，經費來源全賴公眾、團體、商業機構等捐助。我們的宗旨是為糖尿病患者服務，促進各界人士對糖尿病的認識和關注，以期加強糖尿病的預防和治理。您的捐款將更有助聯會的穩定及長遠發展。

Diabetes Hongkong (DHK) was founded in 1996 as a 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. Without any government subsidies, the running of our services relies on donations from the public, commercial corporate and other organizations. Your donation will definitely provide a cash inflow for maintaining the daily operation and facilitating further development of DHK.

### 捐款方法 Donation Methods

#### 1) 支票 Cheque

劃線支票抬頭「香港糖尿聯會」A crossed cheque payable to "Diabetes Hongkong"

#### 2) 直接存款 Direct Transfer

存款到香港糖尿聯會恆生銀行戶口(號碼: 024-286-5-203653)，並交回存款入數紙正本

Transfer to Hang Seng Bank Account No.: 024-286-5-203653 and send the original copy of the bank-in slip to us

捐款達港幣一百元或以上可憑收據在香港申請免稅。Donations of HK\$100 or above supported by receipt are tax deductible.

### 查詢 Enquiry

香港糖尿聯會 Diabetes Hongkong

地址 Address :

香港德輔道中244-252號東協商業大廈18樓1802室

Unit 1802, 18/F, Tung Hip Commercial Building, 244-252 Des Voeux Road Central, Hong Kong.

電話 Tel : (852) 2723 2087 傳真 Fax : (852) 2723 2207

網址 Website : [www.diabetes-hk.org](http://www.diabetes-hk.org)

電郵地址 Email : [info@diabetes-hk.org](mailto:info@diabetes-hk.org)





# 報名表格 Entry Form

主辦機構  
Organizer:



協辦機構  
Co-organizers:



大會專用 For Office Use

Bank Ref: \_\_\_\_\_

Cash/Chq: \$ \_\_\_\_\_

\*為方便電腦處理，請用英文正楷大寫清楚填寫 Please complete the form clearly in BLOCK LETTERS.

英文姓名 Name in English \_\_\_\_\_ ☐ 先生 Mr ☐ 女士 Ms

中文姓名 Name in Chinese \_\_\_\_\_ 聯絡電話 Contact Tel \_\_\_\_\_ 電郵 E-mail \_\_\_\_\_

郵寄地址 Mailing Address \_\_\_\_\_

出生日期 Date of Birth \_\_\_\_\_ 年/Y \_\_\_\_\_ 月/M \_\_\_\_\_ 日/D \_\_\_\_\_ 比賽當日年齡 Age on Run Day \_\_\_\_\_

香港身分證號碼 Hong Kong ID Card No.: \_\_\_\_\_ XX (X) (首個字母及首四個數字 1st alphabet & 1st 4 digits of HKID)

## 組別 Categories \*參加者可同時參與個人及隊際賽事 Participants can sign up for both individual and team events

### ☐ \*10公里跑 10km Run (名額 Quota : 1,000)

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> 男子青年組 (16-25歲)   | Men's Junior (aged 16-25)          |
| <input type="checkbox"/> 男子高級組 1 (26-35歲) | Men's Senior 1 (aged 26-35)        |
| <input type="checkbox"/> 男子高級組 2 (36-45歲) | Men's Senior 2 (aged 36-45)        |
| <input type="checkbox"/> 男子先進組 (46歲或以上)   | Men's Master (aged 46 and above)   |
| <input type="checkbox"/> 女子青年組 (16-25歲)   | Women's Junior (aged 16-25)        |
| <input type="checkbox"/> 女子高級組 1 (26-35歲) | Women's Senior 1 (aged 26-35)      |
| <input type="checkbox"/> 女子高級組 2 (36-45歲) | Women's Senior 2 (aged 36-45)      |
| <input type="checkbox"/> 女子先進組 (46歲或以上)   | Women's Master (aged 46 and above) |

- |  |  |
|--|--|
| <input type="checkbox"/> 男子隊際 Men's Team | <input type="checkbox"/> 女子隊際 Women's Team |
| 隊伍名稱 Team Name _____                     |  |
| 所屬團體 Organization _____ (如有 If any)      |  |
| 隊長 Team Leader (1) _____                 |  |
| 隊員 Member (2) _____                      |  |
| 隊員 Member (3) _____                      |  |

### ☐ \*5公里跑 5km Run (名額 Quota : 500)

- |   |                                  |
|---|----------------------------------|
| <input type="checkbox"/> 男子公開組 (16歲或以上) | Men's Open (aged 16 and above)   |
| <input type="checkbox"/> 女子公開組 (16歲或以上) | Women's Open (aged 16 and above) |

- |  |  |
|--|--|
| <input type="checkbox"/> 男子隊際 Men's Team | <input type="checkbox"/> 女子隊際 Women's Team |
| 隊伍名稱 Team Name _____                     |  |
| 所屬團體 Organization _____ (如有 If any)      |  |
| 隊長 Team Leader (1) _____                 |  |
| 隊員 Member (2) _____                      |  |
| 隊員 Member (3) _____                      |  |

### ☐ 10公里體驗組 10km Novice Group (名額 Quota : 500)

16歲或以上 - 不設任何獎項，亦不設隊際 Aged 16 and above - No award will be presented. No team event  
(建議完成時間超過1小時者參與 Recommended for runners who expect to take more than 1 hour to finish the race)

## 備註 REMARKS

### 隊際 Team

- 1) 每三人為一隊，計算方法為每名同一賽程跑手(需為同一性別)完成賽事時間的總和，以最短者為勝出，時間相同則以第三名隊員最早衝線者勝出，如此類推  
Based on the total time of a team of 3 runners of same gender who run in same distance. The Third runner's time will be counted when two teams finish with an identical time.
- 2) 各隊員於隊際的成績，可同時競逐其年齡組別的個人獎項  
The result of each team member will also be counted as individual result.
- 3) 隊際必須集齊所有隊員的報名表一併寄出，如資料不齊或更改名單，每次手續費為港幣100 (只接受截止日期前之更改)  
Changing of team members or submission of additional information will require a further payment of HK\$100 on each occasion.  
(changes can only be accepted before the deadline)

報名表可以自行影印。傳真及電郵報名概不受理。Photocopies of the entry form are acceptable. Faxed and e-mailed entries will not be processed.  
大會保留更改以上資料之權利。The Organizer reserves the rights to amend the above information.

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

謹證明本人體格健全及有能力參與比賽，並願意自行承擔所有責任。本人亦同意遵守由香港糖尿聯會(大會)所訂之一切比賽規則及決定。本人一旦因往返比賽場地或比賽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機構均無須負上任何責任。本人授權大會及傳媒在無需經本人審查，而可永久使用本人的肖像、姓名、聲線及個人資料，作為活動籌辦及推廣之用。  
I confirm that I am physically fit and capable of participating in the Healthy Run and I am entering this event 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 this event from any responsibility 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 this 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 this event in perpetuity and agree to waive any right of inspection or approval associated therewith.

跑手簽署  
Runner's Signature \_\_\_\_\_ 日期  
Date \_\_\_\_\_

家長 / 監護人簽署  
Parents' / Guardian's Signature \_\_\_\_\_  
(18歲以下跑手適用 For runners aged under 18)

## 敬請必須填寫以下聯絡資料，以作緊急之用 For Emergency Use on Race Day Only (You MUST fill in)

聯絡人姓名 Name of Contact Person \_\_\_\_\_

聯絡人電話 Contact No. \_\_\_\_\_

請列出有關個人醫療關注事項，如糖尿病人、現正服食之藥物、敏感藥物或患有聽覺障礙等。  
Please indicate below clearly any information which may be essential in a medical emergency, e.g. person with diabetes, medication currently being taken, allergies, deafness, etc.

請填妥以下之地址標貼 Please fill in the following address label:  
姓名及地址 Name & Address: \_\_\_\_\_

## 報名辦法 Registration

請郵寄下列資料到香港德輔道中244-252號東協商業大廈18樓1802室香港糖尿聯會：

Please mail the following to Diabetes Hongkong, Unit 1802, 18/F, Tung Hip Commercial Building, 244-252 Des Voeux Road Central, Hong Kong:

- ☐ 填妥並已簽署之報名表 A duly completed and signed entry form.
- ☐ 一個貼有1.4港元郵票及附有回郵地址的信封 One HK\$1.4 stamped self-addressed envelope.
- ☐ 報名費用 Entry Fee (以郵戳日期為準 Based on the date of postmark)

劃線支票抬頭寫上「香港糖尿聯會」(並於背面寫上參加者姓名)  
Cheque should be crossed and payable to "Diabetes Hongkong"  
(Please write down runner's name at the back of the cheque)

**HK\$100** 2012年11月19日或之前報名  
Entry received on or before 19 Nov 2012

**HK\$150** 2012年11月20日至2013年1月7日  
Entry received between 20 Nov 2012 - 7 Jan 2013

報名一經接納，報名費恕不發還及轉讓。Entry fee is non-refundable and non-transferable once the entry is accepted.

根據個人資料(私隱)條例 以上資料只會作為發收據及募捐用途。若閣下不希望收取香港糖尿聯會之任何信件，請來函通知。In accordance with the Personal Data (Privacy) Ordinance, the above information will be used for receipting and fundraising purposes only. Please notify us in writing if you do not wish to receive future mailings from Diabetes Hongkong

主辦機構 Organizer

協辦機構 Co-organizers



## 香港糖尿聯會健康長跑 Diabetes Hongkong Healthy Run 2013 五公里學校隊際報名表格 Entry Form for 5km School Team

\* 每位隊員請同時填寫一份「個人報名表格」

Every team member must fill in an "Entry Form for Individual Runner" as well

郵寄報名截止日期 **Deadline for registration by mail:** 2013年1月7日 (星期一) Monday, 7 January 2013

### 報名辦法 Registration:

請將本報名表格，連同「個人報名表格」及報名費遞交香港糖尿聯會

Please return this form together with completed "Entry Form for Individual Runner" to Diabetes Hongkong

### 地址 Address:

香港德輔道中244號東協商業大廈18樓1802室「香港糖尿聯會」

Diabetes Hongkong, Unit 1802, 18/F., Tung Hip Commercial Building, 244 Des Voeux Road Central, Hong Kong.

如有任何疑問，請致電 2723-2087向本會職員查詢 For enquiry, please contact us at 2723-2087

中學學校名稱 **Secondary School Name**

\*請刪去不適用者 Please delete as appropriate

中文 in Chinese \_\_\_\_\_ 英文 in English \_\_\_\_\_

地址 Address \_\_\_\_\_

負責老師姓名 **Name of Teacher in-charge (\*先生Mr /女士Ms)** 中文 in Chinese \_\_\_\_\_

英文 in English \_\_\_\_\_ 電郵 Email \_\_\_\_\_

姓Surname

名Given names

聯絡電話 **Contact No.** \_\_\_\_\_ 手提 **Mobile** \_\_\_\_\_ 傳真 **Fax** \_\_\_\_\_

隊名 **Team name** \_\_\_\_\_

最多8個中文字 / 20個英文字母 No more than 8 Chinese characters / 20 letters

組別 **Category** ☐ 男子 **Boy** ☐ 女子 **Girl**

隊員姓名 (正楷填寫) **Name of Team Members (in CAPITAL)**

	中文 in Chinese	英文 in English
1		
2		
3		

學校蓋章 **School Stamp**

### 比賽規則 **Rules**

每隊之 3 位隊員必須就讀同一院校。

Each Team shall consist of 3 students attending the same school.

各院校在各組別的參賽隊數不得多於 3 隊。

Each school is allowed to have no more than three teams in each category.

如不足六隊參與隊際賽事，大會將只設冠、亞、季軍；如不足三隊，則只設冠軍獎項。

If there are less than 6 entries, prizes will be awarded to the top 3 teams only.

If there are less than 3 entries, only the champion will be awarded.

各隊員於隊際的成績，可同時競逐其5公里公開組別的個人獎項

The result of each team member will also be counted as individual result.

如有需要，請自行影印本表格 Please copy this form for more entries