

## AVS 義行義跑「義」015 AVS Walk & Run for Volunteering 2015

### 跑手須知 Runner's Guide

活動日時間表 Event Day Schedule	
活動日期 Event Date	2015 年 10 月 11 日 (星期日) 11 October 2015 (Sunday)
活動地點 Event Location	將軍澳運動場 Tseng Kwon O Sports Ground
起跑時間 Start Time	10 公里賽 10km Race 8:30am 3 公里賽 3km Race 8:45am
行李寄存時間 Baggage Deposit Time	7:30am 至 起跑時間前 <u>15 分鐘</u> 7:30am to <u>15 minutes</u> before the start time
頒獎典禮 Prize Presentation Ceremony	10:00am

### 活動日攜帶物品 Things to Bring on Event Day

1. 號碼布及計時晶片 Bib and Timing Chip
2. 扣針 Safety Pins
3. 行李袋 Baggage Bag
4. 行李標籤 Baggage Tag

### 路線圖 Route Map



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#### 號碼布及計時晶片 Bib and Timing Chip

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| <ul style="list-style-type: none"> <li>✧ 參加者可利用大會提供之扣針，將號碼布置於胸前位置</li> <li>✧ 請勿摺疊晶片</li> <li>✧ 參加者必須踏過設於起點、終點及<u>折返點1和2 (10公里賽適用)</u>之計時地席</li> <li>✧ 如未有 / 不正確佩帶號碼布、或未有踏過計時地席，大會將未能識別及提供該參加者之比賽時間</li> <li>✧ 請小心核對號碼布上的姓名及賽事組別，如發現錯誤，請於比賽前最少 2 天通知大會，否則恕未能作任何修正</li> </ul> | <ul style="list-style-type: none"> <li>✧ Participants should use the safety pins provided and fix the Bib in front of their chest</li> <li>✧ Do not fold the Bib Tag</li> <li>✧ Participants must step on the timing mats located at the Starting Point, Finishing Point and <u>Returning Point 1 &amp; 2 (applicable to 10km run)</u></li> <li>✧ In case of participants do not/ incorrectly wearing the Bib, or fail to cross the timing mats, time could not be detected and thus no result could be provided</li> <li>✧ Participants should check their names and categories carefully, and contact AVS at least 2 days before the Event for any incorrectness</li> </ul> |
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#### 行李寄存服務 Baggage Deposit Service

參加者如需要行李寄存服務，請於所屬組別起跑時間前15分鐘辦妥手續。比賽完畢後，參加者請到行李寄存區出示號碼布，方可領回行李。

Participants who require baggage deposit service should deposit their bags 15 minutes before their respective start time. Participants should present the bib at the baggage counter to collect their baggage after the race.

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| <ul style="list-style-type: none"> <li>✧ 參加者請使用大會提供之行李標籤，以資識別</li> <li>✧ 請勿存放貴重物品，如有遺失或損壞，大會概不負責</li> <li>✧ 行李寄存區開放時間為上午7時30分至上午10時30分</li> </ul> | <ul style="list-style-type: none"> <li>✧ Participants should bring along the baggage tag provided</li> <li>✧ Please DO NOT put in any valuable item(s). AVS will NOT be responsible for any loss or damage</li> <li>✧ Opening hours of baggage deposit counter will be from 07:30am to 10:30am</li> </ul> |
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#### 水站及設施 Water Station and Facilities

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| <p><b>水站</b><br/>大會將於沿途及終點設置水站提供飲用水予參加者</p> <p><b>急救站</b><br/>急救站設置於賽道各水站旁及終點，並有單車急救隊沿途提供急救服務</p> <p><b>更衣室及淋浴間</b><br/>運動場內設有更衣室及淋浴間</p> | <p><b>Water Station</b><br/>Drinking water will be available at water stations along the route and at the Finishing Point</p> <p><b>First Aid Station</b><br/>First aid stations will be available next to water stations and at the Finishing Point. First aid bicycle team will provide first aid service along the route</p> <p><b>Changing and Shower Room</b><br/>Changing and Shower Room are available at the sports ground</p> |
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獎項 Prizes		
賽事 Race	組別 Category	獎項 Prize
10 公里 10km	個人賽 - 男子組 Individual Race - Male	各組別設有冠、亞及季軍，各得獎單位將獲獎杯乙個 Top 3 winners of each category will receive a trophy 10 公里賽得獎者將按名次獲現金獎港幣 1,000、500 及 300 元 Winners of 10km Race will receive cash prize of HK\$1,000, HK\$500 & HK\$300 respectively
	個人賽 - 女子組 Individual Race - Female	
	隊際賽 Team Race	
3 公里 3km	個人歡樂賽 Individual Fun Race	
成績證書 Achievement Certificate	將以郵寄方式寄發證書成績予所有於指定時間內完成賽事之參加者 Achievement certificate will be posted to participants who finish the race within the time limit	

頒獎典禮將於活動日上午 10 時舉行，各組別首 3 名得獎者請於大會公布成績後立即到頒獎台前向大會工作人員報到。

Prize Presentation Ceremony will stage at 10:00am. Top 3 winners of each category please report to event officials in front of the stage after the announcement of results.

### 交通資訊 Transportation Information

將軍澳運動場位於將軍澳寶康路 109 號，毗鄰尚德邨，由將軍澳站或坑口港鐵站步行約 10 分鐘即可到達，大會鼓勵參加者儘量使用公共交通工具前往會場（詳見位置圖）。

Tseung Kwan O Sports Ground is located at 109 Po Hong Road, Tseung Kwan O, adjacent to Sheung Tak Estate and takes about 10 minutes walk from the Tseung Kwan O or Hang Hau MTR Station. We suggest participants to commute by public transportations (please refer to the location map).

### 其他注意事項 Other Important Notes

#### 比賽時限 Time Limit for the Race

比賽時限為 1 小時 30 分鐘。如參加者未能於指定時間內完成賽事，請按照大會工作人員指示返回終點。  
Time limit for the run race is 1 hour and 30 minutes. Participants who are not able to finish the race within the time limit should follow the instructions of the event officials to return to the Finishing Point.

#### 保險 Insurance

大會已為 3 至 85 歲參加者購買團體意外保險，參加者如有需要，可自行購買個人及其他相關保險。  
Group Personal Accident insurance is covered for participants aged 3 to 85. Participants can take up their own personal or other insurance policies separately if needed.

#### 惡劣天氣應變措施 Inclement Weather Arrangement

如活動當日上午 5 時，香港天文台經已發出紅色或黑色暴雨警告訊號、三號或以上熱帶氣旋訊號，本活動將會延期或取消，並透過媒體公布；及容後於大會網頁公布最新安排。

The Event will be postponed or cancelled if a red or black rainstorm signal or a tropical cyclone signal No. 3 or above is issued by the Hong Kong Observatory at 5:00am on the event day. Announcement will be made through media, further arrangement of the Event will be posted on AVS website.

# 將軍澳運動場位置圖

## Location Map of Tseung Kwan O Sports Ground

