

## The Jockey Club Vitality Run

Organised by the Sports Commission

Co-ordinated by the Community Sports Committee

Co-organised by the 18 District Councils, the Leisure and Cultural Services Department, the Sports Federation & Olympic Committee of Hong Kong, China and the Hong Kong Amateur Athletic Association

### Notes for Participants

1. **Date** : 8 January 2017 (Sunday)
2. **Marshal Point and Recommended Arrival Time** : 1 hour before the start times of the respective categories at Sha Tin Sports Ground  
(Participants should deposit their baggage, if any, in the Baggage Storage Area in **Yuen Wo Playground**, and do adequate warm-up exercise in Sha Tin Sports Ground.)
3. **Start Time** : 10 km Run – 8:30 a.m. (Please arrive at Sha Tin Sports Ground before 8:10 a.m.)  
3 km Run – 9:00 a.m. (Please arrive at Sha Tin Sports Ground before 8:40 a.m.)  
(To facilitate the reopening of the closed roads as scheduled, **the start will be closed at 9:05 a.m.** and latecomers will be denied participation in the run. This measure will be strictly enforced by the Organiser.)
4. **Start** : Yuen Wo Road (Participants should access the start zone via Sha Tin Sports Ground)
5. **Finish** : Sha Tin Sports Ground
6. **Route Map** : Please refer to **Figure 1**
7. **Number Bibs** : (i) Participants shall wear the number bib on their chest in order to participate in the activity. They should ensure the number bib is properly kept as no replacement bib will be provided. No distribution/replacement of number bibs will be arranged on the event day.  
(ii) To enable the Organiser and medical personnel to contact the family or friends of a participant in case of an emergency, participants are requested to provide their personal particulars (including their name, and the name and telephone number of their contact person) on the back of their number bib using a pen with waterproof ink.
8. **Clothing** : (i) Participants shall wear suitable sportswear and sports shoes, and bring their own sunscreen products, caps, raincoats, mosquito or insect repellent if necessary.  
(ii) Participants shall not wear clothing with commercial or promotional elements. The Organiser has the right to forbid anyone who contravenes the rules from taking part in this activity.  
(iii) Participants are encouraged to wear the souvenir T-shirt on the event day in order to create a festive atmosphere.
9. **Traffic Arrangements** : (i) **Special traffic arrangements will be implemented in the vicinity of Yuen Wo Road, Sha Tin for this activity.** Please refer to **Figure 2** for details. Participants are advised to travel to Sha Tin by public transport. For enquiries about public transport, please visit the following websites: Citybus ([www.citybus.com.hk](http://www.citybus.com.hk)); First Bus ([www.nwfbus.com.hk](http://www.nwfbus.com.hk)); KMB ([www.kmb.hk](http://www.kmb.hk)); Long Win Bus ([www.lwb.hk](http://www.lwb.hk)) and MTR ([www.mtr.com.hk](http://www.mtr.com.hk)).  
(ii) **It is expected that a large number of participants will arrive at the venue within a short period of time on the event day. Please allow sufficient time for getting to the venue to avoid being late.**  
(iii) For the special traffic arrangements, please visit the dedicated website of the 6th HKG ([www.hongkonggames.hk](http://www.hongkonggames.hk)) or the Transport Department ([www.td.gov.hk](http://www.td.gov.hk)).
10. **Facilities and Services**
  - a. **Baggage Storage Area** : (i) A Baggage Storage Area will be provided on the basketball courts in Yuen Wo Playground. Participants who need the storage service should first deposit their baggage in Yuen Wo Playground before proceeding to Sha Tin Sports Ground for marshalling by following the instructions of the staff. (Please refer to **Figure 3**.)  
(ii) As a large number of participants are expected to deposit their baggage on the event day, please arrive early at the Baggage Storage Area to avoid missing the start of the run. The Baggage Storage Area will be open at 7:15 a.m. and closed at 11:00 a.m.  
(iii) Participants are advised not to deposit valuable items. The Organiser will not be responsible for any loss or damage.  
(iv) For security purposes, baggage tags will be provided by the Organiser. Baggage bags will also be available for use by participants if necessary. Participants should pack their baggage securely and tie the baggage tag to it before depositing it in the designated baggage storage area.  
(v) Participants who do not need the baggage storage service may go to Sha Tin Sports Ground direct for marshalling.
  - b. **Toilets** : Toilets are available at Sha Tin Sports Ground. Toilets and mobile toilets are also available in Yuen Wo Playground. Participants should allow sufficient time to use the toilet before the start time as queues are expected.
  - c. **Water Stations** : Available at Sha Tin Sports Ground, the Hong Kong Sports Institute and Yuen Wo Road (near Sha Tin Rowing Centre).

- d. First Aid Stations** : Available at Sha Tin Sports Ground, the Hong Kong Sports Institute and along the route (totally 6 first aid stations).
- e. Physiotherapy Service** : Provided at Sha Tin Sports Ground by the Sports Medicine Team of the Chinese University of Hong Kong.
- f. Plastic Bottle Recycling** : Plastic bottle collection points are available in Sha Tin Sports Ground and Yuen Wo Playground. Participants should make good use of these collection points for the support of environmental protection.
- 11. Time Limit** : Participants completing the run within the time limit (45 minutes for 3 km Run and 90 minutes for 10 km Run) will receive a certificate and a souvenir medal. (Facilities at the finish and along the route will be closed at 10:00 a.m.)
- 12. Gifts** : Participants may collect gifts by presenting their number bib at the Gift Counter located at a soccer pitch of Yuen Wo Playground.
- 13. Other Prizes** : (i) Participants interested to compete for the following prizes may enrol in the competitions when collecting their number bib (i.e. from 2 to 6 January 2017):
- Champion, 1st Runner-up and 2nd Runner-up of the Most Creative Costume Prize**
- Prizes will be awarded to the top 3 individual participants who completed the run with the highest scores for their costume. The judging criteria include relevance to the theme of the HKG, creativity, colourfulness, helping to create a festive atmosphere, and the use of environment-friendly materials.
- Champion, 1st Runner-up and 2nd Runner-up of the Overall Best Team Costume Prize**
- The prize will be awarded to the top 3 teams who completed the run with the highest score for its team costume. Each team may consist of 2 or more persons, who can be members of a family or an organisation, or a group of friends. The judging criteria include relevance to the theme of the HKG, creativity, colourfulness, display of team spirit, and the use of environment-friendly materials.
- (ii) Participants competing for the above prizes shall **report to the Costume Prize Registration Counter at the Sha Tin Sports Ground for photo-taking between 7:30 a.m. and 8:30 a.m. on 8 January 2017** in order for the Organiser to arrange an assessment.
- (iii) A prize presentation ceremony will be held on the performance stage located at a soccer pitch of Yuen Wo Playground at **10:15 a.m. on 8 January 2017**. Participants competing for the above prizes should stay behind.
- 14. Points to Note** : (i) Participants should know whether they are physically fit to participate in the activity. If in doubt, they should consult a doctor before participation. Participants should also have sufficient practice and warm-up before the activity.
- (ii) On the event day, participants should pay attention to their personal conditions to see if they are physically fit for the activity. When feeling unwell during the activity, participants should seek help from nearby staff immediately.
- (iii) The number bibs and places are non-transferable, and no change of event category is allowed. Anyone in breach of these rules will be disqualified.
- (iv) Participants are not allowed to bring anyone who has not put on a valid number bib into the activity area. Anyone in breach of this rule will be asked to leave the activity area immediately.
- (v) No pets are allowed during the activity.
- (vi) No substances which are dangerous or may impede the progress of the activity (e.g. offensive weapons, inflammable or explosive substances) are allowed in the activity area. Anyone in breach of this rule will be asked to leave the activity area immediately.
- (vii) As the activity is held in the morning, participants should keep noise to a minimum to reduce the impact on nearby residents.
- (viii) To ensure the safety of participants, the staff of the Organiser will be deployed along the route to maintain order; participants shall follow the instructions given by them.
- (ix) To minimise the risk of accident, participants are strongly advised not to stop and take photos or video footage at the start, along the route and at the finish.
- (x) To avoid overcrowding and colliding with other arriving runners, participants are advised to leave the finish area as soon as possible after crossing the finish line. Families and friends of the participants are welcome to watch and cheer on the runners in the viewing areas located at the spectator stands on both sides of Sha Tin Sports Ground or at locations outside the activity area along the route. (Please refer to **Figure 4.**)
- (xi) Participants may take out their own personal insurance if necessary.
- (xii) Supplementary information about this activity will be provided on the dedicated website of the 6th HKG at [www.hongkonggames.hk](http://www.hongkonggames.hk).
- 15. Inclement Weather Arrangement** : (i) If Tropical Cyclone Warning Signal No. 3 or above, or Red or Black Rainstorm Warning Signal is in force or issued at 6:00 a.m. on the event day, the activity will be cancelled.
- (ii) If the weather deteriorates during the activity, the Organiser may suspend the activity in view of the circumstances. Participants should pay attention to the announcements on the spot.
- 16. Enquiries** : 2601 7671

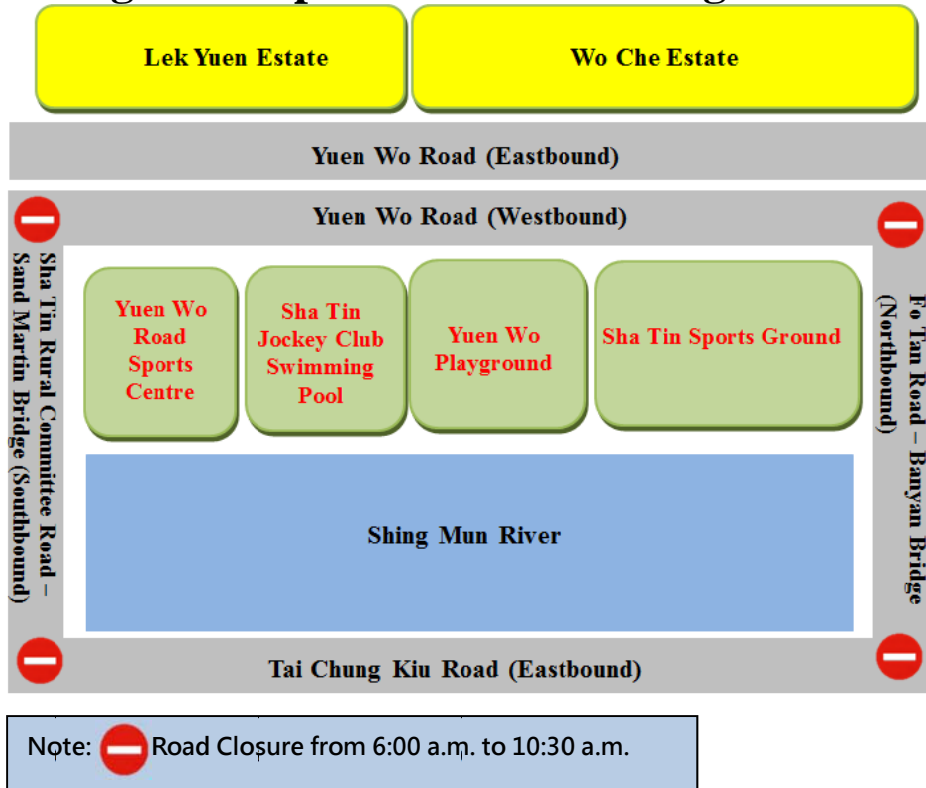
**The Organiser reserves the right to amend this Notes for Participants in the future.**

**Figure 1 to 4**

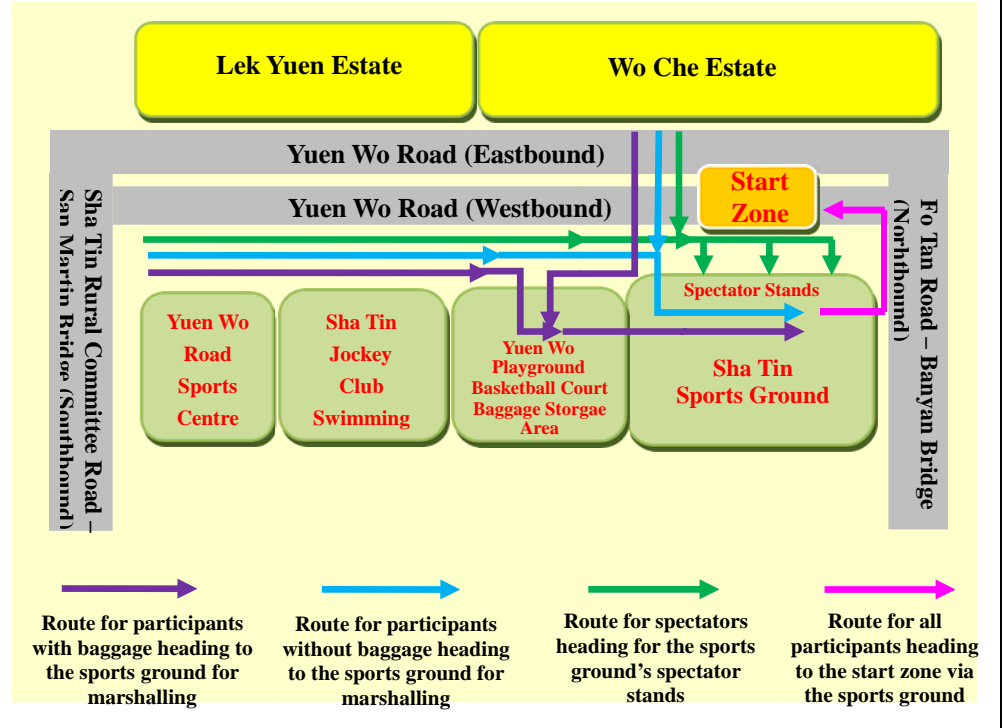
**Figure 1: Route Map**



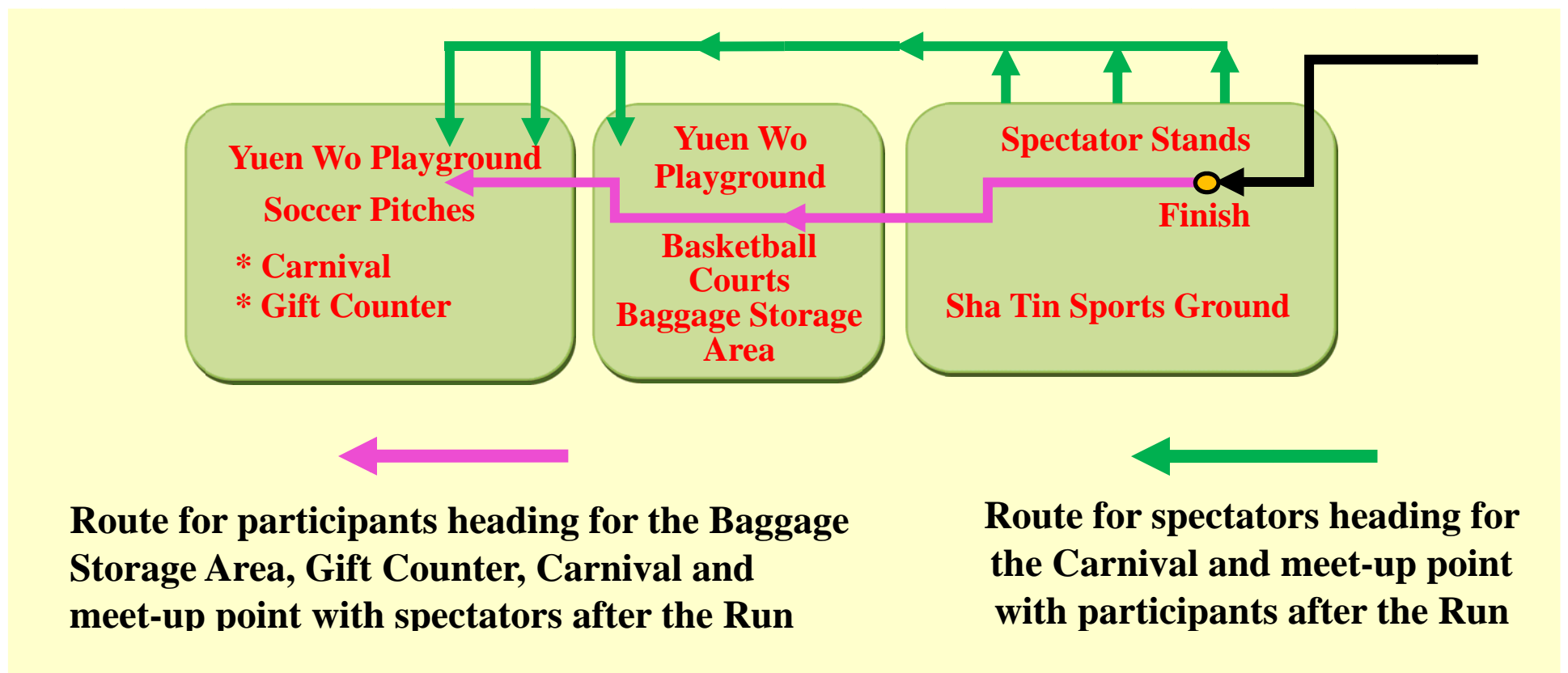
**Figure 2: Special Traffic Arrangements**



**Figure 3: Routes for Participants and Spectators**



**Figure 4: Routes for Participants heading for the Baggage Storage Area, Gift Counter and Carnival after the Run**



## Rundown and Location

		10 km Run	3 km Run
Before starting	Recommended arrival time at the basketball courts of Yuen Wo Playground if you have baggage	By 7:30 a.m.	By 8:00 a.m.
	Recommended arrival time at Sha Tin Sports Ground if you don't have baggage	By 8:10 a.m.	By 8:40 a.m.
	Location for Baggage Storage Area (Please refer to Item 10(a) "Baggage Storage Area" for details)	Basketball Courts of Yuen Wo Playground	
	Reporting time and location for competing of "The Most Creative Costume Prize" and "The Overall Best Team Costume Prize"	7:30 a.m. to 8:30 a.m. Designated Registration Counter at Sha Tin Sports Ground	
	Time and location for presenting "The Most Creative Costume Prize" and "The Overall Best Team Costume Prize" (Please refer to Item 13 "Other Prizes" for details.)	10:15 a.m. Soccer Pitch of Yuen Wo Playground	
At the start	Start	Yuen Wo Road (Participants should access the start zone via Sha Tin Sports Ground)	
	Marshal point	Sha Tin Sports Ground	
	Marshal time	8:10 a.m.	8:40 a.m.
	Start time	8:30 a.m.	9:00 a.m.
	Cut off time for starting	8:35 a.m.	9:05 a.m.
	Time limit (Please refer to Item 3 "Start time" for details.)	90 minutes	45 minutes
At the finish area	Finish	Sha Tin Sports Ground	
	Location for baggage collection	Basketball Courts of Yuen Wo Playground (Baggage Storage Area)	
	Closing time of Baggage Storage Area	11:00 a.m.	
	Carnival time	9:15 a.m. to 12:00 noon	

## Flow Chart for Participants

