



## 節目表 Programme Rundown

日期 Date : 11.11.2018 (星期日 Sunday)

時間 Time	活動內容 Programme	地點 Location
09:30 - 16:00	「粉紅 1 公里親子跑」行李寄存服務 Baggage Storage Service for 'Pink Family 1K Run'	赤柱露天廣場 Stanley Plaza Amphitheatre
10:00	「粉紅 1 公里親子跑」開跑 Commencement of 'Pink Family 1K Run'	起點: 赤柱大街 Starting: Stanley Main Street
10:30	「粉紅 1 公里親子跑」賽事結束 Cut-off time of 'Pink Family 1K Run'	終點: 赤柱大街 Finishing: Stanley Main Street
09:30 - 12:00	「粉紅 5 公里慈善跑」行李寄存服務 Baggage Storage Service for 'Pink 5K Run'	赤柱足球場 Stanley Promenade Soccer Pitch
10:30	「粉紅 5 公里慈善跑」開跑 Commencement of 'Pink 5K Run'	起點: 赤柱足球場 Starting: Stanley Promenade Soccer Pitch
11:30	「粉紅 5 公里慈善跑」賽事結束 Cut-off time of 'Pink 5K Run'	終點: 赤柱大街 Finishing: Stanley Main Street
11:30 - 16:00	「粉紅高踭鞋慈善賽」行李寄存服務 Baggage Storage Service for 'Pink Heels Race'	赤柱大街迴旋處 Stanley Main Street Roundabout
11:30 - 16:00	慈善攤位 Charity Booths	赤柱露天廣場 Stanley Plaza Amphitheatre
12:00	「粉紅 1 公里親子跑」、「粉紅 5 公里慈善跑」頒獎典禮 暨「粉紅高踭鞋慈善賽」啟動禮 Prize Presentation of 'Pink Family 1K Run' & 'Pink 5K Run' cum Kick-off Ceremony of 'Pink Heels Race'	赤柱露天廣場 Stanley Plaza Amphitheatre
12:30	團隊四項賽隊伍進場 Quadrathlon Team March-In	
12:45	團隊四項賽 — (1) 乳•你一起走 Quadrathlon Team Race - (1) Always be with You	
13:10	親子滿 Fun 賽 — 擊走遺傳性癌病 Family Fun Race - Beating Out Cancer	
13:30	團隊四項賽 — (2) 健康橫行跨啦啦 Quadrathlon Team Race - (2) Stride for Health	
14:00	女子 100 米初賽 Women's Individual 100m Heats	赤柱大街 Stanley Main Street
14:15	男子 100 米初賽 Men's Individual 100m Heats	
14:30	團隊四項賽 — (3) 醫學資料高速入庫 Quadrathlon Team Race - (3) Hi-speed Database	
14:50	女子 100 米決賽 Women's Individual 100M Final	
15:00	男子 100 米決賽 Men's Individual 100M Final	
15:10	團隊四項賽 — (4) 堵截突變基因 Quadrathlon Team Race - (4) Gene Mutation Cut-off	
15:30	「粉紅高踭鞋慈善賽」頒獎典禮 Prize Presentation Ceremony of 'Pink Heels Race'	赤柱露天廣場 Stanley Plaza Amphitheatre
16:00	活動完滿結束 End of All Events	



## 賽事資訊 Race Information

1. 參賽者必須配戴大會號碼布作賽；否則，大會有權取消其參賽資格。
2. 參賽者如欲上訴，必須於公佈該項成績後 15 分鐘內向大會提出，並繳交款項港幣\$100。如上訴成功，參賽者將獲歸還所繳款項；否則，該款項將撥作慈善用途，不會退回。
3. 活動當天為假日，預計較多遊人前往港島南區一帶，大會建議參賽者乘坐公共交通工具前往場地，並預留充裕乘車時間，提早到場熱身準備。大會工作人員會適時指示參賽者往起跑區準備。
4. 如遇惡劣天氣或天文台於賽事前兩小時發出黃、紅、黑雨警告，三號或以上颱風訊號，比賽將會取消。已繳交的報名費和贊助費，將不獲退還。請留意本網頁的最新消息。
5. 由於「粉紅 5 公里慈善跑」的賽道甚具挑戰性，跑手需具備足夠體能應付。如在比賽前/當天身體不適，請先諮詢醫生。若於賽事期間感到不適或受傷，請立即向就近的工作人員或救護站人員求助。
6. 大會將為是次活動購買第三者責任保險，並建議跑手自行購買個人意外保險。
7. 為環保出一分力，大會鼓勵各參加者自備水樽以減少使用即棄水杯。
8. 賽事安排及規則如有更改，將以大會公佈為準，恕不另行通知。如有任何爭議，大會持最終決定權。

1. Participants must wear the official bib for the race. Otherwise, they will be disqualified by the Organiser.
2. The results of various events will be posted on the Scoreboard (located at Stanley Main Street near to the finish point). Participants may request the Organiser for an appeal within 15 minutes after the post of that result and pay a fee of HK\$100 which is refundable if the appeal is accepted. Otherwise the fee will be used for charity purpose and thus not refundable.
3. It is anticipated many people will visit the southern part of the Hong Kong Island on Sundays. Participants are advised to use public transportation and allow sufficient time for warm-up on site. The Officials will instruct participants to proceed to the Starting Zone in due course.
4. If there is inclement weather or Amber/Red/Black Rainstorm Signal, Tropical Cyclone Warning Signal No. 3 or above being hoisted 2 hours before the commencement of the event, the event will be cancelled. The enrollment fee and sponsorship will not be refunded. Please check this website for the latest news.
5. The route of Pink 5K Run is quite challenging and physically demanding. Participants shall be aware of potential risk and shall consult with doctors if they feel unwell prior to /on the event day. In case of illness or injury during the race, please seek help from the officials or first-aiders nearby immediately.
6. The Organiser will provide the third-party liability insurance coverage for the event. Runners are advised to prepare for their personal insurance.
7. For environmental protection, the Organiser encourages participants to bring your own water bottles to minimize the use of disposable cups.
8. The Organiser will make announcements on the changes in the arrangement or regulations of the event, if any without prior notice. In case of any dispute, the decision of the Organiser will be final.

## 參賽者須知 Notes to Participants

### 粉紅 5 公里慈善跑 Pink 5K Run

時間	行動	地點
09:30	行李寄存處開始服務	赤柱海濱足球場
10:10	參賽者按照大會工作人員指示往起跑區準備	
10:22	起步禮	
10:30	開跑	
11:30	比賽完結	
11:45	截止上訴	司令台 (近終點)
12:00	行李寄存處及紀念品換領處關閉	赤柱海濱足球場
	頒獎禮	赤柱露天廣場

#### 賽事細則:

服飾：適合長跑/越野賽之裝束 (大會鼓勵以粉紅色為主題裝扮參賽，以表對遺傳性乳癌的關注。)

起步：「粉紅 5 公里慈善跑」(賽事)將於早上 10:30 在赤柱海濱足球場起跑。

比賽編號：你的比賽編號由大會指派，不可轉讓或交換。請在號碼布背面寫上緊急聯絡資料，並用選手包內提供之扣針，將號碼布扣於 T 恤或背心正面作賽，否則會被取消資格及禁止參賽。

計時晶片：號碼布附有賽事計時晶片。請勿屈摺或遮蓋晶片，此舉會損壞晶片或影響其準確度。

行李：寄存處設於赤柱海濱足球場，由早上 9:30 至中午 12 時提供服務。

賽事：賽道其中 3 公里是斜路、石級和狹窄的小路；約 2 公里是低流量的車路，會有車輛行駛。大會或需因應特殊情況而修改賽事的路線，一切以大會公佈為準。

賽道員：賽道員會在沿途、主要路口及折返點提供指示及支援。為安全起見，請你按照賽道員指示作賽。

救護站：賽道沿途設有救護站，請參考路線圖。如你於比賽期間不適或受傷，可向救護員求助。

水站：賽道上設有水站，請參考路線圖。水站提供紙杯，取水或棄置紙杯時請留意身邊其他人，以免碰撞。

洗手間：赤柱海濱足球場旁及賽道沿途均設有洗手間。請參考路線圖。

攝影：因賽道狹窄，比賽期間於賽道範圍停留拍攝會嚴重影響賽事秩序及容易被其他參賽者推撞而造成意外，大會呼籲各位切勿於起點、賽道及終點區停留自拍/拍攝。

終點：為免終點區過份擠迫，參賽者抵達終點線後，請儘快前往赤柱海濱足球場取回寄存行李和換領紀念品。有關服務將於中午 12 時終止。

比賽時限：比賽時限為 1 小時，參賽者如未能於限時內完成賽事，將被要求離開賽道並返回赤柱海濱足球場，其成績亦不會獲記錄。

紀念品：參賽者可於賽後憑號碼布換領紀念品。紀念品換領處設於赤柱海濱足球場，於中午 12 時關閉。

成績：得獎者之成績將張貼於計分板上(近終點處)。你可在早上 11:30 後於「成績顯示屏」查看你的個人時間。所有成績將於賽後一星期內上載至賽事網頁。參加者將獲發電子證書，並可於賽後一星期內在賽事網頁下載。

取消資格：如參賽者違反比賽規則或不依指示，大會與賽道員有權取消其比賽資格。

上訴：參賽者如欲上訴，必須於早上 11:45 前向大會提出，並需繳交款項港幣\$100。

獎品：首三名男子和女子得獎者必須出席中午 12 時於赤柱露天廣場舉行的頒獎禮領取獎品。

## 參賽者須知 Notes to Participants

### 粉紅 5 公里慈善跑 Pink 5K Run

Time	Action	Place
09:30	Baggage counter opens	Stanley Promenade Soccer Pitch
10:10	Participants to proceed to the Starting Zone according to the instructions given by the Officials	
10:22	Starting Ceremony	
10:30	Race Starts	
11:30	Race Cut Off	
11:45	Deadline for Appeal	Command Post (near the Finish Line)
12:00	Baggage counter and souvenir counter close	Stanley Promenade Soccer Pitch
	Prize Presentation Ceremony	Stanley Plaza Amphitheatre

#### Race Details:

Dress Code	:	Clothing suitable for distance running/ cross-country race (The Organiser encourages pink clothing and accessories to show concern for hereditary breast cancer).
Start	:	Pink 5K Run (the Run) will start at 10:30a.m. at Stanley Promenade Soccer Pitch.
Race Number	:	Your race number is individual to you, and must not be transferred or exchanged. Please fill in the emergency details on the reverse of your bib. Safety pins are provided in your gear pack for securing your bib to your T-shirt / vest before the start. Those who fail to do so will be disqualified and disallowed to join the Run.
Timing Chip	:	Attached to the back of your bib is the chip that accurately measures your time. Please do NOT bend, fold or cover the chip, as it may damage it or affect its accuracy.
Baggage	:	Counters will be in service from 9:30a.m. to 12 noon at Stanley Promenade Soccer Pitch.
Route	:	The route comprises about 3km of uphill and downhill path, stairs and narrow steps, and about 2km of low traffic road. There will be vehicles along part of the route. The Organiser reserves the right to amend the route due to special circumstances. The announcement made by the Organiser will be final.
Marshals	:	Marshals will be positioned at regular intervals along the route, at key junctions and turning point. For safety reasons, please follow the instructions given by the Marshals at all time during the Run.
First Aid	:	There are First Aid Posts along the route. Please refer to the routing map for the locations. You may seek assistance from the medical personnel if you feel unwell or injury during the Run.
Water Station	:	There will be water stations on course. Please refer to the routing map for the locations. Water will be provided in paper cups. Please be mindful of other participants when taking or disposing the paper cups.
Toilets	:	There are toilets next to Stanley Promenade Soccer Pitch and also available along the route. Please refer to the routing map for the locations.
Photography	:	The Organiser strongly advises you NOT to take selfies/photos at the Start Area, en-route and Finish Area for the safety of yourself and other participants.
Finish	:	Participants upon completion of the Run shall proceed to the Stanley Promenade Soccer Pitch, where they may collect their baggage and souvenir bags before 12 noon.
Race Cut-Off	:	The cut-off time is 1 hour. Participants running at a pace that is predicted to finish after this time, will be asked to leave the route and return to Stanley Promenade Soccer Pitch. Their results will not be counted.
Souvenir	:	Participants must present your bib for redemption of souvenir pack before 12 noon. The souvenir counter is located at Stanley Promenade Soccer Pitch.
Results	:	Results of winners will be posted on the Scoreboard near the Finish Line. You can also check your time at the 'Results Display' after 11:30am. The results will also be uploaded to the event website on the following week. Participant will receive an E-certificate which could be downloaded from the event website 1 week after the race.
Disqualification	:	The Officials and Marshals have the right to disqualify any participant who does not follow the rules or instruction given.
Appeal	:	Participants may appeal to the Organiser with an appeal fee of HK\$100 on or before 11:45a.m.
Prizes	:	The top 3 male and top 3 female winners must attend the Prize Presentation Ceremony for the Run to be held at 12 noon at Stanley Plaza Amphitheatre to receive their prizes.