



與水同行環山跑 2021 Macao Water Run 章程 TERMS and REGULATIONS

日期 Date	時間 Time	地點 Start point
2021.11.28 (星期日 Sunday)	08:30-12:30	澳門路環黑沙水庫郊野公園 Hac-Sa Reservoir Country Park

活動宗旨 About us

透過負重路跑體驗缺水地區兒童每天走數公里路取水的艱辛，也為加強本澳市民珍惜得來不易的水資源的意識。參加者需背著負重的水樽環繞路環步行徑作賽，藉此體驗缺水居民長途跋涉尋找水源之困難，用行動去響應珍惜食水，藉由“了解、行動、分享”呼籲所有人共同關懷缺水地區弱勢市民的困境，應當更加珍惜水資源，提倡及教育下一代節約用水的習慣。

Macao Water Run aims at arousing public awareness of the importance of water conservation and improving the quality of life for people in China who have difficulties in accessing clean water. Participants carry bottled water to run through hilly trails, to experience the hardship and difficulties of travelling long distances in bringing water back home. We act and educate younger generation to save water in daily lives and how to achieve environmental sustainability.

活動內容 IT' S A PHYSICAL CHALLENGE RACE!

參加者須以背水方式在限時內完成挑戰，負重水樽由大會提供。

Participants are required to carry a respective amount of bottled water to run through the 3KM or 10KM trail within a limited period of time. Bottled water and backpacks will be provided by the Organizer.

報名方式 REGISTRATIONS

網上報名 Registration	www.macaowaterrun.com
提交地點Registration form submission	澳門特殊奧運會辦事處 Macau Special Olympics Office - 澳門黑沙環第六街合時工業大廈3樓R.6 Areia Preta Ed Indl Hap Si 3° 247 Fitness Macau - 澳門氹仔廣東大馬路星皓廣場地下 G01 號舖 Shop No. G01 on G/F, NOVA Mall, Avenida de Kwong Tung, Taipa, Macau
截止日期 Registration closes	2021.10.15 at 23:59
報名費用 Registration Fee	<ul style="list-style-type: none"> ● 澳門幣 300 元/位 Mop300/person (參加 3 公里親子組之小童免費 Kid is free in 3KM Family Race) ● 澳門幣 800 元/位 Mop800/person (即可擁有印上獨一無二印字跑步背心乙件，名字只限英文、數字及標點符號，連同空格最多 10 個字元 Awarded with a limited edition of a running vest, with a printed personalized 10 letters of initials)

~報名費用及捐款將會用於貧困地區公益慈善，包括開展各項助學扶貧及有關水資源等工作計劃。

Registration fee and any other fund raised in the event will be donated to poverty areas for charity, for educational and poverty aids and water resources work plans.

***報名表一經遞交，即視為同意本章程及所有規則。

Your full acceptance of this Terms and Regulations is deemed on the submission of registration.



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Sincere Simple Diligent Association
Associação de Sincera Simples e Diligência

參賽組別 CATEGORIES

MACAO
WATER RUN

10 公里挑戰組 10KM Challenge Race – individual	
路線 Routes	路環步行徑 + 九澳高頂家樂徑 + 黑沙水庫家樂徑 Coloane Fitness Trail + Ka-Ho Height Family Trail + Hac-Sa Reservoir Family Trail
距離 Distance	約 10 公里 Around 10KM
起步時間 Start Time	09:00A.M.
時限 Time Limit	2 小時 2 hours
負重重量 Loading	4.6 公升(litres)樽裝水
名額 Admission	500 人/PP
挑戰獎項 Awards	男、女子組各首 5 名可獲獎 First 5 runners in men and women will be awarded
參加者年齡 Age	16 歲至 65 歲 16-65 *未滿 18 歲須經家長簽署家長同意書 Participants aged below 18 is required to get his/her parent/guardian's approval

	3 公里體驗組 3KM Fun Race	3 公里親子組 3KM Family Race
路線 Routes	黑沙水庫家樂徑 Hac-Sa Reservoir Family Trail	
距離 Distance	約 3 公里 Around 3KM	
起步時間 Start Time	上午 9 時 15 分 09:15A.M.	
時限 Time Limit	1 小時 1 hour	
負重重量 Loading	4.6 公升(litres)樽裝水	成人 Adults : 1.5 公升(litres)x2 樽裝水 小童 Kids : 570 毫升(ml)x2 樽裝水
名額 Admission	200 人/PP	50 組/groups
挑戰獎項 Awards	不設獎項 No ranking	
參加者年齡 Age	12 歲至 65 歲 12-65 *未滿 18 歲須經家長簽署家長同意書 *aged below 18 is required to get his/her parent/guardian's approval	成人 Adults : 18 歲至 65 歲 18-65 小童 Kids : 4 歲至 12 歲 4-12 *最多兩名成人及一名小童參加 *1 kid can go with 1 or 2 adults for the race

**所有參加者在限時內完成賽事，均獲紀念獎牌一枚，以茲鼓勵。

**Souvenir medals will be given to participants who have completed the race within the given period of time.

得獎者禮品 PRIZE! (只適用於男、女子組挑戰組 For 10KM Challenge Race)

名次 Standing	獎品 Prize
第一名 1 st	中銀紀念金產品 BOC commemorative gold series + lululemon 產品體驗 Product Experience
第二名 2 nd	中銀紀念金產品 BOC commemorative gold series + iPERMOVE 筋膜放鬆機 portable physical therapist
第三名 3 rd	中銀紀念金產品 BOC commemorative gold series
第四名 4 th	澳門幣 1,000 元超市禮券 MOP1,000 supermarket coupon
第五名 5 th	澳門幣 800 元超市禮券 MOP 800 supermarket coupon



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**MACAO
WATER RUN**

領取跑手包 RACE PACK

日期 Date	時間 Time	地點 Start point
2021.11.18 (星期四 Thursday)	10:00-17:30	澳門特殊奧運會辦事處 Macau Special Olympics Office
2021.11.19 (星期五 Friday)	10:00-17:30	- 澳門黑沙環第六街合時工業大廈3樓R.6 Area Preta Ed Indl
2021.11.20 (星期六 Saturday)	09:30-18:00	Hap Si 3°

注意事項 IMPORTANT!

晶片計時 No bib, no timing (只適用於男、女子組挑戰組 For 10KM Challenge Race)

- ✧ 本次活動以晶片計時，參加者必須經過設於起點、檢查站及終點線之計時地氈；敬請參加者小心保管號碼布及晶片，切勿摺曲晶片，遺失恕不補發；
- ✧ Participants must pass through all the designated checkpoints and required to cross the timing mats located at the start point, finish point and other timing locations. Participants are requested to keep the number bib and chip carefully; the organizer has the right of not re-issuing new bib to replace the damaged one.
- ✧ 參加者必須把號碼布扣在衣服正面當眼處，如錯誤佩戴、損毀晶片或未有經過計時地氈，大會將無法提供該參加者之比賽時間；參加者不得轉讓其參賽名額、號碼布及計時晶片；一經證實，其參賽資格將被取消。
- ✧ Participants must bring and display the race bib (with timing chip) clearly visible on chest during the race and it is non-transferrable. In case of any improper use of bib, the organizer will not be responsible for any failure of timing record and he/she may get disqualified.

行李寄存 Baggage drop

- ✧ 參加者必須攜帶及使用大會提供之行李牌於現場的行李寄存處辦理寄存手續，完成比賽後須憑號碼布認領行李；請勿於行李中存放貴重物品，寄存期間如有遺失或損失，大會一概不會負責。
- ✧ Participants are only allowed to drop the belongings at the baggage drop counter by using the official baggage tag. No bag can be retrieved without the presentation of the race bib. And the organizer is not liable to any damage and loss of the baggage.

參加者須知

- ✧ 大會有權利取消任何觸犯、違反或不遵守任何大會章程及所有規則人士的參賽資格及成績。被取消資格的參賽者之報名費及捐款，將不獲退還。
- ✧ The Organizer reserves the right to cancel the qualifications and results of those who have violated or disobeyed any event rules. The fee for the disqualified contestant will not be refunded.
- ✧ 現場之水站均不會提供即棄水杯，參加者需自備水樽。
- ✧ No paper cup is given at the water station. Participants are required to bring their own water bottles.
- ✧ 活動為慈善性質，非比賽項目。請參加者注意身體狀況，量力而為。
- ✧ Participants should understand the potential risks involved in taking part in the event and acknowledge the degree of fitness required. Participants should ensure that they are physically fit to finish the race.
- ✧ 大會已為確認報名之參加者於活動當天在指定活動路線範圍內的投保公眾責任及團體意外保險，但參加者在任何情況下引致他人受傷則不在保障範圍內。參加者須自行承擔在活動期間之所有風險，亦可按需要自行購買其他適合的保險。
- ✧ Group Public Accident insurance at the designated routes is covered by the Organizer. This does not include personal accident insurance. It is required for all participants to follow the routes to complete the races and we recommend all participants to purchase your own personal accident insurance and other relevant insurances.



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- ✧ 活動前如遇颱風、集會遊行等不可抗力之天災或人為因素、或由特區政府宣布傳染病擴散事宜，由大會將以參加者安全為考量，有權決定是否取消、改期、改用其他替代活動場地、替代路線、延長、縮短路線及其他辦理方式，參賽選手不得有異議；若因故取消活動，報名費及捐款將不獲退還，全數撥作慈善用途。
- ✧ If the event is cancelled, or any changes due to adverse weather or other unforeseen condition or due to any measurements imposed by Macao S.A.R. related to the epidemic outbreak, all of the registration fees and donation proceeds will be donated to the charity parties and will not be refunded.
- ✧ 敬請留意活動網站及 Facebook 專頁的公佈。
- ✧ Participants are required to stay tuned on the official website and Facebook page for announcement.

聲明 DECLARATIONS

- ✧ 參加者有權根據第 8/2005 號法律《個人資料保護法》第 11 條規定申請查閱、更正或更新其存放於本會的上述資料；而是次所收集的個人資料將會絕對保密，並僅供本次活動報名及聯絡之用；
- ✧ According to the bylaw 8/2005, #11. All of the participants' information is confidential and is for registration only.
- ✧ 大會將保留使用參加者的肖像作為日後活動宣傳之用的權利；
- ✧ By registering, participants has read and understood all the terms and regulations. Organizer is granted the right to use photographs, sounds, video or any record of the event for further promotional purpose.
- ✧ 本會將保留是次活動的一切有關事項之最終決定權。
- ✧ The Organizer reserves the right to revise all of the above terms and conditions at any time without further notice. In case of any dispute the decision of the Organizer should be final.
- ✧ 本人同意而經是次活動收集及處理的個人資料，將視乎具體需要，有關資料可能被轉移予中國內地或香港使用，該等機關或實體在處理有關個人資料時，亦需符合相關法律的規定。本人明白，除澳門以外，該地域可能沒有與澳門《個人資料(私隱)條例》相同或類似的資料保障法律。
- ✧ I also hereby agree that, for the purpose of execution of the program: Macao Water Run may further disclose and transfer the Personal Data to its permitted and legal transaction parties situated in China or Hong Kong can access, process, use and/or hold the Personal Data accordingly. I understand that, apart from Macao, there may not be the data protection laws in the said regions which are substantially similar to, or serve the same purposes as, the Personal Data (Privacy) Ordinance.

查詢 ENQUIRIES

誠樸勤集 Secretariat of Sincere Simple Diligent Association

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“與水同行” 活動網站
“Macao Water Run” website



“與水同行” Facebook 專頁
“Macao Water Run” Facebook



誠樸勤集 Facebook 專頁
SSDA Facebook