

## Run Light Stand 喜愛夜跑 2016 (English Please roll down)

喜愛夜跑Run Light Stand 2016 是一個型格獨特的慈善夜跑活動，融入黃昏和黑夜與路跑比賽，讓愛跑人仕，一同享受前所未有的夜跑體驗。

主辦：香港全能運動學會

日期：2016年10月15 (星期六)

集合地點：大埔大尾篤船灣淡水湖主壩直升機坪 (頒獎典禮將設置於青年協會營地內)

比賽地點：大埔大尾篤船灣淡水湖主壩/白沙頭碼頭

比賽時間：小童組**1.5 KM 1800 / 7KM 1900 / 視障組 1910**

交通：大埔火車站乘 **75K**，亦可在大埔火車站乘 **20C** 專線小巴

**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，否則大會有權取消其參加資格

**計時系統**：大會將採用**ChronoTrack**為本賽事之計時系統，大會時間將作為總成績

**水站位置**：賽段中設有一個水站(白沙頭碼頭) 將設有紙杯供應；而起點及終點均設有水供應，為響應環保，將不設紙杯供應，敬請自備飲用之水杯或水樽。

**支持環保**：大會將採取垃圾分類措施，敬請各參加者配合，愛護地球!多謝!

**賽道安全**：起點為主壩直升機坪，白沙頭碼頭為折返點，敬請比賽全程沿路靠左；大會將在賽段中設置照明系統，參加可自行決定攜帶頭燈與否。

**救護站**：起點及終點均設有急救工作人員

**長跑賽獎項**：(個人)每組獎頭十名，(隊際獎頭五名) 可以獲得獎牌及禮品

**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!

**惡劣天氣**：如活動當日下午**3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，所有報名費將不會退還予參加者。

\*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(朋友可作代領)，但大會將不設後補或補領，敬請留意。

大會已為賽事購買公眾責任保險，所有賽員及家長須自負個人意外責任，賽會概不負責，建議參加者自行購買合適保險。

# 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!

**Run Light Stand 2016** is a unique charity run event that puts sunset and dark night into running at night, creating an unprecedented night run experience for all types of runners.

The proceeds from the event after expenses will go to Brotherhood Charity Foundation (91/10582) for further supporting their volunteer's services.

**Organized by:** Hong Kong Multisports Association

**Race Date:** 15 OCT, 2016 (SAT) **Venue:** Tai Po, Tai Mei Tuk Dam helipad  
(Prizes Ceremony at HKFYG Camp Site)

**Transportation:** **KMB** 75K Tai Po Market MTR Station - Tai Mei Tuk **Green Mini Bus** 20C  
Tai Po Market MTR Station - Tai Mei Tu

**Race Course:** Tai Po, Tai Mei Tuk Dams/ Pak Sha Tau Pier

**Start Time:** Kids 1.5KM Start 18:00PM 7KM Individual and Team 1900PM  
Visually Impaired 1910PM

**Baggage:** 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:** 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**, Official time will be use for the final result.

**Water Station Location:** a water station (Pak Sha Tau Ferry) will provided with feature cups supply; the start and end Points are equipped with water supply, in response to environmental protection, will no cups supplied, please bring your own drinking cup or water bottle.

**Support for environmental protection:** The Organizer will take Waste sorting method, please caring for the earth! Thank you!

**Track safety:** starting the main dam helipad, Pak Sha Tau pier are U Turn point, please keep left along the whole way; that will set up a lighting system in stages, Participants can decide whether or not to bring the headlights.

**First-aid:** Located at Start and Finish

**Award:** Individual /top 10, Team/Top 5, Award Medal and Gifts

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

**Bad weather:** If typhoons signal no.3 or above/red rainstorm/black rainstorm warning is hoisted at 3:00p.m. , or in case of unexpected circumstances that prevent the safe

proceeding of the event, the organizer reserves the right to postpone or cancel the race. If the race is cancelled, the entry fee will not be refunded to entrants.

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

The organizer has purchased Public Liability Insurance for the race. Competitors and Their parents participate the race at their own risk. The organizer undertakes no Liabilities to any personal injury. Competitors are recommended to purchase their Own suitable insurance.

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

親愛的參賽者**Dear Runner,**

「喜愛夜跑**Run Light Stand 2016**」選手包已為您準備妥當，請依照以下時間及地點領取！領取時，請向工作人員出示此電郵（列印本或電子版本均可）以核實參賽者身份。如由親友代領，無需另備委託書，但請出示此電郵列印本或**(手機電子版本)** 及簽收**(T-shirt尺碼分XS, S, M, L ,XL, 2XL，先到先得，不設試穿或更換)**

Your "Run Light Stand 2016" race kit is ready. For collection, simply present this email to our staff either with a hard copy or through an electronic device. If your friend/relative will pick up your race kit, letter of authorization is not required. He/she only needs to show a printed or electronic copy of this email. And to sign after receiving

Please note that T-shirt sizes (XS, S, M, L & XL) might not be all available and are first-come, first-served. No fitting or change is allowed.

Race pack pick up details as follow:

Location: **香港杏花邨杏花新城113號舖**

Shop 113 , Paradise Mall, Heng Fa Chuen, H.K.

Date: 5th-11th Oct 2016

Time: 11am-8pm

\*\*選手包內號碼布已貼上計時晶片，故必須保持挺直，不可摺疊或扭曲，以確保能正常運作。

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\*\* Do not fold or bend the number bib, or the timing chip on it might not be able to work properly for your run. \*\*

賽事包領取(包括比賽號碼布)，必須於指定時間內領取，如在比賽當日領取，將額外收取行政費用\$50元。

To collect Racer pack (including race number bib), runners must collect within the time specified, such as on race day to receive, additional administrative fee will be charged HK\$50.

查詢: [enquiry@runlightstand.com.hk](mailto:enquiry@runlightstand.com.hk) | 8119 4312

欲知賽事最新資訊，請瀏覽大會網頁 <http://runlightstand.com/>。

Enquiry: [enquiry@runlightstand.com.hk](mailto:enquiry@runlightstand.com.hk) | 8119 4312. Please visit our website <http://runlightstand.com/>, to get the latest news.