

## 第六屆腎心健康慈善跑 運動員須知

1	比賽日期	2017 年 4 月 2 日(星期日) 起跑時間:上午 8:00 (個人 5 公里) / 8:50 (個人及團體 10 公里) / 8:50 (親子 3 公里, 請到隊尾)
2	集合地點	大埔海濱公園碼頭位置(水陸墟), 參賽者必需出示有效號碼布方可入場。
3	號碼布及晶片	請於比賽當日將號碼布掛在胸前及跑過賽道上所有感應地毯, 如沒有將號碼布掛上、摺號碼布及遲到起跑者, 大會有權不把該位參加者之成績計算在內。該號碼布不得轉讓他人, 如發現有代跑者, 除取消比賽資格外, 本會亦保留有關運動員參加本會其他比賽之資格。請緊記“沒有晶片, 沒有時間”。
4	當天天氣	天氣好壞與否, 請自備雨具及防曬用品。因比賽場地為空曠地方, 並請注意天氣轉變。
5	交通	主辦機構將提供巴士接送服務, 詳情請參閱本會網頁。跑手亦可參考下列公共交通資訊。
6	泊車安排	於集合地點附近有數個咪錶泊車位置。
7	行李	行李區將設於大埔海濱公園碼頭位置(水陸墟), 大會提供儲物服務, 但財物損失恕不負責。
8	賽道	100%平路
9	路程指示牌	每公里設有路程指示牌。
10	水站	設於約 2.2 公里、4.9 公里及 7.8 公里, 每個水站會提供飲用水。
11	頒獎	頒獎禮將於比賽當日舉行(9:00 頒發 5 公里獎項/9:45 頒發 10 公里獎項), 請各得獎運動員尊重大會及贊助商, 請於比賽完畢後到頒獎台等候頒獎。請注意, 獎項將不會提早頒發、代領及補發, 也不設日後補領任何紀念品。
12	洗手間	起跑區及賽道沿途均設有公眾洗手間。
13	特別注意事項	賽道並不是全封閉式, 請參賽者留意行人、公園遊人及單車, 並使用緩跑徑作賽, 注意安全。另外, 請各參賽者遵守大會賽道指示, 如發現參賽者繞道或走捷徑, 大會將取消其參賽資格。
14	聲明	各選手請在賽事前作充足準備, 注意自己身體狀況, 量力而為。如選手身體不適, 請勿強行出賽。除非人力所能控制或特殊情況外, 本會將盡量提供以上服務予參賽者。預祝各位能做出美滿成績, 多謝各位。
15	查詢	如有疑問或意見, 可致電 3464 0581 或電郵至 <a href="mailto:info@pol.org.hk">info@pol.org.hk</a> 與本會聯絡, 大會保留更改以上資料之權利。
16	比賽成績	將於比賽後於 <a href="http://www.pol.org.hk">http://www.pol.org.hk</a> 網頁內公佈 (遲到起跑者, 有可能不獲比賽成績)。大家亦可瀏覽本會網頁得知本年度之賽事預告。
17	惡劣天氣	如早上 5 時懸掛紅色暴雨、黑色暴雨或 8 號以上熱帶氣旋警告信號, 賽事將會取消。

## The 6th Power of Love Charity Run

### Runner's Information

1	Event Date	2 Apr 2017 (Sunday) Starting time: 08:00 (5KM Individual) / 08:50 (10KM Individual & Team) / 08:50 (3KM Family Run, Please go to the back)
2	Venue	Public Pier at the end of Tai Po Waterfront Promenade. Runners are required to present the BIB to enter the venue.
3	BIB and BIB Tag (Timing Tag)	On the date of event, please secure the BIB and BIB Tag in front of your chest and run across all carpet sensors for the convenience of recording results. To those who did not secure the BIB Tag, folded the BIB Tag or late, organizer holds the rights to exclude your race result. BIB cannot be transferred to another person. If substitute runner is found, the race result will be cancelled, and the organizer reserves the rights to reject future admission to other race.
4	Weather	Race course is situated in open outdoor, please be prepared for weather changes. Please bring along umbrella and anti-UV products.
5	Transportation	The Organizer will provide free shuttle bus services, please find the details in our website. Runners may refer to the Information of Public Transportation as below.
6	Parking	There are metered parking spaces nearby the event site.
7	Baggage	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.
8	Route	100% flat road
9	Distance Signage	There will be guiding signage place every 1KM.
10	Water Station	Water stations are located at 2.2KM, 4.9KM and 7.8KM.
11	Award Presentation	Award ceremony will be held on the event date (5KM & 10KM prizes will be awarded at 9:00 and 9:45 respectively). All award recipients please respect the organizer and sponsors, proceed to the award stage after the race and wait for presentation of your award. Please be noted that the award will not be given at an earlier time, must be collected in person, and is not available for collection after the event date.
12	Toilets	There are public toilets on site and along the route.
13	Special Attention	The race course is not fully enclosed. Participants please take caution towards pedestrians and cyclists. Beware of safety. In addition, please follow the organizer's rule. If any participant is found making short-cut or detour, he will be disqualified.
14	Statement	All participants please be well prepared before the race. Take note of your own health condition and try your best.
15	Enquiry	For any enquiry or suggestion, please call 3464 0581 or send email to <a href="mailto:info@pol.org.hk">info@pol.org.hk</a> , organizer reserves the rights to change any details in the above.
16	Result	Will be posted on <a href="http://www.pol.org.hk">http://www.pol.org.hk</a> asap after the race (Those who are late for the race may not receive any result). You may also find other event update in our website.
17	Bad weather	If there is Red/Black Rainstorm Signal or Typhoon Signal No. 8 or above at 5am on the that day, the event will be cancelled.