



香港鬍鬚跑 2019

ROC HONG KONG BEARD RUN

Runner Guide

跑手須知

主辦及策劃機構
ORGANIZER & PRODUCER



受惠項目
BENEFICIARY



目錄 Contents

| |
|--|
| 賽前準備 Event Preparation |
| 活動時間表 Schedule of the event |
| 領取選手包及行李寄存須知 Race Pack Pickup & Baggage Storage Arrangement |
| 行李牌及計時晶片 Baggage Tag & Timing Chip |
| 號碼布 Race Bib |
| 交通安排 Transportation Arrangement |
| 比賽當日 Race Day |
| 比賽路線圖 Race Route |
| 賽事組別、起跑時間及賽事獎項 Race Category, Start Time & Awards |
| 型男型女扮相獎 Beard King & Beard Queen Awards |
| 一般資訊 General Information |
| 比賽成績及完成證書 Race Result & Finisher Certificate |
| 上訴及保險 Appeal & Insurance |
| 惡劣天氣安排 Bad Weather Arrangement |
| 大會規條 Official Rules |

賽前準備 Event Preparation

活動時間表 SCHEDULE OF THE EVENT

| 時間 Time | 活動內容 Event Content |
|---------|--|
| 16:30 | 行李寄存開放 Baggage Storage Area Opens |
| 17:00 | 派對開始 Party Starts |
| 17:30 | 派對熱身操 Party Warm Up Exercise |
| 18:00 | Get-Ripped-Anywhere Outdoor Workout (Part 1) 千人操肌大會 (第一節) |
| 18:30 | 8公里賽事熱身 8km Warm Up Exercise |
| 19:00 | 8公里賽事起跑 8km Race Starts |
| 19:30 | Get-Ripped-Anywhere Outdoor Workout (Part 2) 千人操肌大會 (第二節) |
| 20:00 | 3公里賽事熱身 3km Warm Up Exercise |
| 20:30 | 3公里賽事起跑 3km Race Starts |
| 20:45 | 賽事頒獎 Prize Presentation |
| 21:00 | Get-Ripped-Anywhere Outdoor Workout (Part 3) 千人操肌大會 (第三節) |
| 21:15 | 螢光Cool Down操 |
| 21:30 | 「型男及型女扮相獎」頒獎 Beard King & Beard Queen Awards Presentation |
| 22:00 | 活動結束 End |

領取選手包及行李寄存須知 Race Pack Pick Up & BAGGAGE STORAGE ARRANGEMENT

- 參賽者必須使用大會提供之行李牌，並只可寄存一件行李，行李可於起點/終點的行李寄存區存取。
- 參加**8公里的參賽者**必須於**2019年8月17日**
 - 下午**4時30分至6時30分**於活動現場(即白石角海濱公園)領取選手包。
 - 下午**4時30分至6時45分**於行李寄存區辦妥寄存。
- 參加**3公里的參賽者**必須於**2019年8月17日**
 - 下午**4時30分至8時正**於活動現場(即白石角海濱公園)領取選手包。
 - 下午**4時30分至8時15分**於行李寄存區辦妥寄存。
- 大會將安排義工協助參賽者於行李寄存區取回行李。
- 參賽者須帶同參賽號碼布親自取回寄存之行李。
- 請不要將任何貴重物品放入行李。對因而引致的任何財物或物品之遺失或損壞，大會及活動策劃單位一概不負責。
- Participants are required to use the baggage tag provided and store all belongings in one bag. Your bag can be stored at and collected from the Baggage Storage Area.
- **For 8km participants to get the pack on 17th August 2019 at Pak Shek Kok Promenade during the following time,**
 - Race pack pickup time: 4:30pm - 6:30pm
 - Drop bag time: 4:30pm - 6:45pm
- **For 3km participants to get the pack on 17th August 2019 at Pak Shek Kok Promenade during the following time,**
 - Race pack pickup time: 4:30pm - 8pm
 - Drop bag time: 4:30pm - 8:15pm
- Volunteers will help you collect your bags at the Baggage Storage Area. Participants should collect their bags with the bib in person.
- Please do not leave any valuables in your baggage. The organizer and event producer are not responsible for any loss or damage to any item in your baggage.



活動選手包包括: 跑手背心一件及號碼布一張。

於限時內 (8公里限時為1小時15分鐘; 3公里為30分鐘) 完成賽事的參賽者可於衝過終點一刻獲頒「完成獎牌」一枚及活動限定禮品包一個。

Runner pack includes 1 runner singlet & 1 runner bib.

Runners completing the run (8km within 1hour 15mins, and 3km within 30mins) will be awarded a Finisher Medal and a goodies bag after crossing the finish line.

行李牌 BAGGAGE TAG

- 行李牌已隨同選手包一起派發給各參賽者。
- 請緊記將行李牌繫於閣下的行李上。
- Baggage tags will be distributed to participants in the race pack.
- Please tie your baggage tag to your personal belongings.

計時晶片 (只限8公里跑手) TIMING CHIP (For 8km participants only)

- 計時晶片已預先裱貼在號碼布背面，切勿摺曲晶片。
- 參賽者必須經過設於起點、折返點及終點線之計時地氈。如錯誤佩戴、損毀晶片或未有經過計時地墊，大會及活動策劃單位將無法提供該參賽者之比賽時間。
- The timing chip is integrated into the back of race bib and please do not bend the chip.
- Participants are required to run across timing mat at the Start/Finish Point and designated area. The organizer and event producer will provide race completion time in case of improper wearing or damage of the bib, or failure to run across the timing mats.

號碼布 RACE BIB

號碼布顏色代表參賽者已登記參加的比賽項目。若參賽者參賽時與報名時的項目/起跑時間不同，或沒有按照指定該項目之開跑時間起跑，大會及活動策劃單位將取消該跑手資格及不派發完成獎牌及証書。

The race bib colors indicate the running category which participants have successfully registered for. Participants should run in the designated race. No finisher medal or Finisher Certificate will be issued to runners who wrongly take part in a different category.



號碼布位置 BIB POSITION

- 比賽期間，參賽者之號碼布必須置於容易看見的胸前位置，以便工作人員辨認。
- 切勿被外套遮擋，否則大會及活動策劃單位將保留取消其參賽資格的權利。
- 參賽者請利用大會提供之四個扣針，把號碼布的四角緊扣於運動服胸前，印有號碼的一面面向外。
- During the run, participants should ensure that their race bibs are put on the chest and can be clearly seen by race officials at all times.
- Do not cover the race bibs with jackets. The organizer and event producer reserve the right to disqualify those who fail to comply.
- Please use the 4 pins in the Race Pack to attach the bib on your running tee with the bib number facing out.

交通安排 TRANSPORTATION ARRANGEMENT

·方法一: 巴士

乘坐九巴

- 272K號線 (循環來往大學火車站及香港科學園)
- 272A號線 (循環來往大學火車站及白石角)
- 74D號線 (來往大埔九龍坑及觀塘碼頭)

可於香港生物科技研究學院下車，步行到白石角海濱公園約100米。

·方法二: 小巴

乘坐專線小巴27 號線 (沙田站排頭街小巴總站至香港科學園) 可於香港生物科技研究學院下車，步行到白石角海濱公園約100米。

·方法三: 的士

可於大學站B出口轉乘的士到白石角海濱公園。的士車資約\$40

·Option 1: Bus

Take Kowloon Motor Bus

- 272K (from University Station to Hong Kong Science Park circular)
- 272A (from University Station to Pak Shek Kok circular)
- 74D (from Tai Po Kau Lung Hang to Kwun Tong Ferry)

Get off at Hong Kong Institute of Biotechnology, walk around 100m to the Pak Shek Kok Promenade.

·Option 2: Minibus

Public light bus No. 27 (from Sha Tin Station Pai Tau Street Terminus to Hong Kong Science Park)

Get off at Hong Kong Institute of Biotechnology, walk around 100m to the Pak Shek Kok Promenade.

·Option 3: Taxi

Taking a taxi from University MTR station B exit to Hong Kong Institute of Biotechnology, walk around 100m to the Pak Shek Kok Promenade. The estimated taxi fare is \$40.

比賽當日 Race Day

比賽路線圖 RACE ROUTE



賽事組別、起跑時間、時限及獎項

RACE CATEGORY, START TIME, TIME LIMIT AND AWARDS

| 組別 Race Category | 起跑時間 Start Time | 時限 Time Limit | 獎項 Awards |
|---|--------------------|-----------------------------|---|
| 8公里男子個人組 8km Men's Individual | 19:00 | 1 小時 15 分鐘 1 Hour 15mins | 每組各設 冠、亞及季軍 Top 3 winners of each category will be awarded |
| 8公里女子個人組 8km Women's Individual | | | |
| 3公里男子個人組 3km Men's Individual | 20:30 | 30 分鐘 30mins | 不適用 Not Applicable |
| 3公里女子個人組 3km Women's Individual | | | |
| 8公里男子及女子最快完成賽事跑手 8km Men's & Women's Individual The Fastest Runner | | | |
| 型男及型女扮相獎 Beard King & Beard Queen Awards | | | |

「型男及型女扮相獎」

Beard King & Beard Queen Awards

現場特設「型男及型女扮相獎」，得獎者將可獲得由 amika送出Chelsea吹整造型套裝乙套(價值港幣\$5,540) (名額各1位)。參加者可到影相站旁，由工作人員拍下參賽照片 (記得要顯示號碼布) 並進行登記。大會會根據以下評審準則從照片中選出得獎者，約晚上9時會以電話聯絡得獎者上台領獎。頒獎時間約為晚上9時30分，若得獎者已離場，大會將另覓人選。



| 評審準則: |
|---|
| 設計造型 (服飾及妝容) ---- 40% 充滿活力造型，可用鬍鬚標誌性裝束或道具，色彩可考慮以黑、白、酒紅為主。 |
| 主題演繹 ---- 40% 用個人的方式演繹「鬍鬚跑型男及型女」扮相 |
| 創意表達 ---- 20% 額外道具創作、動作演繹及趣味性 |

First Hong Kong Beard Run special “Beard King” & “Beard Queen” awards, winners are entitled to receive amika Dry and Style Set - Chelsea (valued at HKD\$5,540, 1 quota each). Take photos of your cool outfit with hilarious poses and show your own number bib at the photo backdrop. Don't forget to leave your contact information – you might be a winner! We will contact the winners at around 21:00 for prize collection and the prize presentation will be at around 21:30. If you've already left by then, the prize goes to someone else.

| Judging Criteria: |
|--|
| Style and Appearance (Outfit & Costume) ---- 40% Energetic and lively, you may wear beard signature outfits or props, colour tone is suggested to be black, white and burgundy |
| Theme Presentation ---- 40% Present “Beard King” / “Beard Queen” in your own way! |
| Creativity ---- 20% Extra props, poses, and fun! |

一般資訊 General Information

比賽成績 (只限8公里跑手) TIMING CHIP (For 8km participants only)

獲獎名單將於「成績公佈處」展示，參賽者可於活動當日於詢問處領取完成證書。

The winner list will be displayed on the Results Board. Participants can also have the finisher certificate at the information booth on the event day.

完成證書 RACE RESULT & FINISHER CERTIFICATE

大會亦將於2019年8月20日上載「成績證書」至活動網站 <http://hongkongbeardrun.hk/>，供參賽者自行下載及列印。

Achievement certificates will also be uploaded to the event website <http://hongkongbeardrun.hk/> on 20th August 2019. Please download and print it on your own.

上訴 (只限8公里跑手) APPEAL (For 8km participants only)

於比賽當日，大會只於比賽現場公佈各組別之得獎名單，參賽者如欲就得獎名單作出上訴，必須於大會公佈成績後15分鐘內提出，填妥表格並連同上訴費用港幣100元交回詢問處。如上訴被駁回，所繳費用將不獲發還。

大會將於2019年8月21日在網上公佈參賽者成績，如對成績有任何爭議或上訴，必須於成績公佈後2天內，電郵至 cs@runourcity.org。大會保留權利不接納任何於2019年8月23日後提出的爭議或上訴。

On the race day, the winners list will be announced on site. Appeals on results must be submitted within 15 minutes after result announcement by filling in the form and paying HK\$100 to the Information Counter. The deposit will be forfeited if the appeal is unsuccessful.

Finisher certificate will be released online on 21 August 2019. Disputes or appeals regarding the results must be submitted by email to cs@runourcity.org within 2 days of result announcements. Successfully appeal participants can download the final achievement certificate on the event website <http://hongkongbeardrun.hk/> on or after 23rd August 2019 and print it on your own.

保險 INSURANCE

大會已購買第三者保險，參加者如有需要，可自行購買其他保險。

Public Liability Insurance is covered by the Organizer. Participants are advised to purchase their own insurance if necessary.

惡劣天氣安排 BAD WEATHER ARRANGEMENT

若香港天文台於2019年8月17日下午4時，已經發出3號或以上熱帶氣旋信號、紅色或黑色暴雨警告，比賽將會取消。比賽期間如天氣轉壞或發出上述信號，大會有權更改賽程或取消比賽。報名費將不獲退還。請留意「香港鬍鬚跑2019」活動網頁及「全城街馬」Facebook專頁的公佈。

Hong Kong Beard Run 2019 will be cancelled if no.3 or above typhoon signal, red or black rainstorm warning signal is in force at 4pm on the event day (17 August 2019). Registration fee will not be refunded. Please stay tuned with the update on the Hong Kong Beard Run 2019 event website and RunOurCity Facebook page.

大會規條 Official Rules

活動條文及規則

1. 一般規則

- 1.1 參賽者必須仔細閱讀參賽條款、細則及安排。遞交報名後，即表示參加者遵守及接受在此及其後所有主辦單位/活動策劃所引入之一切參賽條款、細則及安排。
- 1.2 參加者理解及同意活動屬自願參與性質，並須自行承擔一切風險。參加者明白活動帶有危險性，有可能引致嚴重身體傷害、永久性殘疾及死亡等。每位參加者須就參與活動時的身體狀況及行為承擔責任。每位參加者須承擔任何及一切參與活動相關的風險，包括但不限於跌倒、與其他參加者發生碰撞或其他危險、路面上的危險、或由於自然和天氣狀況造成的地面危險或墜落物體引起的危險。
 - a. 每位參加者理解及明白攝取酒精及/或藥物對活動開始前、進行期間及之後所附帶的危險性。參加者明白酒精及/或藥物可能會影響他/她的判斷力和跑步能力。每位參加者須為其攝取酒精及/或藥物所導致任何的損傷、損失、或損害負責。
 - b. 每位參加者同意免除，並永久解除對主辦機構、活動策劃、活動推廣商、活動代表及工作人員、廣告商、義工、執行人員、承辦商、供應商、任何贊助商、支持組織及/或所有其他參與是次活動的人員或機構；以及其各自的母公司、子公司、關聯公司、特許持有人、職員、董事、合夥人、董事會成員、股東、會員、保險公司、代理人、員工、義工以及其他參與者和代表(統稱「免責方」)一切及任何性質的索償或責任、索求、損害、損失和訴訟原因、參加者擁有或可能具有的任何種類或任何性質的一切及任何性質的索償或責任，包括在往返活動場所、在活動期間，或其他任何原因(包括疏忽行為、遺漏或大意)由因急救、醫療護理、醫學治療、醫療決定(在活動場地或 其他地方) 時所產生的人身傷害、事故、死亡、部分或永久性殘疾、疏忽、財產損失和其他損失所導致的法庭費用、律師費和訴訟費(「索償」)。
 - c. 每位參加者均承諾並同意不會向其已同意免除、放棄及解除向上述免責方提出的任何索償。
- 1.3 每位參加者同意他/她有責任確定其身體有否足夠體力及健康安全地參與是次活動。每名參加者見證及證明他/她有及將有足夠體力及健康安全地參與是次活動。每名參加者亦證明沒有任何由醫療保健提供者勸告他/她反對參與是次活動。每位參加者須確認如他/她參與是次活動，他/她的身體或醫療狀況並不會危及其本人或其他參與者，又或干擾他/她安全地參與是次活動之能力。

- a. 任何被主辦機構/活動策劃因已知或懷疑其身體不適合或未能安全地參加活動的人士，主辦機構/活動策劃保留禁止/取消該任何人士參與的權利；該人士須接受主辦機構/活動策劃的決定。有關參加者明確放棄因上述拒絕或取消資格所導致任何已支付費用而引起的損失提出索償。
 - b. 每位參加者特此同意接受當在參與活動期間，因他/她出現受傷、意外、或患病時由醫療主管或其代理人、員工、義工、關聯機構及指定人士、醫生及/或醫院所建議的醫療護理和治療。在必要時，參加者須授權活動策劃或其任何其代理人、員工、義工、關聯機構及指定人士、任何活動組織者或贊助者、或任何活動義工，為其同意所需要的醫療護理和治療。每位參加者明白此授權是在獲得任何特定診斷、治療、或醫院護理之前所提供。另外，此授權是向上述機構在行使其最佳判斷時提供照顧的權力及能力。每位參加者同意承擔其由於參加活動而導致任何形式包括並未在他/她保險條款中所包涵的費用。此等費用包括但不限於醫療護理及治療、救護車服務、住院、醫生及藥品開支和服務。每位參加者同意彌償及免除免責方承擔此類費用的所有責任。
- 1.4 參加者必須確保在報名表格上之資料正確無誤。
- 1.5 如參賽者在提交報名後需要更改個人資料，主辦單位/活動策劃將收取行政費港幣100元。
- 1.6 參加者需按各活動的年齡要求參與(如適用)，違例者將被即時取消參加資格及被要求離開賽道/有關活動場地。
- 1.7 除主辦單位/活動策劃批准外，所有賽事一律禁止參賽者帶同寵物，或直接或間接使用任何形式車輛運行的物件於自行車、滾軸溜冰鞋、手推車、附有轆的鞋等)進入賽道範圍。(包括但不限於自行車、滾軸溜冰鞋、手推車、附有轆的鞋等)進入賽道範圍。
- 1.8 若參加者在活動期間因任何行為、過失或蓄意破壞而導致主辦單位/活動策劃支付額外開支，必須對主辦單位/活動策劃作出合理之賠償。
- 1.9 參加者同意工作人員、醫務人員、賽事總監或保安有權要求參加者退出比賽/活動，並取消其參加資格。
- 1.10 參加者領獎前，需要向大會出示身份證明文件，包括..香港身份證、護照、殘病人士登記證等，以核實身份。
- 1.11 大會已為參加者購買公眾責任保險，但不包括個人意外保障。為保障個人安全，參加者應自行購買個人意外保險及按需要而購買其他合適的保險。
- 1.12 主辦單位/活動策劃保留更改大會條款及細則之權利。如有任何爭議，主辦單位/活動策劃保留最終決定權。

2. 賽事規則

- 2.1 如參賽者生於1943年8月17日或以前，須於報名前先行諮詢醫生的意見以策安全;大會或會要求參賽者出示醫生紙，以證明其身體狀況適宜參加有關活動。
- 2.2 主辦單位/活動策劃擁有一切決定權，按照參賽者填報的個人最佳成績，安排參賽者分批進行賽事。
- 2.3 參加者須把號碼布掛在上衣正面。
- 2.4 號碼布自定名稱由參加者自行寫於號碼布上。如自定名稱使人覺得冒犯或具誹謗性，參加者須自行承擔相關風險。
- 2.5 參加者在比賽當日因任何理由需重發號碼布，主辦單位/活動策劃將收取行政費港幣200元。
- 2.6 參加者必須準時進入每組的等候區等候安排，否則將會被取消資格。
- 2.7 參加者不得騷擾或防礙其他參加者進行活動/比賽，違例者會被取消參加資格及被要求離開有關活動場地。
- 2.8 比賽期間不得作弊，一經發現，違例者會被取消參加資格。
- 2.9 所有獎項及名次均以大會時間計算。
- 2.10 如對於獎項及名次有任何爭議，主辦單位/活動策劃保留最終決定權。
- 2.11 大會將頒發電子完成證書予所有在大會時間的賽事及場合合乎資格之參賽者。如參賽者未能完成賽事，或未有按指定的起跑時間或組別起步，其參賽資格將會被取消及不會獲頒發任何獎項或證書。
- 2.12 參加者如需要醫療輔助，可通知在場工作人員或致電印在號碼布上的大會緊急熱線。

3. 個人資料的使用

- 3.1 主辦單位/活動策劃及其代理商有權使用任何有關活動之相片、錄像及賽事紀錄作任何合法用途，包括活動宣傳之用。
- 3.2 全城街馬為主辦單位及活動策劃，與其委託的服務供應商加者所提供的資料作以下用途:
- a. 大會公佈成績;
 - b. 處理報名的行政工作，包括但不限於確認、簽發收據、收款通知、捐助記錄及有關活動通訊等;
 - c. 識別用戶或參加者;
 - d. 紀錄與參加者的任何聯絡;
 - e. 防止和偵測利用本網站進行詐騙或濫用等行為，及讓第三者以本網站名義進行技術援助及後勤等工作;
 - f. 提供全城街馬的最新資訊和體育資訊;
 - g. 以不記名形式統計訪客的使用習慣及研究訪客的人數、興趣及瀏覽行為，有助我們瞭解訪客的瀏覽和使用習慣，從而提高服務水平;
 - h. 供作法例規定、授權或准許的其他合法用途。
- 3.3 為了執行上述的目的，參加者在申請表內所提供的個人資料或許會轉交其他機構。

3.4 我們不會出租、交換或售賣閣下自願在本網站提供的可識別個人資料，包括電郵地址及聯絡電話等。

4. 活動取消及退款

4.1 因應以下原因，主辦單位/活動策劃有權取消或縮短賽事，並且不會因此退還報名的費用及捐款 (如適用)。

- a. 惡劣天氣;
- b. 活動場地/路線發生山泥傾瀉、泥石流、山火;
- c. 抗議示威或活動路線及附近地區被封閉/阻塞;
- d. 不可抗力因素，即發生超出主辦單位/活動策劃所能控制的事件和令舉辦比賽成為不可能，不安全或不切實際的情況。不可抗力事件包括但不限於天災、戰爭、敵對行為、侵略、叛亂、革命、起義、暴動、騷亂、罷工、怠工、禁工或動亂、疾病的爆發以及恐怖主義行為和威脅。

4.2 所有報名者成功登記後均不可退款，重。複報名者將不獲發還重複報名的費用，活動名額不可轉移到其他申請人或賽事。若參加者容許他人用其參賽號碼布/活動名額，此參加者及代跑者將會被取消參加資格及不容許參加將來的活動。

4.3 主辦單位/活動策劃保留權利取消任何觸犯、違反或不遵守任何大會守則人士的參賽成績。被取消資格參賽者的報名費，將不獲退還(適用於競賽活動)。

4.4 主辦單位/活動策劃擁有修改及解釋以上規則的權利。任何有關活動的臨時改動或取消，將以活動網站公佈為準。

Terms and Conditions

1. GENERAL RULES

1.1 Participants must study the event rules and regulations carefully. Upon submission of your application of entry, a participant is deemed to have accepted all Terms and Conditions of the Event, the Official Rules as stipulated and also to those that may be later introduced by the Organizers/Event Producer.

1.2 Participants understand and agree that participation in the Event is voluntary and at their own risk of participants. Participants acknowledge that the Event is dangerous and may carry with them the potential for serious bodily injury, permanent disability, death or the like. Each participant accepts responsibility for his/her condition and conduct in connection with the Event. Each participant assumes any and all risks associated with participating in the Event, including but not limited to fall, dangers or collisions with other participants, dangers arising from surface hazards or falling objects from nature and weather condition.

a. Each participant understands and acknowledges the dangers associated with the consumption of alcohol and/ or drugs before, during and after the Event and he/ she recognizes that consumption of alcohol and/or drugs might impair his/her judgment and running skills. Each participant assumes responsibility for any injury, loss or damage associated with his/her consumption of alcohol and/or drugs.

b. Each participant agrees to absolve, waive, release and forever discharge the Organizer, Event Producer, Event promoters, Event officials, Event staff, advertisers, volunteers, administrators, contractors, vendors, any sponsor, supporting organizations and/or all other persons or entities involved with the Event, and each of their respective parent, subsidiary, affiliated companies, licensees, officers, directors, partners, board members, shareholders, members, insurers, agents, employees, volunteers and other participants and representatives (the "Released Parties") from any and all claims or liabilities of any kind, demands, damages, losses, and causes of action, of any kind or any nature which the participant has or may have in the future, including court costs, lawyers' fees and litigation expenses (the "Claims") arising from bodily injuries, accidents, death, partial or permanent disability, negligence, property damage and damages of any kind or other losses such as resulting from the provision of first aid, medical care, medical treatment, medical decisions (at the Event venue or elsewhere) during or caused by travelling to and from the Event venue, during the Event or whatsoever reason (negligent acts, omissions or carelessness included).

c. Each participant covenants and agrees not to sue any of the Released Parties for any of the Claims that he/she has absolved, waived, released or discharged herein.

1.3 Each participant agrees that it is his/her responsibility to determine whether he/she is sufficiently physically fit and healthy to safely participate in the Event. Each participant attests and certifies that he/she is or will be sufficiently physically fit and healthy to participate in the Event. Each participant further certifies that he/she has not been advised against participation in the Event by any healthcare provider. Each participant confirms he/she has no physical or medical condition that would endanger himself/herself or others if he/she participates in the Event, or would interfere with his/her ability to safely participate in the Event.

a. The Organizer/ Event Producer reserves the right to disallow/ disqualify any person who is known or suspected by the Organizers/ Event Producer to be physically unfit or unsafe to participate in the Event and such person shall accept such decision of the Organizer/Event Producer accordingly. The participant concerned expressly waives any claim for damages arising from the aforesaid denial or disqualification regarding any fee paid.

b. Each participant hereby consents to receive medical care and treatment that may be deemed advisable in the event of injury, accident or illness to him/ her while participating in the Event by a medical director or any of its agents, employees, volunteers, affiliates and designees, a physician and/or hospital. If necessary, the participant authorizes the Event Producer or any of its agents, employees, volunteers, affiliates and designees, any organizer or sponsor of the Event, or any Event volunteer, to consent to such medical care and treatment. Each participant understands that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, and is given to provide authority and power to render care which the above-mentioned may deem advisable in the exercise of their best judgment. Each participant agrees to be responsible and assumes liability for any and all costs incurred as a result of his/her participation in the Event, not covered by his/her insurance, including but not limited to, medical care and treatment, ambulance services, hospital stays, and physician and pharmaceutical goods and services. Each participant agrees to indemnify and hold harmless the Released Parties from all liability for such costs.

1.4 All information provided by a participant in the registration form must be true and accurate.

1.5 All entries must be submitted no later than the registration deadline. Entry is available on a first-come, first-served basis.

1.6 The Organizer/Event Producer reserves the right to close the registration any time, whether before or after the registration deadline specified, without prior notification.

1.7 The Organizer/Event Producer will charge HK\$100 administration fee for the change of participant's personal data after the submission of application.

- 1.8 All participants should register according to the age requirement of each category respectively (if applicable). Offenders will be disqualified and requested to leave the race course/event venue.
- 1.9 No pets or any form of wheel-run objects of transport, including but not limited to bicycles, skates, push carts, shoes with built-in rollers are allowed, except those authorized by the Organizer/Event Producer.
- 1.10 Participants shall indemnify and/or reimburse the Organizer/Event Producer in respect of any additional expenses or costs incurred by the Organizer/ Event Producer arising from or in connection with any fault or action or behaviour of such Participants during participation in the Event.
- 1.11 Participants must retire and leave the race course/event venue immediately if requested by any race official, medical staff, race director or security staff.
- 1.12 Race Winners will be required to present their identification including HK identity card, passport or Registration Card for People with Disabilities for verification.
- 1.13 Public liability insurance is covered by the Organizer. This does not include personal accident insurance. It is recommended that all participants purchase your own personal accident insurance and other relevant insurance according to your needs.
- 1.14 The Organizer/Event Producer reserves the right to amend the program of the rules and regulations. Should there be disputes, the Organizer/Event Producer reserves the right to the final decision.

2. RACE RULES & REGULATIONS

- 2.1 Runners who were born on or before 17 August 1943 are advised to consult the doctor. The Organizer may require a runner to submit a medical certificate to affirm sound health conditions for participation in the activity.
- 2.2 The Organizer/Event Producer reserves the right to divide the participants according to the best personal results they declared into various groups. The groups will start at different times to avoid unnecessary congestions.
- 2.3 Participants should place your race bib visibly on the front of your top clothing.
- 2.4 Personalized bib name is assigned by the participant. Participants will be responsible for any potential liability associated.
- 2.5 Participants shall pay the Organizer/Event Producer HK\$200 administration fee for re-issuing a new race bib under any circumstances.
- 2.6 Participants should enter the waiting zone on time, or otherwise be disqualified from the race competitions.
- 2.7 Participants must not harass or impede other participants from conducting activities/competitions. Offenders will be disqualified and requested to leave the event venue.
- 2.8 Cheating in the game is also not allowed. Offenders will be disqualified once found.
- 2.9 Official Times will be used for determining the prizes and positions.
- 2.10 Should there be disputes of the prizes and positions, Organizer/Event Producer reserve the right of the final decision.
- 2.11 E-certificate of Achievement will be issued to all qualified runners with an Official Time in all races and categories. Participants who do not start the race according to the designated start time and assigned registered race category and participants who do not complete the race, shall not be entitled to any awards and certificates.
- 2.12 If first aid assistance is needed, please inform the race and event staff or call the emergency contact number printed on your race bib.

3. USE OF PERSONAL DATA

- 3.1 The Organizer /Event Producer and its agents shall have the absolute discretion to use any photograph, video or any other record of the Event for any lawful purposes including advertising and promotion of the event.
- 3.2 RunOurCity as Organizer & Event Producer; and its authorized service providers (if any) will use the information that you supplied for the following:
 - a. Announcement of results;
 - b. Processing administrative work related to registration, including but not limited to endorsement, receipt issuance, payment notice issuance, donation record and relevant event notices, etc.;
 - c. Identifying the user or participant;
 - d. Recording any communication with participants;
 - e. Preventing and detecting any activities that make use of this website for fraudulent or exploitative behaviour, or activities that allow third parties to provide technical support and backup work in the name of this website;
 - f. Providing the latest updates of RunOurCity's events and sports events;
 - g. In an anonymous basis, conducting statistical research on the website in relation to the visitor's habits and the number of visitors, their interests and browsing behaviour, which can help us understand visitors' viewing and usage habits so as to improve our service levels;
 - h. Any other legitimate purposes as may be required, authorized or permitted by law.
- 3.3 The personal data provided by participants may be disclosed to other organizations for the purposes mentioned above.
- 3.4 We will never lease, exchange or sell any personally identifiable information that you have voluntarily supplied to us, including email address and telephone number.

4. EVENT CANCELLATION & REFUND POLICY

- 4.1 The Organizer/Event Producer reserves the right to cancel or cut short the Event for the following reasons. Registration fee and charitable donation (if applicable) will not be refunded.
 - a. Adverse weather conditions;
 - b. Landslides, rock falls or hill fires along the course;
 - c. Protests or blockage along the course and nearby area;
 - d. Force majeure i.e. due to the occurrence of incidents that are beyond the control of the organizer and which renders it impossible, unsafe or impractical to hold the event. A force majeure event shall include, but is not limited to, act of God, war, hostilities, invasion, rebellion, revolution, insurrection, riot commotion, strikes, go-slows, lock outs or disorder, outbreak of disease, acts or threats of terrorism.,
- 4.2 No refund is allowed after registration is completed. Registration fee paid for duplicated entries will not be refunded and places cannot be transferred to another applicant or race. If a participant allows another party to attend on his or her behalf, both participant and the runner who run on behalf of the participant will be disqualified and might not be allowed to participate in future events.
- 4.3 The Organizer/Event Producer reserves the right to disqualify any person and/or nullify his or her result due to any violation to the Official Rules of the Event. No refund will be accommodated in the case of disqualifications (applicable to races).
- 4.4 The Organizer/Event Producer reserves the right of the final decision of the event. Any changes or contingent measures for the event announced by the Organizers/Event Producer and posted on the event's website shall prevail.