

## 第13屆薄扶林慈善挑戰盃暨家庭同樂日2019 (English Please roll down)

活動目的：推廣運動文化及家庭同樂，增進友誼和團隊精神，為有需要幫助之慈善團體籌款。

是次活動部份收益，將撥捐受惠機構－國際肌肉骨骼疼痛協會  
(慈善團體編號：91/14565)。

成立宗旨：

1. 促進肌肉骨骼疼痛醫學的研究發展。
2. 喚起大眾及政府對肌肉骨骼疼痛問題的關注，該類痛症目前正影響著全球超過17億人士<sup>1</sup>。
3. 教育公眾以正面態度及正確方法，管理及預防肌肉骨骼疼痛，助人自助。
4. 減輕肌肉骨骼痛症患者的疼痛感，協助他們與痛楚和平共處，從而提升生活質素，讓笑容重返人生。

日期：	2019年3月31日(星期日)
集合地點：	薄扶林傷健營- 薄扶林水塘道 75 號 (不設泊車車位，如駕車前往之人士可於置富商場停車場泊車) <a href="https://goo.gl/maps/SK9mM">https://goo.gl/maps/SK9mM</a>
比賽地點：	薄扶林水塘郊野公園家樂徑 (港島徑段)
起步時間：	上午 0900 時
距離：	10公里
比賽時限：	2 小時
名額：	500 人(額滿即止)
截止日期：	2019年3月15日
報名辦法：	網上報名 <a href="http://www.hkmsa.hk">www.hkmsa.hk</a> 報名一經接納，所有報名費恕不退還。 (報名後如需要轉名、更改組員或組別，須額外繳交行政費用港幣\$100元)
慈善抽獎：	大會將於頒獎典禮前進行慈善大抽獎，獎品豐富，絕對不容錯過!
紀念品：	所有參加者，均會獲得大會及其他贊助單位送出精美紀念品乙份 (如當日未能參賽者，所有大會紀念品將不設任何補領安排!)
交通路線：	行經薄扶林道巴士線 4, 7, A10 37A, 37B, 40 ,46X, M49, 40M, 43X, 71, 90B, 91, 93,93A, 93C, 94, 970, 970X, 973: 或往香港仔小巴專線
行李寄存：	參加者可於起點處，跟據比賽之號碼布擺放行李，但個人之

	貴重物品不作處理，如有遺失或損壞，大會概不負責
號碼布：	必需清楚掛於胸前當眼處作賽，不得轉讓別人，否則大會有關取消其參加資格
大會計時：	Race Timing Solutions
水站位置：	起點及終點均設有水供應，賽段中亦設有兩個水站
救護站：	起點及終點均設有急救工作人員
惡劣天氣：	如活動當日上午6時懸掛紅色暴雨、黑色暴雨和三號或以上風球，或發生其他不可預計之情況，引致活動無法如期進行，大會有權延期舉行或取消/終止當日賽事。如賽事取消者，所有報名費恕不退還。
網址：	81194312 <a href="http://www.hkmsa.hk">www.hkmsa.hk</a>
查詢電郵：	<a href="mailto:pfchairtyrun@gmail.com">pfchairtyrun@gmail.com</a>

長跑賽個人組別： (\*以比賽當日之年齡作準)

個人男、女子青少年組	11 歲以上-17 歲
個人男、女子成年組	18 歲以上-30 歲以下
個人男、女子高級一組	30 以上-40 歲以下
個人男、女子高級二組	40 以上-50 歲以下
個人男、女子高級三組	50 或以上

報名費用：

港幣\$280

四人隊際組別：

男子、女子組	不限年齡,必需全隊組員為相同性別
混合組	必需至少一名異性隊員
比賽方式：以四人之最快的時間及名次為優勝隊伍	
(註: 所有參加四人隊際組別之參加者，將不能獲得個人組別之獎項)	

報名費用：

港幣\$1120 一組

10km長跑賽獎項：

每組均設有冠、亞、季軍可以獲得獎座及禮品，第4及5名均可以獲得獎牌及禮品。

\*凡成功完成賽程者，均可獲得精美紀念証書一張(e copy)

另外，大會更特別設有以下獎項：

\*10km全場總冠軍男、女子各一名(全場最快完成賽事之人士，包括隊際組別成員)

比賽路線：

薄扶林水塘道馬路起步(薄扶林傷健營前)，直上薄扶林郊野公園入口，沿家樂徑路跑，會走過分叉路轉右入二號配水庫及在三號配水庫，經過三號配水庫後上樓梯入港島徑一段，分叉路轉左上斜入山路分叉小徑路，回頭返回入港島徑一段馬路盡頭下石級，右轉入引水道，回頭返回入港島上斜分叉小徑路，返回配水庫家樂徑路，逆時針跑家樂徑山路一圈，分叉路口落樓梯後返回郊野公園閘口，向下走往薄林水塘道入口，經大學堂宿舍旁小徑，再跑上大學堂宿舍停車場衝終點。

#### 各參賽者請留意：

家樂徑其中一段為上斜路段，港島徑一段為越野沙石泥路，上落山及樓梯比較濕滑，敬請各參賽者加倍小心，量力而為。(沿途均設有大會工作人員指示)

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## 親子定向比賽

大會將同場設有家庭組別之定向比賽，於長跑賽開賽後進行，參賽人數須由二至三人組成，所有參加者組員必須是家庭之家屬或監護人(18歲或以上)及與至少一名兒童組合而成，而兒童年齡是介乎2>至10歲。

#### 組別：

兒童1組 (2-5歲)

兒童2組 (6-10歲)

#### 賽程：

全程設於薄扶林郊野公園及薄扶林傷健營內及外圍進行。

#### 賽例：

大會將派發簡單之地圖，在**指定時限內(以大會公佈時間為準)**，找出合適的檢查點(不須指南針)，將檢查點上的地點找出及到達，找出檢查點上的答案，進行其間必須全組一起同行，家長務請照顧同行幼童；跟據大會指示，在**限定時間內**，以**最快時間**和最多檢查點**準確答案**者為之勝出。

#### 報名費用：

港幣\$400 一組

#### 獎項：

每組設有冠、亞、季軍，第4及5名均可以獲得獎牌及精美禮品。凡成功完成賽程者，均可獲得精美紀念証書。

\*頒獎典禮獎於所有賽事完結後一小時後進行，得獎者如未能出席領獎，大會將不設後補，敬請留意。

# 備註:大會保留最後修訂之權利，一切資料以英文版為準，敬請留意!

## 13<sup>th</sup> Pokfulam Challenge - Charity Run & Family Day 2019

**Organizer:** HK Multisports Association

**Objectives:** Help to raise fund for charity organization – partial proceeds of the 13<sup>th</sup> Pokfulam Challenge - Charity Run & Family Day 2019 will be donated to **Beneficiary** : Multidisciplinary International Association of Musculoskeletal Pain, HK charitable organization No: 91/14565)

<b>Race Date :</b>	31 MAR, 2019(SUN)
<b>Venue:</b>	HK PHAB Association Pokfulam PHAB Camp No.75 Pok Fu Lam Reservoir Road, Aberdeen, HK (No Parking slot is available) Parking: Chi Fu Shopping Centre, Chi Fu Road, Pok Fu Lam <a href="https://goo.gl/maps/SK9mM">https://goo.gl/maps/SK9mM</a>
<b>Race Course:</b>	Pokfulam Country Park and Family Walk (Part of HK Trail)
<b>Start time:</b>	09:00 a.m.
<b>Distance:</b>	10 KM (Cross Country Trail)
<b>Time Limit:</b>	2 Hours
<b>Quota:</b>	500
<b>Application Deadline:</b>	15 MAR 2019
<b>Application:</b>	Online application Please browse <a href="http://www.hkmsa.hk">www.hkmsa.hk</a> Once entry is accepted, no enrollment fee will be refunded (HK\$100 administration cost will be charged for any change of name, team member, category & etc., after application is accepted.)
<b>Charity Lucky Draw :</b>	Charity Lucky draw will be held before prize presentation. There are plenty of attractive lucky draw prizes and all entrants are eligible.
<b>Souvenirs:</b>	Souvenirs will be given to all entrants. <b>Please note that the organizer will not distribute the Souvenirs after the event.</b>
<b>Transportation:</b>	<ul style="list-style-type: none"> <li>• Buses route pass though Pokfulam Road (No. 4, 7, A10, 37A, 37B, 40, 46X, M49, 40M, 43X, 71, 90B, 91, 93, 93A, 93C, 94, 970, 970X, 973)</li> <li>• Green minibuses go to Aberdeen.</li> </ul>
<b>Baggage:</b>	Bag/personal luggage can be dropped at the venue. A Tag with your race number will be provided. Please do not leave any valuable stuff in your personal luggage; organizer will not be responsible for any loss or damages.
<b>Number Bib:</b>	The number bib must be deducted in the chest. It does not allow transferring to another person and running on your behalf.

	Otherwise, the organizer may consider disqualifying the team/entrant.
<b>Timing System:</b>	Race Timing Solutions
<b>Water Stations:</b>	Located at Start, half way and Finish
<b>First Aid Stations:</b>	Located at Start and Finish
<b>Bad weather:</b>	If typhoons signal no.3 or above/red rainstorm/black rainstorm warning is hoisted at 06:00.a.m, or in case of unexpected circumstances that prevent the safe proceeding of the event, the organizer reserves the right to postpone or to cancel the race. If the race is cancelled, no entry fee will be refunded to entrants.
<b>Enquiry:</b>	<a href="mailto:pflcharityrun@gmail.com">pflcharityrun@gmail.com</a>
<b>Website (Race Information and Application)</b>	81194312 <a href="http://www.hkmsa.hk">www.hkmsa.hk</a>

**Individual Categories (\*actual age on race day):**

Men and Women Junior	Age 11 to under 17
Men and Women Senior	Age 18 to under 30
Men and Women Master 1	Age 30 to under 40
Men and Women Master 2	Age 40 to under 50
Men and Women Master 3	Age 50 or under 60

**Entry Fee:**

HK\$280

**4-pax Team Categories:**

Men and Women	*no age limit, must be the same sex
4 Mixed Team	* at least one team player should be from an opposite sex
Note: All participants must participate in the team; will not be awarded any individual category awards. (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:**

HK\$1120 per Team

**Awards:**

Trophies and prizes for the first three positions in each category.

Medal and prizes for the 4 and 5 positions in each category

Entrants complete the race will be awarded a commemorative certificate. (e copy)

**Extra awards for the following:**

10km Overall champion men and woman (audience fastest persons, including in the team categories)

**Race route:**

The Start will be on Pokfulam Reservoir Road (in front of the PFL PHAB Camp).

Run up to Pokfulam Country Park Entrance and along the Family Walk.

At the first intersection, turn right into Service Reservoir #2 & #3 with the stairs up into the Hong Kong Trail for some the bifurcation trails Road.

Turn left up to HK trail then turn right to the trail junction, run back down to HK trail and turn left go the end, and walk downstairs turn right on catch water.

Run to the end and back again HK trail, turn left again in to junction with HK trail, left downstairs and turn right back down to Pokfulam Road.

Before you hit Pokfulam Road, make a hair-pin turn into a small path that leads to the car park of University Hall at where the Finish is.

(There will be Marshals to guide you along race route)

**Attention:**

The race course includes a few sections of uphill/downhill, and some steps. During wet weather, it can be quite slippery. Please be careful and pay extra attention to others' and your own safety.

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## Family Orienteering

Orienteering for family will be held at the venue 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 2>-10 and a guardian aged 18 or above.

**Category:**

**Kids 1** (Age 2 to 5)

**Kids 2** (Age 6 to 10)

**Venue:**

Pokfulam Country Park and PHAB Camp in and outside area.

**Regulations:**

The participants will be distributed with easy Map, within specified Time Limits (to be announced and confirmed by the organizer), to find and to locate checkpoints and to complete some questions and answers (No need to use a compass)

WHOLE team must stay together during the race. The **fastest team with accurately** location of maximum **number of check points** and **answer** will win.

**Entry Fee:**

HK\$400 per Team

**Awards:**

Top 5 will be awarded Medal and prizes to each category.

Entrants complete the race will be awarded a commemorative certificate.

**\*The award ceremony will start about an hour after the Race Event. All winners must personally present to receive the award, please note that the organizer will not distribute the prize and award after the Ceremony.**

Note: Organizers reserve the right for any amendments, in case of discrepancy between the Chinese and the English version in respect of all or any part of the contents in the website, the English version shall prevail.



**Race Route:**

