

愛心力量第6屆

腎心健康慈善跑

THE 6TH POWER OF LOVE CHARITY RUN

賽事簡介 INTRODUCTION

「愛心力量」於 1998 年成立，是一個已經註冊並獲香港稅務局認可的慈善團體。我們的宗旨是關愛及扶助弱勢社群，服務對象包括長者、貧困家庭、兒童及長期病患者。「愛心力量」並沒有得到特區政府或香港公益金的撥款資助，全賴各有心人士捐助。2009 年起，本會開展關顧香港腎衰竭患者。

Power of Love ("POL") was founded in 1998, which is recognized by Inland Revenue Department as a charitable organization. Our mission is to support the disadvantaged, including the elderly, poor families and children, as well as patients suffering from chronic illnesses. "POL" does not receive any financial subsidies from the Hong Kong SAR Government, or from the Hong Kong Community Chest. We rely on donations from enthusiastic individuals and organizations. Starting from 2009, we further address our concerns on the renal failure patients in Hong Kong.

賽事目的 OBJECTIVES

腎病是香港常見的疾病之一，在疾病死亡率中排行第七位。現本港約有 6,000 多名末期腎衰竭病患者需接受洗腎服務。當中 80%，每日需接受腹膜透析(即洗肚)三、四次，每次一至兩小時；其餘的 20%，只可每星期使用洗血服務。但更可怕的數字顯示，腎病患者正以每年約 1,000 個新病例速度增加。望藉這次長跑活動，令更多人關注健康，關注社會上的弱勢社群及腎衰竭患者。故舉行這次長跑目的有兩個重點：第一是透過長跑這個有意義的運動，鼓勵更多健全的人重視運動及健康；第二是透過長跑過程中的意義，以支持及激勵長期病患者，要有堅定的意志及決心，去面對人生中向前的每一步。

Renal disease, often known as one of the most common diseases in Hong Kong, ranked the seventh highest mortality rate. Currently, about 6,000 patients with end-stage renal failure in Hong Kong require dialysis treatment. 80% of those receive Continuous Ambulatory Peritoneal Dialysis (CAPD) treatment 3 to 4 times a day, lasting between 1 and 2 hours for each session, while another 20% use Haemodialysis (HD) treatment. Shocking figures reveal the number of people suffering from renal failure increases by approximately 1,000 cases every year. As such, we would like to organize a race event to raise public awareness about the health and about caring for the disadvantaged as well as patients with end-stage renal failure. Two objectives of this event are: 1) to promote the importance of regular exercise and healthcare to the general public; and 2) to encourage the people with chronic diseases to have strong belief in building a brighter future.

活動詳情 Event Details:

比賽日期 Race Date	2017 年 4 月 2 日(星期日) / 2 April 2017 (Sunday)
比賽時間 Start Time	08:00am (個人五公里 5KM Individual) 08:50am (個人十公里 10KM Individual/ 隊際十公里 10 KM Mixed Team) 08:55am (親子三公里 3KM Parent Child Group)
活動地點 Venue	大埔海濱長廊 Tai Po Waterfront Promenade
名額 Quota	先到先得，額滿即止 First Come First Served
報名方法 Entry Procedures	網上報名 Online Registration
截止報名日期 Enrollment Deadline	2017 年 3 月 13 日 / 13 March 2017

報名費用 ENTRY FEE

組別 Category		報名費 Entry Fee
個人十公里 10KM Individual	少青組(A 組) Group A	\$230
	成人組(B 組-F 組) Group B-F	\$230
個人五公里 5KM Individual	少青組(A 組) Group A	\$230
	成人組(B 組-F 組) Group B-F	\$230
親子三公里 3KM Parent Child Group		HK\$400 (每隊 Each Team)
隊際十公里 10 KM Mixed Team		HK\$690 (每隊 Each Team)

證書\$30/張，將於賽事兩個月內以郵遞方式交予參加者

Certificate, \$30/Each, will be sent by mail to participants within 2 months after the race

參賽組別 RACE CATEGORY

(比賽組別以出生年份計算 Race Category is calculated by year of birth)

個人十公里-男子組 10KM Individual-Male	
組別 Category	出生年份 Year of Birth
A 組/Group A (12-15)	2002-2005
B 組/Group B (16-25)	1992-2001
C 組/Group C (26-35)	1982-1991
D 組/Group D (36-45)	1972-1981
E 組/Group E (46-55)	1962-1971
F 組/Group F (56+)	1961 or before

個人十公里-女子組 10KM Individual-Female	
組別 Category	出生年份 Year of Birth
A 組/Group A (12-15)	2002-2005
B 組/Group B (16-25)	1992-2001
C 組/Group C (26-35)	1982-1991
D 組/Group D (36-45)	1972-1981
E 組/Group E (46-55)	1962-1971
F 組/Group F (56+)	1961 or before

個人五公里-男子組 10KM Individual-Male	
組別 Category	出生年份 Year of Birth
A 組/Group A (12-15)	2002-2005
B 組/Group B (16-25)	1992-2001
C 組/Group C (26-35)	1982-1991
D 組/Group D (36-45)	1972-1981
E 組/Group E (46-55)	1962-1971
F 組/Group F (56+)	1961 or before

個人五公里-女子組 10KM Individual-Female	
組別 Category	出生年份 Year of Birth
A 組/Group A (12-15)	2002-2005
B 組/Group B (16-25)	1992-2001
C 組/Group C (26-35)	1982-1991
D 組/Group D (36-45)	1972-1981
E 組/Group E (46-55)	1962-1971
F 組/Group F (56+)	1961 or before

親子三公里 3KM Parent Child Group			
年齡組別 Age Group	出生年份 Year of Birth	賽事距離 Race Distance	每隊人數 Number of Team member
6-8	2009-2011	3KM	一位兒童及一位 18 歲或以上成人 1 Kid and 1 adult 18 or above
9-11	2006-2008		

隊際十公里 10KM Mixed Team

年齡組別 Age Group	出生年份 Year of Birth	賽事距離 Race Distance	每隊人數 Number of Team member
16+	2001 or before	10KM	3

備註 Remarks:

- 其中一位隊員必須是女子。
Must include one female in a team
- 總成績以 3 名完成賽事的隊員時間總和決定
Result will be determined by the total time of the 3 team members
- 已參加隊際十公里的參加者不能參加個人組別。
Choose one category either 10KM Mixed Team or 10KM Individual only.

路線圖 ROUTE MAP (只供參考 For Reference Only)



紀念品 SOUVENIR

所有參加者可獲賽事 T 恤乙件。 Participant will receive one Event Tee.

賽事 T 恤尺碼表 Event Tee Size Chart

	XXS	XS	S	M	L	XL	XXL
胸闊 WIDTH(cm)	40	43	46	49	52	55	58
身長 LENGTH(cm)	54	57	60	63	66	69	72

備註 Remarks:

- 大會不保證能提供所選擇之尺碼,尺碼分配需視乎領取賽事包之先後次序及貨量而定,所有尺碼先到先得。
Tee size availability is provided on a first come first serve basis during registration and subject to stock condition during race pack distribution. The organizer does not warrant any request in size.
- 如報名時於系統未能選擇某尺碼,則表示該尺碼已沒有存貨,請自行衡量再報名。一經報名,所有尺碼不設更改。
If there is no option of the particular size in the enrollment system, it means this size already out of stock. No size can be changed after enrollment.
- 效果圖及產品顏色只供參考。
Picture and color are for reference ONLY.

獎項 AWARDS

組別 Category	獎項 Awards
十公里個人組(男/女子組) 10KM Individual(Male/Female)	各組別首三名可獲贈獎盃乙個 The Champion, 1st Runner-up and 2nd Runner-up of all categories will be awarded a trophy.
五公里個人組(男/女子組) 5KM Individual(Male/Female)	各組別首三名可獲贈獎盃乙個 The Champion, 1st Runner-up and 2nd Runner-up of all categories will be awarded a trophy.
三公里親子組 3KM Parent Child Group	各組別首三名可獲贈獎盃乙個 The Champion, 1st Runner-up and 2nd Runner-up of all categories will be awarded a trophy.
十公里隊際盃 10KM Mixed team	首三名可獲贈獎盃乙個及獎牌 3 塊 The Champion, 1st Runner-up and 2nd Runner-up will be awarded a trophy and medals.
All participants will be awarded a finisher medal upon finishing the race. 各參加者完成賽事後均可獲發完成獎牌乙個。	

贊助方法 SPONSORSHIP PROCEDURES

1. 直接銀行存款 Direct Transfer :

請把捐款直接存入“愛心力量”銀行戶口 (恆生銀行帳號 280-8-442301) : 填妥贊助表格連同存款通知書正本一併寄回: 香港灣仔軒尼詩道 245-251 號守時商業大廈 1 樓, 信封面請註明「腎心健康慈善跑 2017」。

Please deposit to “Power of Love” – Hang Seng Bank Accounts as follows: 280-8-442301; Mail your Sponsorship form with bank in slip to ‘1/F, Success Commercial Building, 245-251 Hennessy Road, Wai Chai, Hong Kong’, specify “Power of Love Charity Run 2017” on the envelope.

2. 支票捐款 By Cheque :

填妥贊助表格連同劃線支票: 抬頭需註明「愛心力量」一併寄回: 香港灣仔軒尼詩道 245-251 號守時商業大廈 1 樓, 信封面請註明「腎心健康慈善跑 2017」。

Mail your Sponsorship form with local crossed cheque made out to “Power of Love” ’ to ‘1/F, Success Commercial Building, 245-251 Hennessy Road, Wai Chai, Hong Kong’, specify “Power of Love Charity Run 2017” on the envelope.

備註 Remarks:

- 捐款港幣 100 元或以上的贊助人方可獲發退稅收據
Receipts for tax deduction will only be issued to sponsors who donating HK\$100 or above and upon request.
- 所有收據將於活動後 2 個月郵寄至捐款人, 捐款人可保留收據作扣稅之用。
All receipts will send to participant / team leader via mail within 2 months after the event.
- 所有款項及贊助人名單, 必須於 2017 年 3 月 6 日或以前收集及遞交予愛心力量辦事處。

All fees, donation and sponsorship form should be submitted to Power of Love before 6 Mar 2017.



領取跑手物資 RACE PACK PICK-UP

跑手包、號碼布連晶片會在比賽前三星期通知領取, 參加者攜同電郵列印本或用電子產品展示電郵方式領取。

Race Pack Pick-up Notice will be sent to participants 3 weeks before the event day, participants should bring the e-mail print out or show the e-mail via electronic devices to pick up the race pack with bib number and time chip.

注意事項 IMPORTANT NOTES

- 參賽者必須仔細閱讀「比賽規則」。報名申請一經遞交，即代表參賽者確認及同意一切賽事規則、條款和安排。
Participants must study the 'Rules and Regulations' carefully. Participants who completed the registration process agreed to abide by the Rules and Regulations of the race that has been signed up.
- 參賽者個人意外保險需自行負責。
Participants are advised to arrange their own insurance cover.
- 任何懷孕或患有慢性疾病，如心臟病及高血壓的人士，皆不應參加是次活動。大會在得悉 或懷疑的情況下，將保留取消任何不適宜參加是次活動之參加者資格的權利。
People who are pregnant or with chronic diseases, like heart attack and high blood pressure, are not recommended to participate the event. The Organizer reserves the right to disqualify participants who are physically not eligible for the event.
- 參加者必須確保體格適宜參加比賽，大會工作人員或救護人員有權因應參加者體能狀況，終止參加者繼續參賽資格，參加者不得異議。
Participants must ensure that they are physically fit to join the event. The Organizer has the right to terminate or pause the participants if there is deemed to be any risk to their health. Participants must abide by this decision.
- 參加者會在報名後 10 個工作天內收到大會電郵確認其報名，如未有收到通知，可發電郵至 info@pol.org.hk 或致電 3464 0581 查詢。
Confirmation will be sent to participants by e-mail within 10 working days after an application is received. If you do not receive the confirmation, please send your enquiry to info@pol.org.hk or contact 3464 0581.
- 不接受現場及逾期報名。
Late or on site enrollment will not be accepted.
- 資料不全者，恕不接受報名。
Incomplete enrollment will not be accepted.
- 已寄出的報名或重覆報名，均不設退款、退件、轉名安排及取消服務。
No return, cancellation or transfer for all enrollments, including late and duplicate enrollments.
- 參賽者只可報名參加屬於自己的年齡組別。[年齡是以出生年份計算。如於 1997 年 9 月出生，年齡為 20 歲，所屬組別為 B 組(16-25)]
Applicant should register to their respective age group. (Age is counted base on the year of birth. Example, born in Sept 1997, your age is 20. Your age group category should be Group B (16-25).
- 如活動過程中，遇上天災及人禍所引發的突發情況（洪水、山火、山泥傾瀉、塌樹、地震、路面受損壞、打鬥等），是日活動將暫時停止或取消，參加者須盡快前往安全 地方暫避。
The event will be temporarily halted or cancelled if emergency situations occur due to natural and man-made disasters (flood, wildfire, landslide, collapse of tree, earthquake, damage of road, fights, etc.) during the event. All participants should immediately go to a safe place to stay temporarily.



惡劣天氣 SEVERE WEATHER

- 如於比賽前一天中午十二時或之後懸掛八號或以上颱風訊號，當日賽事將會取消。
If Typhoon Signal No.8 or above is hoisted at any time from 12:00 noon on the day before race, the race will be cancelled.
- 如於比賽當日凌晨十二時或之後懸掛黑色暴雨，當日賽事將會取消。
If the Black Rainstorm Signal is hoisted at any time from 00:00 am on the race day, the race will be cancelled.
- 如比賽進行中天氣惡劣或懸掛上述警告，賽事總監有權改變比賽賽程或取消正在進行中的比賽。報名費將不獲退還。
If the above Inclement Weather/Condition Warnings be hoisted after the commencement of race, the Race Director has the right to change the race distance or race arrangement or to stop the race. No refund or no rescheduled will be made.
- 本賽事不設補賽，參賽者之報名費一概不作退款。
No fallback date for the race. All paid fee will not be refunded.
- 大會建議參賽者於比賽早上致電或瀏覽香港天文台查詢有關天氣情況(電話：1878200)。
Please check the race day weather from the Hong Kong Observatory (Tel: 1878200).

其他事項 OTHERS

- 參加者的個人物件可存放於大會提供之行李寄存區。切勿攜帶貴重物品，如有損毀或遺失，大會將不會負任何責任及作出任何賠償。參加者一旦使用此安排，已被假定接受此條款。
Baggage storage will be provided. Please do not bring any valuable items. The Organizer is not responsible for the lost or damage of the baggage stored with us. Participant uses this service is subjected to the acceptance of this clause.
- 如活動過程中須向大會查詢及要求協助，請到詢問處與工作人員聯絡。
Should there be any emergencies or assistance needed during the event, participants shall contact the officials at the information center.
- 所有禮品不可兌換現金。
All prizes are not redeemable for cash.
- 大會保留以是次活動照片作日後推廣用途之權利。
The Organizer reserves the right of all photos of the event for future uses and references.
- 本賽事委員會擁有修改及解釋以上規則的權利。任何有關活動的臨時改動或取消，將以大會網站公佈為準。
The Organizer reserves the right of final decision of the event. Any changes or contingent measures for the event announced by the organizer and posted on the Organizer's web page shall prevail.

比賽規則 RULES & REGULATIONS

- 參賽者必須自力走或跑畢全程。
Participants must complete the marked course on foot under their own power.
- 參賽編號必須置於賽衣前方，於任何時間均須清晰可見。
Bib numbers must be visible at all times on the outside of clothing (at the front).
- 參賽者不得服食禁藥或違規藥物。
Doping and the use of prohibited drugs is strictly prohibited.
- 主辦機構保留酌情修改比賽規則、路線及/或其他安排的權利。

The organisers reserve the right to make changes to the event rules and requirements, route and/or other arrangements as they deem appropriate.

