

本賽事將推行
綠色及低碳方式
We are working hard to ensure this race
is as environmental friendly as possible

HK DISTANCE
RUNNERS CLUB
香港長跑會

Gammon

2015^{38th} GREEN Half Marathon and 10K Run

綠色大尾篤半馬拉松及10公里跑

01 NOV 2015
7:00am - 9:30am



半馬拉松轉折點 2
half marathon
checkpoint 2



鹿頸

烏蛟騰

烏蛟騰進出口
Entrance of Wu Kau Tang

鄉村及農地
Rural Area and Agricultural Land

新娘潭路兩旁林木夾道
Brides Pool Road

船灣淡水湖主壩
Plover Cove Reservoir Main Dam

白普理賽馬會青年旅舍
Bradbury Jockey Club Youth Hostel



鹿頸
Luk Keng



鹿頸魚池
Luk Keng Fish Ponds



八仙嶺登山入口
Entrance of Pat Sin Leng Uphill



無車賽道
Traffic Free Road



起點 / 終點
Start / Finish



"本賽道是香港唯一的
綠色零排放"
"Zero Emission Course"

● Web Sites for Download Entry 網址下載報名表

請於 www.hkdrc.org
網頁下載此報名表(可自行複印報名表)
This entry form can be downloaded from www.hkdrc.com
for individual half marathon and 10K Run.

● Bus Services 巴士服務

零費用巴士服務接載所有運動員往返比賽場地和巴士站。
接載晚上將準時開車，逾時不候。
'O' Payment bus services will be provided to all runners get to the race starting point. Bus will leave sharply at the time.

● Free Seminar 免費講座

亞洲運動及體適能治療中心(AFTC)將為參賽者分別於9月15日及10月14日
舉辦兩場「遠離傷患 跑出彩虹」免費講座。
名額有限，詳情請留意 AFTC & HKDRC 網址。
TWO FREE SEMINARS (1.5hrs) about running will be held by AFTC (Asian Fitness
Therapy Center) on 15 September and 14 October with LIMITED SEAT available.
Please refer details at AFTC and HKDRC website.
亞洲運動及體適能專業學院(AASFP)會於比賽當日提供免費肌效貼試貼。
AASFP will provide the free Gatapex taping service on the race day.

● Online Registration 網上報名

半馬拉松及十公里 www.hkdrc-race.com
Online Registration through www.hkdrc-race.com for Half Marathon and 10K Run.

● Souvenirs for Participants 參賽者紀念品

完成比賽者可獲香港長跑會T恤，完賽者獎牌，毛巾，帽，拉繩袋，有機蔬菜，及其他。
Finishers will receive HKDRC Tee, Finisher Medal, Towel, Cap, Recycle Bag, Vegetable and others.

● Race Number 號碼布

如參賽者報名於2015年10月9日前確認，請於10月17日至30日於RacingThePlanet
極地長征旗艦店領取號碼布。
To be collected at RacingThePlanet 極地長征, our major sponsor's Flagship store from
17-30 October if confirmation is received on or before 9 October 2015.

● Certified Green Runner 認可綠色運動員

A certificate with your finished position and time record duly endorsed by HKDRC/
sponsors can be issued upon request.

截止報名日期 Applications Close : 23 OCT 2015 查詢 Inquiries : enquiry@hkdrc.org 網頁 Website : www.hkdrc.org

