

斜路王 Ramp Challenge 2017 (English Please roll down)

活動目的：挑戰自我，更可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
Multidisciplinary International Association of Musculoskeletal Pain 為新成立的非牟利
慈善組織，於 2016 年 2 月在香港註冊，編號為 91/14565。
捐款: <http://www.miamask.org/en/>

日期：2017 年 09 月 24 日 (星期日)

起步時間：上午 9 時正

集合地點：九龍塘-龍翔道瞭望台 <https://goo.gl/maps/8EPoZ>

報到時間：上午 7 時 45 分至 8 時 45 分

比賽起點：龍欣道 (豐力樓外)

距離：6 公里來回及 3 公里單程(山頂發射站終點)

比賽時限：2 小時

名額：300 人

比賽路線：龍欣道車路(豐力樓外) 比賽起點，沿龍欣道直上，直上山頂發射站(CP1)
(3KM 終點)，折返龍欣道車路，豐力樓外上行人天橋橫過龍翔道，到達瞭望台終點。

交通路線：乘搭巴士，在豐力樓外下車 <http://www.kmb.hk/tc/services/search.html>

駛經巴士包括 38,42C,40p,61x,62x,86,86A,87A,87B,258D,258P,259D,268c,269c(九巴)
E22A,E22B,E22P,E22s(城巴)

報名：www.hkmsa.hk

6km 賽個人組別

個人男、女子青少年組	11 歲以上-17 歲
個人男、女子公開組	11 歲以上
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 以上

6km 4 人隊際組別 (男子、女子及混合組)

(不限年齡,必需全隊組員為相同性別)(*必需至少一名異性隊員)

(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,包括勝利獎金。)

比賽方式：以四人合計之最快的時間為優勝隊伍

勝利獎金：

全場個人最快男、女子

冠軍\$1000

亞軍\$500
季軍\$300

3km 賽個人組別

個人男、女子青少年組	11 歲以上-17 歲
個人男、女子公開組	11 歲以上
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

3km 四人隊際組別 (男子、女子及混合組)

(不限年齡,必需全隊組員為相同性別)(*必需至少一名異性隊員)

(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,包括勝利獎金。)

比賽方式: 以四人合計之最快的時間為優勝隊伍

勝利獎金:

全場最快個人男、女子

冠軍\$500

亞軍\$300

季軍\$100

另每組均設有冠、亞、季軍,第4及5名,均可以獲得獎牌及禮品。

電話查詢: 81194312

查詢電郵: rampchallenge@gmail.com

備註:大會保留最後修訂之權利,一切資料以中文版為準,敬請留意!

Ramp Challenge 2017

Organizer: HK Multisports Association

Objectives: Challenge yourself, Help to raise fund for charity organization—partial proceeds of the event will be donated to **Beneficiary** : Multidisciplinary International Association of Musculoskeletal Pain, HK charitable organization No: 91/14565) Donation: <http://www.miamask.org/en/>

Date : 24-09-2017 (SUN)

Start Time: 0900

Venue : Kowloon Tong, Lung Cheung Road Lookout <https://goo.gl/maps/efYk8>

Registration time : 0745-0845

Start point : Lung Yan Road (Phoenix House)

Transportation : Buses that pass through Lung Cheung Road are No.38, 42c, 40p,61x,62x,86,86A,87A,87B,258D,258P,259D,268c,269c(KMB) 22A,E22B,E22P,E22s(City bus), (Phoenix House Stop)

<http://www.kmb.hk/en/services/search.html>

Start point : Lung Yan Road (Phoenix House)

Time Limit : 2 Hrs

Time Limit : 2 Hrs

Quota: 300

Race route : the start point at Lung Yan Road, Phoenix outside of the building, straight on along the Lung Yan Road to the top(CP1) (3KM Finish point), back down to Long Yan Road Vehicle Road, Phoenix outside the building on the pedestrian Lung Cheung Road flyover to reach the observation deck finish point

報名 : www.hkmsa.hk

6km Individual Categories (*actual age on race day):

Men and Women Junior	Age 11 to under 17
Men and Women Open	Age 11 Plus
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 above

6km 4-pax Team Categories

Men and Women (*no age limit, must be the same sex)

4 Mixed Team (* at least one opposite sex players)

Note: All participants participate in the team; will not be awarded to the individual category awards. (To count fastest time of the whole team members will be the winning

team)

Victory bonus:

The audience is the fastest individual male and woman

Champion \$ 1000

1st Runner-up \$ 500

2nd Runner-up \$ 300

3km Individual Categories (*actual age on race day):

Men and Women Junior	Age 11 to under 17
Men and Women Open	Age 11 Plus
Men and Women Senior	Age 18 to under 30
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4 Mixed Team (* at least one opposite sex players)

Note: All participants participate in the team; will not be awarded to the individual category awards. (To count fastest time of the whole team members will be the winning team)

Victory bonus:

The audience is the fastest individual male and woman

Champion \$500

1st Runner-up \$300

2nd Runner-up \$ 100

Awards:

Medal and prizes for the first five positions in each category.

Enquiry: 81194312

email : rampchallenge@gmail.com

Note: Organizers reserve the right for any amendments and in case of discrepancies in Chinese and English versions, the Chinese version shall prevail.

