




2012 35th HONG KONG GREEN Half Marathon and 10K Run

香港綠色大尾篤半馬拉松及10公里跑

04 NOV 2012
7:30am - 10:00am



起點 - 終點
Start - Finish

新娘潭路
Bride's Pool Road

烏蛟橋
Wu Kau Tang

鹿頸
Luk Keng

八仙嶺出入口
Entrance of Pak Tin Lung Upland

新娘潭路
Bride's Pool Road

烏蛟橋
Wu Kau Tang

鹿頸
Luk Keng

八仙嶺出入口
Entrance of Pak Tin Lung Upland

本賽道是香港唯一的綠色零排放
"Zero Emission Course"

完成比賽者可獲香港長跑會T恤、可變色水壺、毛巾、太陽帽、LED電筒、獎牌、有機蔬菜及高筋麵粉禮券。

Finishers will receive HKDRC Tees, Towels, Foldable Water Bottles, Solar/LED Torch, Finisher Medals, Organic Vegetable and Biodegradable Gift Bags.

Certified Hong Kong Green Runner
A certificate with your finished position and time record duly endorsed by HKDRC and sponsors can be issued upon request.

截止報名日期 Applications Close: 29 OCT 2012 查詢 Inquiries: enquiry@hkdro.org 網頁 Website: www.hkdro.org



HONG KONG DISTANCE RUNNERS CLUB 香港長跑會 SUPPORTING AND PROMOTING GREEN RACING 支持及推動綠色賽事

SUPPORTING GREEN RACE - Gammon Construction Limited is proud to be the major sponsor for **half marathon**, offering full support to HKDRC in implementing the Green and Low Carbon Work of this race, mirroring Gammon's dedication to Building in an environmentally sustainable manner. Go Get Green.

支持綠色賽事 - 金門建築有限公司很榮幸成為是項半馬拉松主要贊助商，全力支持香港長跑會舉辦綠色低碳比賽，反映金門在建築方面的承諾。推動 - 創造 - 綠色未來！

SUPPORTING GREEN RACE - Rider Levett Bucknall (RLB), a Professional Building Construction Cost Consultant is proud to be the major sponsor for **10K run**, offering full support to HKDRC in implementing the Green and Low Carbon Work of this race. RLB has been established in Hong Kong since 1962, and now has offices in Mainland China and other major cities in Asia, Europe, Oceania, Middle East and America. **2012 is RLB's 50th Year Anniversary in Hong Kong.**

支持綠色賽事 - 利比很榮幸成為是項10公里跑主要贊助商，全力支持香港長跑會舉辦綠色低碳比賽。利比建築工料測量師在香港成立於1962年，業務擴展全中國及歐美各大城市，2012年是他們公司在香港成立50週年。

HONG KONG GREEN HALF MARATHON 香港綠色半馬拉松

HKDRC Hong Kong Green Half Marathon and 10K Run 2012, one of the most popular races for athletes in Hong Kong, is organized by Hong Kong Distance Runners Club. The race will be held on Sunday, 4 November 2012 at Tai Mei Tuk, Tai Po. Participants increased from an initial 300 to 1500. The race course is traffic free but demanding out-and-back road course around the scenic Plover Cove Reservoir.

For Half Marathon, it starts at the Youth Hostel at Tai Mei Tuk near Plover Cove Dam. Proceed along Bride's Pool Road to Wu Kau Tang then to Luk Keng, turn around. Return along the same Brides Pool Road with repeat loop out to Wu Kau Tang, the second turn around then back to Bride's Pool Road to finish at the Youth Hostel. The whole distance makes 13.1 miles, exactly half the distance of a standard marathon.

For 10K Run, same start as that of the half marathon, proceed along the Bride's Pool Road to the Lion Pavilion at Chung Mei turn around then back to Bride's Pool Road to finish at the Youth Hostel. The whole distance makes 10K. Both races will be conducted under IAAF rules and the results will be recognized by HKDRC.

香港長跑會綠色半馬拉松及10公里2012，是本地一項大型及受歡迎的公路長跑比賽。參賽人數每年遞增由往年300名至今超過1500。賽事在風景優美的大尾篤船灣淡水湖舉行，賽道富挑戰性但十分愜意。

半馬拉松，起步點由大埔大尾篤百善理青年旅舍側郊野公園，賽員沿大尾篤路跑至800米轉右往新娘潭路轉右往烏蛟橋轉折點至繼而跑往鹿頸(賽道途中可欣賞湖旁淡水湖及八仙嶺風景)。回程重經烏蛟橋轉折點返新娘潭路跑回設於青年旅舍的終點。全程21.1公里，剛好是標準馬拉松賽道的一半距離。

10公里，起步點與半馬拉松起步點相同，賽員沿大尾篤路跑至800米轉右往新娘潭路到達蒲尾獅子亭轉折點返新娘潭路跑回設於青年旅舍的終點。全程10公里。(註：本賽事按照國際業餘田徑總會比賽規則舉行)

35th Hong Kong (Green) Half Marathon and 10K Run 2012

Organizer

Hong Kong Distance Runners Club

Date

04 November 2012 (Sunday)

Times

Half Marathon

- Race Start 07:30 am
- Race Finish 10:00 am

10K Run

- Race Start 07:40 am
- Race Finish 09:10 am

Assembly Venue

Open area by Bradbury Jockey Club Youth Hostel next to Plover Cove Reservoir, Tai Mei Tuk, Tai Po, New Territories. (A 5-minute walk along the waterfront from Tai Mei Tuk Bus Terminus.)

Distance

21.1km

Quota

1,000 (Half Marathon),
500 (10K Run)

Route

Half Marathon

Bradbury Jockey Club Youth Hostel > Bride's Pool Road > Wu Kau Tang Road > Luk Keng > Wu Kau Tang Road > Bride's Pool Road > Bradbury Jockey Club Youth Hostel

10K Run

Bradbury Jockey Club Youth Hostel > Bride's Pool Road > Chung Mei Lion Pavilion > Bride's Pool Road > Bradbury Jockey Club Youth Hostel

Racecourse Closed to Traffic

Bride's Pool Road will be fully closed to vehicular traffic starting from 7:00 am to 10:00 am. Runners must finish their runs within this period. The road will be reopened to the public instantly thereafter 10:00 am.

Eligibility

Individual - Anyone aged from 16 to 65 or older until the race day, 4 November 2012 with an amateur status as defined by the International Association of Athletics Federations regulations. APPLICANTS CAN ONLY ENTER ONE CATEGORY.

Team Competition - Each team must be formed either by 5 males, or 5 females or 5 mixed (with at least 2 members are male or female) corporate employees. Same company may apply for one team or more. No substitution or change of category is allowed once the entry is accepted.

Team Scoring (for half marathon only)

All teammates must finish the race, if any of the teammate(s) is/are disqualified, the team results will not be counted. The total score of the teammates overall positions will be calculated, the 3 winning Men Teams, 1 Women Team and 1 Mixed Men/Women with the lowest aggregate positions will be the winners. In case of tie, the winner will be counted for the one with the lowest position in the team.

Categories (based on Race Day ages)

Half Marathon

Men Junior	16 - 19
Men Open	20 +
Men Senior I	35 - 39
Men Senior II	40 - 44
Men Veteran I	45 - 49
Men Veteran II	50 +
Women Open	All ages
Women Senior	30 - 39
Women Veteran	40 +
Team of five*	All ages

*5 male or 5 female or 5 mixed male & female (at least two members are male or female)

Categories

10K Run

Men Junior	16 - 19
Men Open	20 - 39
Men Senior	40 - 54
Men Veteran	55 +
Women Open	20 - 29
Women Senior	30 - 39
Women Veteran	40 +

Entry Fee

- Entry received before 29 October 2012
 - HKDRC Member HK\$180
 - Non-HKDRC Member HK\$190
- Entry received after 30 October 2012 till Race Day HK\$250
- Runner of ages 65 & over HK\$100

Payment Mode

Payment is accepted only in Hong Kong Dollars by local crossed check. Write contact person's name and telephone number on the back of crossed checks made out to "The Hong Kong Distance Runners Club" or "香港長跑會".

ATM transfer/ Direct deposit to Hong Kong Distance Runners Club

HSBC Account : 111-049326-001, submit bank receipt and the completed entry form to us.

Entry Procedure

Individual - Mail completed, signed and dated entry form (for the individual part only) with payment and a HK\$2.80 stamped self-addressed envelope (SAE) to : **Team Competition** - Mail 5 completed entry forms of which 1 should have team name, team captain and teammates' names with payment and a HK\$5.60 stamped self-addressed envelope (SAE) to :

"HKDRC 35th Hong Kong (Green) Half Marathon and 10K Run", HKDRC GPO Box 10368, Hong Kong.

(Mark on submitted envelop 'bracket' or 'underline' either half marathon or 10K run that you wish to enter)

(SAE shall be sized 4 inches/100mm x 9 inches/225mm or larger)

Weather

The temperature on race day averages about 19°C (65°F) and the relative humidity at around 65-75%.

Official Buses to / from the Start

Official buses leave from and return to four locations and are free for entrants*:

Hong Kong, 6:15 am

City Hall, Central
MTR Station, Tin Hau

Kowloon, 6:30 am

KCR Station, Kowloon Tong
Hankow Road, Tsim Sha Tsui

Bus will leave promptly. Return at the above time. Return buses depart from Tai Mei Tuk at 11:00 am and 11:30 am. Bus ticket is marked on the number bib.

*(if ordered) when you pick up your race number.

Public Transport

From KCRC Tai Po Market KCR to Tai Mei Tuk Bus Terminal.
Journey Time: Approximately 30 mins.

Public Bus 75K Journey Time:
Every 9-12 mins (from 6:05am).

Green Light Bus Journey Time:
Every 15 mins (from 5:30am).

Please check the schedule before departure.

Participant Mailings

Participants are encouraged to provide email addresses for us to confirm of your entry application.

Successful application forms submitted by 29 October 2012 will receive race number bibs, runner's guides and bus tickets before race day. Those who submitted entries thereafter are to pick up race number on the race day. Runners' guides will also be available at www.hkdr.org in late September.

Parking

Only limited parking space near Ting Kok Road Bus Terminus. Entrants are encouraged to take official buses or public transport .

Overseas Entries

Overseas (including Mainland) entries will be acknowledged by emails. Please provide a valid email address and collect number from the registration desk on Race day by presenting a printout of the acknowledgement.

Finisher Souvenirs

HKDRC Tee, Towels, Foldable Water Bottle, Solar/LED Torch, Finisher Medals, Organic Vegetable and Biodegradable Gift Bags.

Current Record

- Male Gobinda Rai 69:46 (1985)
- Female Yuko Gordon 76:02 (1985)

Official Results

A listing of all official finishers will be posted to Hong Kong Distance Runners Club website www.hkdr.org two weeks after the race day.

Official Finisher Certificates

(optional)

Official Finisher Certificates (HK\$30 each) will be mailed out within 1 month of the race taking place.

Notes

- This entry form is downloadable from www.hkdr.org and available while stock lasts. **Photocopied forms are acceptable.**
- Applicants are to make sure their health conditions are suitable for the strenuous competition. In case of doubt, please seek medical advice well in advance.
- Incomplete or unreadable forms and entries without a signed waiver or a HK\$2.0 stamped self-addressed envelope will not be processed. Faxed or e-mailed entries will be void.
- All fees are non-refundable and non-transferable once entry is accepted. No post-dated checks. Do not mail cash.
- HKDRC will not be responsible for items lost in the mail.
- Entrants can only enter one category.
- The application form should be sent by each team. Team members must submit entry forms team name together, with the entity stamp applied, or they will be considered as individual entrants.
- Individual categories with fewer than 5 entrants may be combined with other categories. If there are fewer than 5 teams competing in the Men's Teams or Women's Teams or Mixed Men/Women's Teams category, prizes will be awarded to one winning team only. Winners in the teams category individual categories and vice versa.
- The number bib is not transferable.
- Entry fee will not be refunded & send back & change participate name & change race for double entry.
- The organizer will provide luggage-keeping service and water stations.
- HKDRC reserves the right to reject any entry and to disqualify and bar any individual from the Race based on, but not limited to the following misconducts: non-payment of race fees; competing with an unofficial number or an official number assigned to another competitor; transferring or attempting to transfer and providing false information on entry forms.
- HKDRC reserves the right to interpret and change the above information.

Prizes for Green Half Marathon

綠色半馬拉松獎項

Category 組別		Position 名次	HKDRC Trophy 獎盃	(1) Fila (2) Marathon (3) Gammon Cash Coupon 現金券	Fila Running Shoe 跑步鞋	Polar Watch 手錶	HKDRC Gift 禮物
Men's 男子	Juniors 青年組	1	✓	(1) \$500	✓	✓	-
	Open 公開組	2	✓	(1) \$400	✓	-	-
	Seniors 1 高級 1 組	3	✓	(1) \$300	✓	-	-
	Seniors 2 高級 2 組	4	✓	(2) \$200	-	-	✓
	Veteran 1 元老 1 組	5	✓	(2) \$200	-	-	✓
	Veteran 2 元老 2 組	6-10	*	(1) \$150	-	-	✓
	Teams-of-five 五人隊際組	1	✓	(3) \$1,500	-	✓	-
		2	✓	(3) \$1,200	-	-	✓
		3	✓	(3) \$1,000	-	-	✓
	Women's 女子	Open 公開組	1	✓	(1) \$500	✓	✓
Seniors 高級組		2	✓	(1) \$400	✓	-	-
		3	✓	(1) \$300	✓	-	-
		4	✓	(2) \$200	-	-	✓
		5	✓	(2) \$200	-	-	✓
Teams-of-five 五人隊際組		1	✓	(3) \$1,500	-	✓	-
		2	✓	(3) \$1,200	-	-	✓
Teams of five mixed men & women 男女子混合隊組		1	✓	(3) \$1,500	-	✓	-
		2	✓	(3) \$1,500	-	-	✓
Eldest Finishers 最年長完賽者		-	-	(1) \$300	✓	-	-
Youngest Finishers 最年輕完賽者		-	-	(1) \$300	✓	-	-
First record breakers 破大會紀錄之首名賽員 Male/Female 男/女		-	-	\$1,500 (+)	-	-	-

* Men Open only (Medal)
只限男子公開組 (獎牌)

Prizes for 10K Run

10公里獎項

Category 組別	Position 名次	HKDRC Trophy 獎盃	(1) Fila Cash Coupon 現金券	Fila Running Shoe 跑步鞋	Polar Watch 手錶
Men's 男子	Juniors 青年組	1	✓	(1) \$500	✓
	Open 公開組	2	✓	(1) \$400	✓
	Seniors 高級組	3	✓	(1) \$300	✓
Women's 女子	Open 公開組	1	✓	(1) \$500	✓
	Seniors 高級組	2	✓	(1) \$400	✓
	Veteran 元老組	3	✓	(1) \$300	✓

* All prizes shall be collected by winners in person. No representatives or substitution for collection prize on the winner's behalf.
所有獎品需要由得獎者本人於賽事當天領取，賽會不接受得獎者朋友或授權者代領。

HKDRC MEMBERSHIP APPLICATION FORM 2012

2013 年度香港長跑會會員申請表

1.1.2013 - 31.12.2013

Please complete the form clearly in BLOCK CAPITALS

為方便電腦處理，請用英文正楷清楚填寫。

☐ New Membership Application 新會員申請

☐ Renewal Membership Application 續會會員申請
(Membership No. 會員編號 _____)

Personal Information 個人資料

Name in English 英文姓名 _____

Name in Chinese 中文姓名 _____

HKID/Passport No. 香港身份証/護照號碼 _____ Nationality 國籍 _____

Birth Date 出生日期 _____ D _____ M _____ Y _____
_____日 _____月 _____年 ☐ M 男 ☐ F 女

Contact Telephone 聯絡電話 _____ Occupation 職業 _____

Address 地址 _____

Email 電郵 _____

Membership Categories 會員類別

(Based on age on 31 December 2012 以2012年12月31日年齡為準)

Category 類別	Age 年齡	Membership Fee 會費
<input type="checkbox"/> Junior Member 青少年	19 & Under 歲或以下	\$90 + \$30* (Club Tee會背心)
<input type="checkbox"/> Senior Member 成年	20 & Over 歲或以下	\$150 + \$30* (Club Tee會背心)
<input type="checkbox"/> Life Member 永久	All Ages 任何年齡	\$1,000 + \$30* (Club Tee會背心)

* Optional 可選擇

Bank 銀行 _____ Check No. 支票號碼 _____

Signature 簽名 _____ Date 日期 _____

香港長跑會第35屆 香港綠色半馬拉松及10公里

主辦
香港長跑會

日期
2012年11月4日 (星期日)

時間
半馬拉松
- 起跑 早上7時30分
- 完成賽程 早上10時正

10公里
- 起跑 早上7時40分
- 完成賽程 早上9時10分

集合地點
新界大埔大尾篤船灣淡水湖側白普理賽馬會青年旅舍對開空地。(由大尾篤巴士總站沿湖畔步行五分鐘。)

距離 **名額**
半馬拉松 1,000人
10公里 500人

路線
半馬拉松
由百普理賽馬會青年旅舍起點>新娘潭路>烏蛟騰>新娘潭路>鹿頸。回程重覆- 新娘潭路>烏蛟騰>新娘潭路>返回百普理賽馬會青年旅舍終點。

10公里
由百普理賽馬會青年旅舍起點 > 新娘潭路 > 新界獅子會獅子亭 > 折返 > 百普理賽馬會青年旅舍終點

賽道封閉
新娘潭路由早上7時起封閉，禁止車輛進入。賽員必須於10時或之前完賽，道路將於其後即時重開通車。

參賽資格
於賽事日年滿16歲，以國際業餘田徑總會比賽規則界定身份之業餘運動員。隊際組只限學生／機構員工／組織會員參加，隊員年齡不限。每隊隊伍必須由同一單位的五男成員或五女成員或男女混合成員組成(混合成員最少需兩男兩女組成)。每個單位報名之隊伍數目不限。報名被接納後，不得更換隊長或隊員，亦不可轉換組別。

組別 (以賽事日年齡為準)
半馬拉松
• 男子 青年組 16 - 19歲
• 男子 公開組 20歲或以上
• 男子 高級組 35 - 39歲
• 男子 高級II組 40 - 44歲
• 男子 元老組 45 - 49歲
• 男子 元老II組 50歲或以上
• 女子 公開組 任何年齡
• 女子 高級組 30 - 39歲
• 女子 元老組 40歲或以上
• 男女子混合隊組* 任何年齡
*五男成員或五女成員或男女混合成員組成(混合成員最少需兩男兩女組成)

組別
10公里
• 男子 青年組 16 - 19歲
• 男子 公開組 20 - 39歲
• 男子 高級組 40 - 54歲
• 男子 元老組 55歲或以上
• 女子 公開組 20 - 29歲
• 女子 高級組 30 - 39歲
• 女子 元老組 40歲或以上

隊際成績計算
所有隊員必須跑畢全程。成績以5位隊員名次之總和計算。取得累積名次最少的三隊男子，一隊女子及一隊男/女混合隊為優勝隊伍。如有同分，則以該隊最後完成賽事隊員的名次作準。如有隊員在賽事中被取消資格，該隊的成績將不被計算。同一單位如有超過一隊隊伍完成賽事，只有取得累積名次最少的一隊可成為優勝隊伍。

報名費
• 2012年10月29日或之前報名：
• 香港長跑會會員 180港元
• 非香港長跑會會員 190港元
• 2012年10月30日後至賽事當天報名 250港元
• 運動員年齡65歲或以上 100港元

報名手續
填妥及簽署報名表並寫下日期後，連同費用及貼上2.8港元郵票的回郵信封(每人一個)，寄往
香港長跑會
香港郵政信箱10368號
香港長跑會第35屆香港綠色半馬拉松及10公里
(信封面請註明參加半馬拉松或10公里)
由賽會供應給參賽者回郵信封連郵票每份需繳付10港元。
(注意：報名表必須以郵遞方式寄往指定的地址，詳見報名表內頁，報名表以手送往指定地址將不被接納。)

繳費方法
只接受本地劃線支票以港元付款。支票的背面列明聯絡人姓名及電話，抬頭寫「香港長跑會」或「The Hong Kong Distance Runners Club」。或可透過香港匯豐銀行存入現金或轉賬到香港長跑會銀行賬戶號碼：**111-049326-001**存款收據連同填妥的報名表寄回香港長跑會

天氣
賽事日平均氣溫約攝氏19度(華氏65度)，相對濕度約百分之65至75。

泊車
汀角路巴士總站旁只有少量泊車位，請盡量乘搭大會巴士或公共交通工具，或共用汽車。

公共交通工具
行走由大埔墟火車站至大尾篤巴士總站的第75K號路線巴士，班次為9至12分鐘、首班車時間為早上6時5分，而第20C號路線綠色專線小巴、班次為15分鐘、首班車時間為早上5時30分。車程均約30分鐘。路線資料如有更改，以相關機構公佈為準。

大會來回巴士
大會巴士從四個地點開出及返回各出發地點，賽員免費乘搭*。
香港，早上6時15分
• 中環大會堂
• 天后地鐵站
九龍，早上6時30分
• 九龍塘火車站
• 尖沙咀漢口道港青
巴士將於上述時間準時開出，回程巴士於早上11時正及11時30分從大尾篤開出，乘車證在領取號碼紙時收到。
*額外乘坐大會巴士直達比賽場地(包來回)，每位40港元。

參賽資料
報名參加者需提供電郵給賽會聯絡落實接受報名及參賽資格。
2012年10月29日或之前報名面被接納的申請人，將可於賽事之前收到號碼紙，運動員須知及車票。其後的申請人需要於賽事當天往賽場領取號碼紙，運動員須知及車票。運動員須知將於9月下旬上載本會網頁 www.hkdr.org。

香港以外申請人
海外(包括國內)申請人將獲發電郵確認成功申請。請清楚填寫有效電郵地址。賽事日請出示確認書，於詢問處領取號碼，並繳費。

完賽者物品
香港長跑會T恤，可接合水壺，毛巾，太陽能/LED電筒，獎牌，有機蔬菜及高溶解度禮物袋。

現時紀錄
• 男子 高寶達 69:46 (1985年)
• 女子 哥頓游子 76:02 (1985年)

查詢 **Inquiries**
enquiry@hkdr.org

網頁 **Website**
www.hkdr.org

全場成績
全場成績將於賽事完畢後兩週內上載至香港長跑會網址 www.hkdr.org。

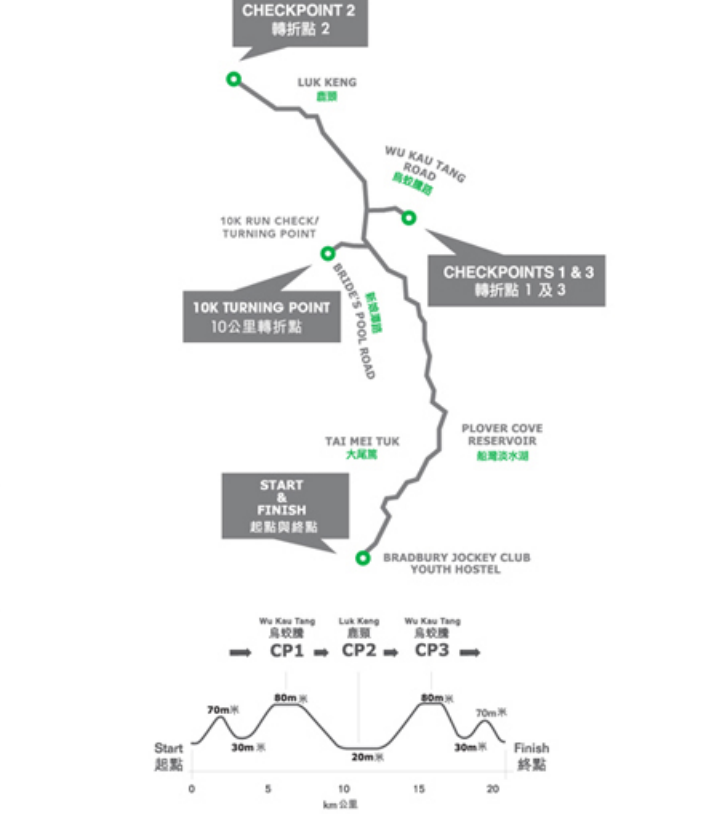
成績證書
每位參賽者，每張成績證書30港元，將於賽事完畢後一個月內寄出。

注意事項
1. 報名表可於 www.hkdr.org 下載或於下列地點索取，派完即止。(複印本同樣接受報名)
2. 申請人必須確保其身體狀況適宜參加劇烈比賽。如有疑問，請先諮詢醫生的意見。
3. 不受理資料不全或字跡不清的報名表，以及沒有簽署聲明或欠貼上2.0港元郵票回郵信封，不接受傳真或電郵報名。
4. 報名一經接受，報名費恕不退還或轉讓。不接納期票。請勿郵寄現金。
5. 大會概不負責任何郵誤。
6. 每人只可參加一個組別。
7. 隊際必須集齊所有隊員的報名表一併寄出，隊員的報名表必須由所屬隊伍單位蓋印確認後一併遞交，否則作申請個人組別處理。
8. 各個人組別如少於五名參賽者，或會撥入其他組別。男子隊際組別如少於五隊參加，只設優勝隊伍一隊。優勝隊伍成員不可獲個人組別的獎項，反之亦然。
9. 號碼布不得轉讓別人。
10. 重覆報名，不設退款、退件、轉名及轉賽安排。
11. 大會設有行李寄存及水站。
12. 大會保留權利拒絕任何申請及取消或拒絕任何參賽資格，包括但不限於未繳清賽事費用、使用非大會提供的號碼或他人的號碼參賽、轉讓或意圖轉讓號碼、沒有跑畢全程而衝過終點及在報名表上提供虛假資料等不當行為。
13. 大會保留詮釋及更改以上資料的權利。

COURSE MAP 路線圖

香港綠色(大尾篤)半馬拉松自1978年舉辦至今經歷33年，是目前香港最有歷史價值和受歡迎的公路長跑賽。香港綠色(大尾篤)半馬拉松賽道獨特，沿賽道兩旁林木夾道，空氣清新，風景怡人。遠看左邊是八仙嶺，而右邊則是船灣淡水湖。此外途經烏蛟騰及鹿頸的路段，平日絕少看到的鄉村風貌，翠綠田野及鱼塘水面泛起漣漪均盡入眼簾。

本賽事取得香港各政府部門支持及協助，於賽事進行期間由新娘潭路起至烏蛟騰，鹿頸全線禁止所有車輛行使，而路線只限開放給參賽者使用。參賽者可以藉此機會，盡量發揮爭取個人最佳的成績。



FINISHER SOUVENIRS 完賽者物品

HKDRC T-shirt 香港長跑會T恤 \$30*	Towel 毛巾 \$20*	Water Bottle 水壺 \$15*	Solar/LED torch 太陽能/LED電筒 \$10*	Medal 獎牌 \$20*	Vegetable 蔬菜 \$10*	Biodegradable Gift Bags 高溶解度禮物袋 \$5*

* All items can extra purchase on the day of race
上述各款紀念品可於賽事當天額外購買

** Those who submit answers to Low Carbon quiz will get a Solar/LED torch
凡答中間題即可得到太陽能/LED電筒

LOW CARBON QUIZ – ENTER AND WIN A PRIZE (SOLAR / LED TORCH)
回覆低碳問答 – 贏取獎品 (太陽能 / LED電筒)

Pick the 'Greenest' Option and Win a Prize!
請選擇一個最合意的綠色答案贏取環保紀念品：

1. When submitting your entry application form, the greenest option would be 遞交報名表，最合意的綠色方式

☐ By Email and make payment by ATM
採用電郵並以銀行戶口轉賬付款

☐ By Postage and make payment by Cheque
採用郵寄並使用支票付款
2. Acquiring information about the race, greenest way is 查詢賽事資料，最合意的綠色方式

☐ By Email or Telephone
採用電郵或電話

☐ By Postage
採用郵寄

☐ By Going to Organizer's Office
前往籌辦單位辦事處
3. Travel to Race Venue 前往比賽場地

☐ Go by Taxi
乘坐的士

☐ Go by Private Car
自行駕駛私家車

☐ Go by Bike or Walk
踩單車或行路
4. When Drinking Water, it's best to 飲水

☐ Use Recycle Paper Cup
使用再造紙杯

☐ Use Plastic Bottle
使用膠樽

☐ Use Reusable Bottle
使用可以重用水瓶
5. Runners Agree that you should 跑步愛好者認同

☐ Recycle your Trainers
運動鞋可以循環再造

☐ Run Less Races
減少參加比賽

☐ Buy more Clothes
多購買衣服
6. What should Runners choose to eat after the race 跑步愛好者完賽後選擇進食

☐ Hamburgers
漢堡包

☐ Chocolates
朱古力

☐ Organic Vegetables
有機蔬菜
7. Runners should choose 跑步愛好者喜愛

☐ Cotton T-shirt
綿質T恤

☐ Polyester short
玻璃纖維T恤

☐ Hemp T-shirt
麻質T恤
8. Runners realize performance 跑步愛好者確信好表現

☐ More training
多練習

☐ More sleeping
多睡眠

☐ Less eating
少進食
9. At the weekend, runners should choose to 跑步愛好者週末選擇

☐ Join a beach clean up
參加沙灘清潔

☐ Go motor-car racing
賽車

☐ Go shopping
購物
10. Runners should support 跑步愛好者支持

☐ Green races
綠色賽事

☐ Horse riding
騎馬

☐ Wave surfing
滑浪

35th Hong Kong(Green)Half Marathon and 10K Run 2012

香港長跑會第35屆
香港綠色半馬拉松及10公里

Please complete the form clearly in BLOCK CAPITALS and provide email for contact.
為方便電腦處理，請用英文正楷大寫清楚填寫及提供電郵供聯絡。

PERSONAL PARTICULARS 個人資料 (Must fill in 必須填寫)

Name in English 英文姓名*

Name in Chinese 中文姓名*

Address 地址*

Date of Birth* 出生日期*

D

 M

 Y 年 ☐ M 男* ☐ F 女*

E-mail 電郵* (We need your email for contact 我們需要你/妳的電郵聯絡)

Tel 電話*

Nationality 國籍*

HKID / Passport No. 香港身份証／護照編號*

EMERGENCY CONTACT 緊急聯絡

Name in English 英文姓名

Name in Chinese 中文姓名

Tel 電話

CATEGORY 組別 (Choose one only 限選一項)

Half Marathon 半馬拉松	Age 年齡	10K Run 10公里	Age 年齡
<input type="checkbox"/> Men Junior 男子青年組	16 - 19歲	<input type="checkbox"/> Men Junior 男子青年組	16 - 19 歲
<input type="checkbox"/> Men Open 男子公開組	20歲或以上	<input type="checkbox"/> Men Open 男子公開組	20 - 39 歲
<input type="checkbox"/> Men Senior 男子高級I 組	35 - 39 歲	<input type="checkbox"/> Men Senior 男子高級組	40 - 54 歲
<input type="checkbox"/> Men Senior 男子高級II 組	40 - 44 歲	<input type="checkbox"/> Men Veteran 男子元老組	55 歲或以上
<input type="checkbox"/> Men Veteran 男子元老I 組	45 - 49歲	<input type="checkbox"/> Women Open 女子公開組	20 - 29 歲
<input type="checkbox"/> Men Veteran 男子元老II 組	50 歲或以上	<input type="checkbox"/> Women Senior 女子高級組	30 - 39 歲
<input type="checkbox"/> Women Open 女子公開組	All ages 任何年齡	<input type="checkbox"/> Women Veteran 女子元老組	40 歲或以上
<input type="checkbox"/> Women Senior 女子高級組	30 - 39 歲		
<input type="checkbox"/> Women Veteran 女子元老組	40 歲或以上		
<input type="checkbox"/> *Team of five 男女子混合隊組	All ages 任何年齡		
Mixed Men & Women			

*五男成員或五女成員或男女混合成員組成(混合成員最少需兩男兩女組成)

隊際組資料 (For Half Marathon Only 只限半馬拉松)

Name of Team Leader (In Chinese & English) 隊長中文姓名及英文姓名

Name of School / Company / Organization 學校／機構／組織

Team Members Name 隊員姓名

Stamp 蓋印

1

2

3

4

ENTRY FORM
報名表

HKDRC Office Use Only 大會專用

Half Marathon 半馬拉松	10K Run 10公里

OFFICIAL BUSES TO/FROM THE START 往來起點的大會巴士
(FREE FOR ENTRANTS. LIMITED SEATS, FIRST-RESERVE-FIRST-SERVED.)
(賽員免費乘搭巴士，座位有限，額滿即止。)

Hong Kong, 6:15am <input type="checkbox"/> City Hall, Central <input type="checkbox"/> MTR Station, Tin Hau	香港，早上 6時15分 <input type="checkbox"/> 中環皇后碼頭 <input type="checkbox"/> 天后地鐵站	Kowloon, 6:30am <input type="checkbox"/> KCR Station, Kowloon Tong <input type="checkbox"/> Harkow Rd, Tsim Sha Tsui	九龍，早上 6時30分 <input type="checkbox"/> 九龍塘火車站 <input type="checkbox"/> 尖沙咀漢口道
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PAYMENT INFORMATION 付款詳情

<input checked="" type="checkbox"/> Entry Fee* 報名費*	Enjoy early bird discount by submit entry received on or before 29 October 2012 2012年10月29日或之前報名享有折扣	Total Amount 總額
<input type="checkbox"/> HKDRC Members No. 香港長跑會會員編號	HK\$180	
<input type="checkbox"/> Non-HKDRC Members 非香港長跑會會員	HK\$190	
<input type="checkbox"/> Ages 65 & over 65 歲或以上	HK\$100	
<input type="checkbox"/> Entry received after 29 October 2012 to Race day 4 November 2012 於2012年10月29日至賽事當日(11月4日)報名	HK\$250	
<input type="checkbox"/> Individual Race Certificate 個人成績證書	HK\$ 30	
<input type="checkbox"/> Supply stamped self-address envelope for mail back runner's pack 由賽會供應給參賽者回郵信封連郵票	HK\$ 10	
<input type="checkbox"/> Extra seat for FRIEND to the race venue (including round-trip) (適用於攜友) 額外乘坐大會巴士直達比賽場地(包來回)	每位 per person HK\$ 40	HK\$

* Late entry fees subject to date of stamp chop 以郵印日期為準
Bank 銀行 Bank / Check No. 銀行 / 支票號碼

WAIVER 聲明 (Must be signed 必須簽署)

I confirm that I am physically fit and capable of participating in the Race and I am entering the Race at my risk and responsibility. I hereby agree to abide by all rules and conditions laid down by the Hong Kong Distance Runners Club ("HKDRC"). I discharge the HKDRC, the sponsors and any other individuals or organizations connected directly or indirectly with the Race from any responsibility in the event of an accident or mishap which may cause me injury, death or loss of property during, as a consequence of or while traveling to or from the Race. I grant permission and assign all rights, title and interest to the HKDRC, and all media throughout the world to use my appearance, name, voice, biadata and likeness in connection with the Race in perpetuity and agree to waive any right of inspection or approval associated therewith.
謹證明本人體格健全及有能力參與本賽事，並願意自行承擔所有責任。本人亦同意遵守由香港長跑會（「大會」）所訂之一切比賽規則及決定。本人一旦因在往返比賽場地或在比賽中受到任何財物損失、受傷或導致死亡，大會、各贊助商及其他直接及間接有關合辦人士或機構均無需負上任何責任。本人批准並授權大會及全球傳媒在無需經本人審查，而可永久使用本人的肖像、姓名、聲線及個人資料，作為活動籌辦及推廣之用。

Signature 簽署

Date 日期

ADDRESS LABEL 地址標貼 (Must fill in 必須填寫)

Name 姓名

No.

Address 地址

Mail to 郵寄到:
HKDRC 35th Hong Kong Green Half Marathon and 10K Run
HKDRC- GPO Box 10368, Hong Kong
香港長跑會 - 香港郵政信箱10368號香港長跑會第35屆香港綠色半馬拉松及10公里

☐ Half Marathon 半馬拉松* ☐ 10K Run 10公里* Please ☒ the box