

## 8<sup>th</sup> Pokfulam Challenge - Charity Run & Family Day 2014

### **Organizers : HK Multisports Association**

**Objectives :** To promote active lifestyle among families and friends while raise funds for needy organizations.

**Receiving Charity :** Say No To Drugs

**Race Date :** 27 APR, 2014 (SUN) **Venue :** The tennis courts at the University of HK, 144 Pokfulam Road (next to Middleton Towers)(No Parking)

**Race Course :** Pokfulam Country Park and Family Walk (Part of HK Trail)

**Registration :** 0830 a.m. (Number bibs shall be distributed on race day; please allow enough time for registration)

**Start time :** 1000a.m. **Distance :** 10Km (Cross Country Trail) **Time Limit :** 2 hrs

**Individual Categories :** Men and Ladies Junior (Age 11-17) Men and Ladies Open (Age 18 or above / no age limit)

Men and Ladies Master 1 (Age 30-39) Men and Ladies Master 2 (Age 40-49) Men and Ladies Master 3 (Age 50 or above) (\*actual age on race day)

**4-pax Team :** Men's and Ladies' Open (no age limit) Note: All runners participating in the team will not be eligible for the individual category awards.

**Categories** (The sum of the category position of each team member will be used to determine winners; in case of ties, the total time will be used)

**Entry Fee :** Individual \$200 (HKU Full Time students \$100) 4-pax Open Team \$800 per team (\* 10% of the enrollment fees donations, will be contributions to Receiving Charity) **Donation :** There is no minimum donation. Please give as you wish. (Participants are free to choose the donations, more than \$ 100 will be awarded to issue tax-free receipt) All Donation please send to Receiving Charity

**Awards :** Trophies and prizes will be awarded for the first three positions in each category. **Extra awards for the following:** Overall Man/Lady Champion (the fastest man and lady runner in 10K race, including team participants) Most Vital Award (the most senior person in the 10k race) The loveliest award (the youngest contestant in the Family Treasure hunt Game) All finishers will receive a souvenir.

**Donation :** Awards will be given to the individual and the team (including Treasure hunt Teams) that raise the most funds.

**Quota :** 300 **Deadline :** 20 APR, 2014

**Entry Methods :** 1. Online registration - please browse [www.hkmsa.hk](http://www.hkmsa.hk) or [www.marathon.hku.hk](http://www.marathon.hku.hk)

2. By mail - please send the completed entry form together with the entry fee (cheque payable to "Hong Kong Multisports Association Ltd"; please do not send cash) to P.O. Box 71264, Kowloon Central Post Office. Please mark "PFL Run 2014" on envelope. Fill in the donation form and send together with all donations to Receiving Charity before 20 APR, 2014. Once entry is accepted, all donations will not be refunded.

**Lucky Draw :** Lucky draw will be held before prize presentation. There are plenty of attractive lucky draw prizes and all entrants are eligible.

**Souvenirs :** Goody-bags will be given to all race 10k entrants.

**Transportation :** Buses that pass through Pokfulam Road are No. 4, 7, A10, 37A, 37B, 40, 46X, M49, 40M,

43X, 71, 90B, 91, 93, 93A, 93C, 94, 970, 970X, 973 and so do green minibuses that go to Aberdeen.

**Baggage :** Bag drop at the tennis courts. Tags with your race number will be provided. Please do not leave valuables as organizers will not be liable for any lost or damages.

**Number Bib :** Will be collected at registration counter, Must be visible in the front at all times during race. Number bibs are not transferable. Any non-conformance will lead to disqualification.

**Timing System :** ChronoTrack Timing Systems - B Tag will be used.

### **Treasure hunt Game**

A Treasure Hunt for family will be held at the tennis courts shortly after the start of the 10K Run. It will consist of teams of 2-3 family members of which at least a child member aged 3->10 and a guardian aged 18 or above.

Venue: Pokfulam country park and tennis courts HKU

**Entry Fee :** \$250 per Team