

Run Light Stand 喜愛夜跑 2019

(English Please roll down)

喜愛夜跑Run Light Stand 2019 是一個型格獨特的夜跑活動，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：2019年10月 05日 (星期六)

集合地點：大埔大尾篤船灣淡水湖主壩直升機坪

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：晚上7時

交通：大埔火車站乘 75K，亦可在大埔火車站乘 20C 專線小巴

報名辦法：網上報名 www.runlightstand.com

報名一經接納，所有報名費恕不退還

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

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。

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燈光。

救護站：起點及終點均設有急救工作人員

組別 7公里 - 起步時間7:00PM

個人組別

四人隊際

名額：1500人 (額滿即止)

截止日期：2019年09月15日

報名費用包括: (每名參加者可獲得)

- 完成賽事紀念獎牌
- 限量比賽紀念品 (數量有限，先到先得)
- 精美紀念証書 (E copy)

長跑賽獎項：(個人)每組獎頭5名，(隊際獎頭3名)；可以獲得獎牌及禮品

賽事包領取安排：賽事包領取(包括比賽號碼布)，將於賽前兩星期前以電郵形式發出通知參賽者，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。

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。

查詢電郵：enquiry@runlightstand.com.hk

組別：7公里 (男、女子組別)

- 不限年齡 公開組 (12以下小童，建議大人陪伴一同參賽)
- 12-17歲 青少年組
- 18-29歲 成年組
- 30-39歲 高級一組
- 40-49歲 高級二組
- 50-59歲 高級三組
- 60或以上 高級四組

報名費用：HK\$250

四人隊際組別

男子、女子(不限年齡,必需全隊組員為相同性別)

及混合組 (*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)

比賽方式：以四人合計之最快的時間為優勝隊伍

報名費用：HK\$1000

*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，大會將不設後補，敬請留意。

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 2019

Run Light Stand 2019 is a unique run event that puts sunset and dark night into running at night, creating an unprecedented night run experience for all types of runners.

Organized by: Hong Kong Multisports Association

Race Date: 05 OCT 2019 (SAT)

Venue: Tai Po, Tai Mei Tuk Dam helipad

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

Start Time: 1900

Entry Methods: Online registration - please browse www.runlightstand.com once entry is accepted, entry fee will not be refunded.

Baggage: Bag drop tags with your race number will be provided. Please do not leave valuables as organizer 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.

Water station location: one water station (Pak Sha Tau Pier) will be provided with a supply of paper cups; and the start and finish are equipped with water supply, in response to environmental protection, there would be no supply of paper cups, please bring your own drinking water cup or water bottles.

Course Safety: starting the main dam helipad, Pak Sha Tau pier turning point, please keep left along the whole course; that will set up the stage lighting along the course.
First-aid: Located at Start and Finish

Categories

7KM Start 7:00PM

Individual

Team of 4

Quota: 1500

Deadline: 15 SEP, 2019

Entry Methods: please browse: www.runlightstand.com

Registration fee includes:

- Finisher Medal
- Limited edition Souvenir (First-served basis)
- Finisher commemorative certificate. (e-copy)

Awards: Medal and prizes for the top Five in each individual Category, Team category awards top Three

Racer pack pick up: to collect Racer pack (including race number bib), will be sent via email two weeks before notification, runners must collect within the time specified, such as on race day to receive, additional administrative fee will be charged HK\$50.

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.

Enquiry: enquiry@runlightstand.com.hk

Individual Categories:

7KM Men's and Women's Individual

Start 7:00PM

- Open No age limit (Children under 12, it is recommended that adults accompany them to participate together)
- Junior 12-17 Age
- Senior 18-29 Age
- Master 1 30-39 Age
- Master 2 40-49 Age
- Master 3 50-59 Age
- Master 3 60+

Entry Fee : HK\$250

4-pax Team Categories

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

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

Entry Fee : HK\$1000

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)

*The award ceremony will start about an hour after the Race. 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.

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

