Purpose:
Scheduled for 28 April to 2 June 2019, the inter-district sports competition of the 7th Hong Kong Games (HKG) will cover eight sports, namely athletics, badminton, basketball, futsal, swimming, table tennis, tennis and volleyball. A series of community participation programmes will also be organised to enable wider participation. The Jockey Club Vitality Run is one of these programmes and is suitable for people of different ages and abilities. All running fans and their families and friends are welcome to share the fun of running and show support for the HKG.

Date: 10 March 2019 (Sunday)

Suggested Arrival Time: 1 hour before the start times of the respective categories

Start Time: 10 km Run – 8:30 a.m.
About 3 km Run – 9:00 a.m.

Start: Yuen Wo Road (West Bound) near Sha Tin Sports Ground

Finish: Sha Tin Sports Ground

Programme Number	Category	Quota	Age of Participant
4051 2650	About 3 km Run	4 100	All are welcome
4051 2651	10 km Run	1 200	Aged 16 or above (as at the event day)

Enrolment Methods and Points to Note:
Enrolment starts at 8:30 a.m. on 10 January 2019 on a first-come-first-served basis through the following methods. Each person may enter a maximum of 4 participants each time (a maximum of 2 participants each time for online enrolment via the Leisure Link Internet Booking System).

(i) Enrolment in Person:
Applicants may bring along duly completed Enrolment Forms together with their valid identity documents (originals or copies) for enrolment at any District Leisure Services Offices of the Leisure and Cultural Services Department (LCSD) or any leisure venue with Leisure Link Services.

(ii) Online Enrolment via the Leisure Link Internet Booking System:
Applicants may enrol in the activities through the mobile Leisure Link e-Service System (http://leisurelink.lcsd.gov.hk) for enrolment.

(iii) Enrolment through Leisure Link Self-service Kiosk:
Applicants may enrol in the activities through a Leisure Link Self-service Kiosk.

Access to Prospectus and Enrolment Form:
The prospectus and Enrolment Form are available through the following channels:
(i) The dedicated website of the 7th HKG at www.hongkonggames.hk;
(ii) District Leisure Services Offices of the LCSD;
(iii) Leisure venues of the LCSD with Leisure Link Services; and
(iv) Sports grounds of the LCSD in various districts.

Fee:
Free of charge

Souvenirs:
Each participant will receive a souvenir T-shirt and other souvenirs. Participants completing the run within the time limits (i.e. 45 minutes for About 3 km Run and 90 minutes for 10 km Run) will also receive a certificate and a souvenir medal.

Other Prizes:
Participants interested to compete for the following prizes may enrol in the competitions when collecting their number bibs (i.e. from 3 to 8 March 2019):

Champion, 1st Runner-up and 2nd Runner-up of the Most Creative Costume Prize
Prizes will be awarded to the top 3 individual participants 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
Prizes will be awarded to the top 3 teams with the highest scores for their 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.

Other Activities:
There will also be stage performances, game booths, a family area, a photo corner, etc. on the event day. Participants and their friends and families are welcome to join on the spot.

Collection of Number Bibs:
Participants shall bring along with their **identity documents (originals or copies)** when collecting their number bibs from the following locations **from 3 to 8 March 2019**:
(i) The Arcade of the Kowloon Park (between Kowloon Park Sports Centre and Swimming Pool), 22 Austin Road, Tsim Sha Tsui, Kowloon from 9:00 a.m. to 5:00 p.m. on 3 March 2019 (Sunday); or
(ii) Audio-Visual Room, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories from 9:00 a.m. to 6:00 p.m. from 4 to 8 March 2019.
(Note: Participants are required to wear the number bibs on their chests before participating in the activity. They should ensure their number bibs are properly kept as no replacement bibs will be provided. No distribution/replacement of number bibs will be arranged on the event day.)

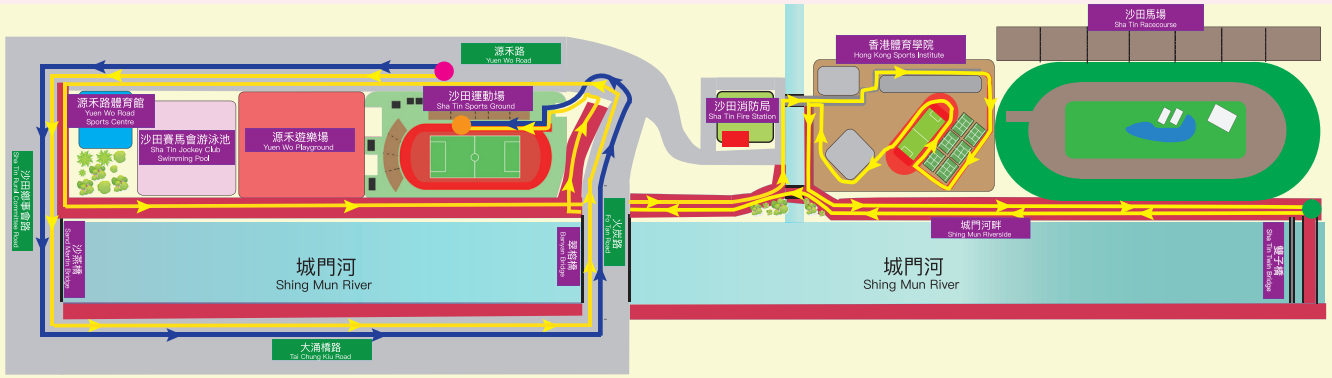
Clothing:
(i) Participants shall wear suitable sportswear and sports shoes, and bring their own sunscreen products, caps, raincoats, mosquito or insect repellent if necessary.
(ii) Participants shall not wear clothing with commercial or promotional elements. The Organiser has the right to forbid anyone who contravenes the rules from taking part in this activity.

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 enrolment and participation. Participants should also have sufficient practice and warm-up exercises 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 officials immediately.
(iii) Participants may take out their own personal insurance if necessary.
(iv) Supplementary information about this activity, including notes to participants and location map of the venue, will be provided through the dedicated website of the 7th HKG at www.hongkonggames.hk.

Inclement Weather Arrangements:
(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.

Enquiries: 2601 7671

The Organiser reserves the right to amend this prospectus in the future.



主辦 Organiser
體育委員會
Sports Commission

統籌 Co-ordinator
社區體育事務委員會
Community Sports Committee

協辦 Co-organisers
十八區區議會 18 District Councils
康樂及文化事務署 Leisure and Cultural Services Department
中國香港體育協會暨奧林匹克委員會 Sports Federation & Olympic Committee of Hong Kong, China
香港業餘田徑總會 Hong Kong Amateur Athletic Association
香港羽毛球總會 Hong Kong Badminton Association
香港籃球總會 Hong Kong Basketball Association
香港足球總會 Hong Kong Football Association
香港業餘游泳總會 Hong Kong Amateur Swimming Association
香港乒乓總會 Hong Kong Table Tennis Association
香港網球總會 Hong Kong Tennis Association
香港排球總會 Volleyball Association of Hong Kong, China

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【 報名表格 Enrolment Form 】

個人資料備註 Notes on Personal Data :

(1) 你提供的資料，只作報名、統計、日後聯絡、活動意見調查及宣傳主辦機構活動之用，並只限獲主辦機構授權人員方可查閱有關資料作前述目的之用。The information you have provided will only be used for the purposes of enrolment, compilation of statistics, future contact, opinion survey and promotion of activities organised by the Organiser. Only the staff authorised by the Organiser will be given access to the information for the aforesaid purposes.

(2) 如欲更正或查閱你在本表格上填寫的資料，請致電 2601 7671 與第七屆全港運動會籌備委員會秘書處職員聯絡。Please contact the staff of the Secretariat of the 7th Hong Kong Games Organising Committee at 2601 7671 if you wish to request correction of or access to the information provided in this form.

(3) 你必須在本表格內提供所需的個人資料。如你所提供的個人資料不足，申請恕不受理。The provision of your personal data in this form is obligatory. If you do not provide sufficient personal data, your application will not be accepted.

(一) **參加組別**（請在適當方格內加上「✓」號）**Category to be Entered** (Please put a "✓" in the appropriate box)

☐ 約3公里 About 3 km Run（活動編號 Programme number: 4051 2650）　☐ 10公里 10 km Run（活動編號 Programme number: 4051 2651）

(二) **參加者資料**（請以**正楷**填寫英文字母。每人每次最多可填報4名參加者）**Personal Data of Participant(s)** (Please use **BLOCK LETTERS** for English. Each person may enter a maximum of 4 participants each time.)

	姓名 Name	性別 Sex	出生日期 Date of Birth (dd/mm/yyyy)	身份證明文件號碼 Identity Document No.	*緊急聯絡人姓名及電話號碼 *Name and Telephone No. of Person for Emergency Contact	參加者 / 家長 / 監護人聲明簽署 Signature of Participant/ Parent/Guardian for the Declaration
1.						
2.						
3.						
4.						

*在填報緊急聯絡人姓名及電話號碼前，請考慮應否先徵得其同意。Please consider whether prior consent of the person for emergency contact should be obtained before entering his/her name and telephone number.

(三) **聲明 Declaration**

請於上述表格「**參加者 / 家長 / 監護人聲明簽署**」一欄簽署以表示同意以下聲明，未滿18歲的參加者必須由家長或年滿18歲的監護人簽署本聲明。Please sign in the "**Signature of Participant/Parent/Guardian for the Declaration**" column above to confirm the declaration below. For a participant aged under 18, his/her parent or guardian (aged 18 or above) must sign this declaration.

(1) 本人 / 上述填報的參加者願意遵守上述活動的一切規則。I/The participant above agree to comply with all the rules of the above activity.

(2) 本人 / 上述填報的參加者健康及體能良好，適宜參加上述活動。I/The participant above am/is healthy and physically fit to participate in the above activity.

(四) 聯絡人資料 Personal Data of Contact Person

姓名 Name:_____ 性別 Sex:_____ 傳真號碼 Fax No.:_____ 電郵地址 Email Address:_____ 聯絡電話 Contact Telephone No.:_____

(手提電話 Mobile:)_____ 住址 Residential Address: _____

目的：

第七屆全港運動會的區際體育比賽將於2019年4月28日至6月2日期間舉行，設有八項體育比賽，包括田徑、羽毛球、籃球、五人足球、游泳、乒乓球、網球及排球，亦會舉辦一連串的社區參與活動，讓全港市民參加。「賽馬會全城躍動活力跑」是其中一項適合不同年齡及能力人士參加的活動，歡迎有興趣的市民與親友一同參加，分享跑步的樂趣，並以行動支持全港運動會。

日期：2019年3月10日(星期日)

建議到達時間：按所屬組別起跑時間前1小時到達

起跑時間：10公里組別–上午8時30分
約3公里組別–上午9時正

起點：源禾路(西行)近沙田運動場

終點：沙田運動場

活動編號	組別	名額	年齡
4051 2650	約3公里	4 100	年齡不限
4051 2651	10公里	1 200	16歲或以上(以活動日計算)

報名方法及須知：

市民可於2019年1月10日上午8時30分起，透過以下途徑，以先到先得方式報名參加，每人每次最多可填報4名參加者(康體通網上報名每次最多2名參加者)：

(i) 親臨報名:
申請人可帶同填妥的報名表格及有效的身份證明文件(正本或副本)，到康樂及文化事務署任何分區康樂事務辦事處或設有康體通服務的康體場地辦理報名手續。

(ii) 康體通網上報名:
申請人可透過康體通預訂流動版或登入康體通網頁(http://leisurelink.lcsd.gov.hk)報名。

(iii)康體通自助服務站報名:
申請人可使用康體通自助服務站報名。

索取章程和報名表格：

市民可透過下列方式索取章程和報名表格：

(i) 第七屆全港運動會專題網頁(www.hongkonggames.hk)下載；或

(ii) 康文署轄下各區康樂事務辦事處；或

(iii)康文署任何設有康體通服務的康體場地；或

(iv)康文署轄下各區運動場

費用：全免

紀念品：

每名參加者可獲紀念T恤及禮品；而於限定時間內(約3公里為45分鐘；10公里為90分鐘)跑畢全程的參加者，另可獲證書及紀念獎牌。

其他獎項：

有興趣競逐以下獎項的參加者，可於領取號碼布時(即2019年3月3日至8日)報名參加：

「最出位扮相大獎冠、亞、季軍」

獎項將頒予全場扮相獲得評分最高的首3名個人參加者。評分標準包括配合全港運動會主題、具創意及色彩、增加熱鬧氣氛及使用環保素材。

「全場最佳團隊服裝獎冠、亞、季軍」

獎項將頒予全場團隊服裝獲得評分最高的首3隊隊伍。每個隊伍可由2人或以上組成，以家庭或團體名義參加。評分標準包括配合全港運動會主題、具創意及色彩、表現團隊合作精神及使用環保素材。

其他活動：

活動當日另設有舞台表演、攤位遊戲、親子樂園、拍照區等，歡迎參加者及其親友即場參加。

領取號碼布：

參加者必須於**2019年3月3日至8日**，攜同**身份證明文件(正本或副本)**到下列地點領取號碼布：

(i) 2019年3月3日(星期日)上午9時至下午5時於九龍尖沙咀柯士甸道22號九龍公園拱廊(九龍公園體育館及游泳池中間位置)；或

(ii) 2019年3月4日至8日上午9時至下午6時於新界沙田排頭街1至3號康樂及文化事務署總部一樓規聽室

【註：參加者必須將號碼布扣於胸前，方能參加活動。請妥善保管號碼布，若有遺失，一概不獲補發。活動當日將不會安排派發 / 補發號碼布。】

服裝：

(i) 參加者須穿著合適的運動服裝和運動鞋，並自備防曬用品、帽子、雨衣、驅蚊或防蟲藥等。

(ii) 參加者不得穿著帶有商業或宣傳成份的服裝。主辦機構有權終止任何違規人士參加本活動。

注意事項：

(i) 參加者應了解自己的身體狀況是否適合參與活動。如有疑問，請於報名前及參與前先行諮詢醫生意見，並應於活動開始前進行充足的練習及熱身準備，以應付有關活動。

(ii) 參加者於活動當日須自行留意個人身體狀況是否適合參與活動。參加者於活動期間如有不適，請立即向附近的工作人員求助。

(iii)參加者須視乎需要，自行購買個人保險。

(iv)有關活動補充資料，包括參加者須知、場地位置圖等，將於第七屆全港運動會專題網頁內公布(www.hongkonggames.hk)。

惡劣天氣安排：

(i) 在活動當日上午6時，如天文台已發出三號或以上熱帶氣旋警告或紅色或黑色暴雨警告信號，該活動即告取消。

(ii) 如活動進行中遇上惡劣天氣，主辦機構會因應情況暫停活動進行，參加者必須留意主辦機構現場宣布。

查詢電話：2601 7671

(主辦機構保留日後修改本章程的權利)