

首席合作夥伴
Lead Partner



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unicef 

RUN 2023
for every child



15 公里賽
km Run

10 公里賽
km Run

5 公里賽
km Run

3 公里賽
km Fun Run
(少年 Youth / 親子 Family)

活動日期 Event date

5.11.2023

跑手須知 Runner's Guide

謝謝您！

給予每一名兒童生命美好的開始

unicef
RUN 2023
for every child

從生命開始的一刻起，健康和福祉在人生每個階段都同樣重要。

UNICEF旨在確保人人活得健康，同時避免因可預防疾病和早逝所帶來的不必要苦痛。



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攜手為兒童創造美好的未來

設立您的個人籌款專頁，邀請家人和朋友一同支持受情緒影響的兒童

聯兒跑在2023年以全新面貌回歸，聚焦推動聯合國可持續發展目標（SDG）3：良好健康與福祉，呼籲各位朋友與UNICEF HK攜手關注下一代的身心健康。聯兒跑的捐款收益將投放於全球兒童健康、營養、教育、食水、個人及環境衛生，以及其他與兒童權利相關的工作之中。



您每籌集港幣19元，即可提供高營養餅乾，為營養不良的兒童補充營養及維持生命。



您每籌集港幣410元，即可提供240劑小兒麻痺症疫苗，預防兒童感染這種具高度傳染性且無法治癒的病毒。



您每籌集港幣1,100元，即可為90多名兒童提供1個康樂百寶盒，在緊急情況和衝突時期，遊戲對孩子身心發展起關鍵作用。

活動日時間表

活動日期

2023年11月5日（星期日）

集合、起步、終點及頒獎典禮地點

香港迪士尼樂園旅遊巴士停車場（距離迪士尼港鐵站約3分鐘路程）

賽事	10 公里 挑戰賽	10 公里賽	15 公里賽	5 公里賽	3 公里賽 (少年)	3 公里賽 (親子)
集合及行李寄存時間	上午 5:00 至 5:35	上午 5:10 至 5:45	上午 6:05 至 6:40	上午 6:25 至 7:00	上午 6:45 至 7:20	上午 7:00 至 7:35
起步時間	上午 6:00	上午 6:10	上午 7:05	上午 7:25	上午 7:46	上午 8:01
時限	1小時30分鐘		2小時	45分鐘	40分鐘	
頒獎時間	上午 7:25		上午 9:00	上午 8:20	上午 8:40	-
頒獎典禮	活動頒獎典禮將於上午9:00舉行					
活動結束時間	上午 10:00					

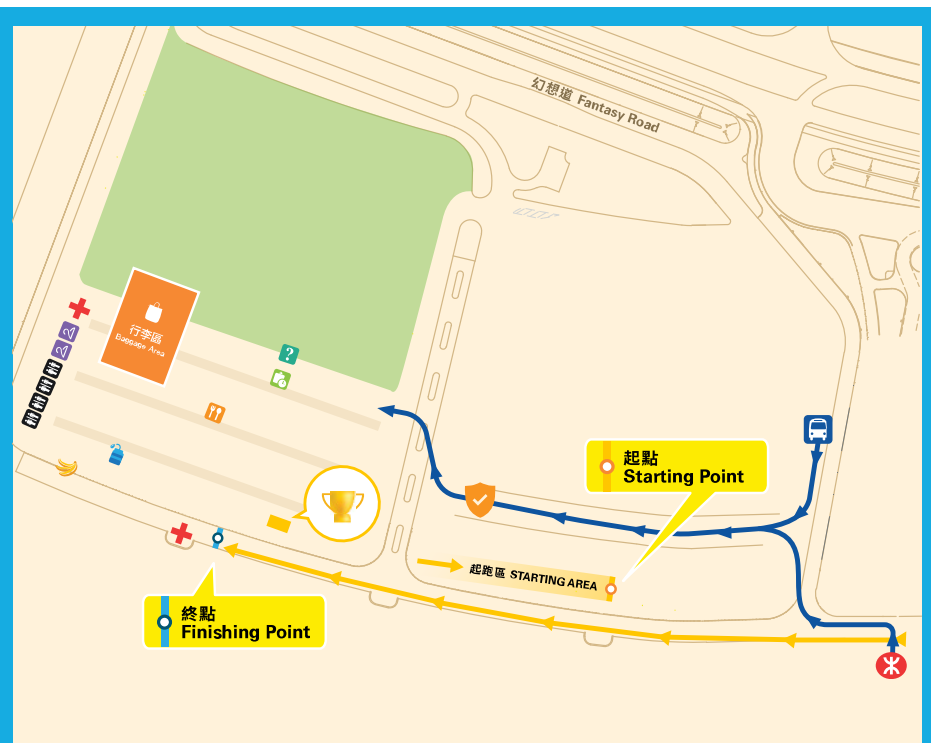
重要事項

1. 今年集合地點將移師至香港迪士尼樂園旅遊巴士停車場，請留意在場義工的指示。
2. 凡於時限內跑畢賽事之參加者，均可獲紀念獎牌乙個。
3. 為減少塑膠消耗，起點及終點均不會派發樽裝水。會場內將會設置自助水站，供參加者自行斟水。本會鼓勵參加者自備水樽，支持環保。如有需要，參加者可借用環保杯一隻，用後請歸還於指定收集箱。
4. 義工將協助於起點及終點設置8個回收站，分別收集膠樽、鋁罐及蕉皮。記緊飲清才回收，乾淨回收非常重要！
5. 盡量使用公共交通工具，減少碳排放。
6. 活動完結時，自己垃圾自己帶走，或妥善棄置於垃圾箱。



自助水站

起點/終點位置圖



圖示 Legend



➡ 所有參加者由迪士尼港鐵站或特別巴士落車處前往會場

➡ 所有參加者路線

⚠ 重要事項

- 由於賽道狹窄，為確保各參加者之安全，賽道沿途將有工作人員維持秩序，參加者必須遵從工作人員的指示。
- 為確保沿途交通能在指定時間內恢復，本會將在沿途設立檢查點，如任何參加者於指定時間內仍未抵達指定檢查點，工作人員將終止該參加者繼續進行比賽。參加者必須遵照工作人員指示，並登上本會安排的接駁巴士，返回終點。有關檢查點的位置及截止比賽時間，請細閱第7頁和第8頁之「時間限制」欄。本會保留拒絕不遵從工作人員指示的參加者將來參加聯合國兒童基金會慈善跑各項比賽之權利。
- 為確保緊急車輛能迅速前往事故現場，於活動進行期間，參加者請勿進入緊急車輛通道，以及務必遵守工作人員指示。

行李標籤

活動設行李寄存服務，參加者必須攜帶及使用本會提供之行李標籤，並於起點附近的行李區辦理寄存手續。活動結束後，參加者須憑號碼布認領行李（活動當日將不會另行派發或補發行李標籤）。

工作人員會於已領回行李的參加者號碼布上劃上記號。



注意

行李區為露天位置，請勿寄存貴重物品。私人物品如銀包、手提電話、相機等應隨身攜帶或避免帶往會場。如有任何財物損失，本會恕不負責。

必須攜帶之物品

所有參加者必須於活動當日攜帶以下物品，當日現場不會另行派發或補發：

1. 號碼布（附計時晶片）及扣針

請核對號碼布上之個人資料，如有錯誤，請於2023年10月31日（星期二）或以前致電(852) 2833 6139與本會聯絡。

2. 行李標籤

3. 自備水樽或飲水容器

設於賽事中心（起點/終點）的水站將不會提供紙杯。參加者請自備水樽，支持環保。

注意

號碼布（附計時晶片）不得轉讓他人，如有發現違規情況，將會取消其參賽資格

● 號碼布（附計時晶片）

- 活動當日，所有參加者必須將號碼布（附計時晶片）扣於胸前位置，以便工作人員辨認，否則本會有權取消其參加資格。
- 若參加者的實際起跑時間與報名時的賽事組別不符、或沒有按照該賽事組別指定之開跑時間起跑，其參加資格將被取消及不獲發完成證書。
- 工作人員有權禁止未有戴上聯合國兒童基金會聯兒跑2023之有效號碼布的人士參與活動。

參加者必須佩戴附有計時晶片的號碼布參加比賽，並踏上設於起點、分段及終點的計時感應地蓆，否則本會將會因為未能紀錄參加者的比賽時間而不發出完成證書。如因錯誤佩戴號碼布（附計時晶片）而導致成績紀錄失誤，本會將不會負責。



注意

如沒有佩戴號碼布（附計時晶片），本會將不能提供參加者之比賽時間

正確使用號碼布（附計時晶片）的方法：

- 參加者可利用本會提供的四個扣針，將號碼布的四個角緊扣於胸前，跑手號碼不應有任何遮擋。
- 請勿摺疊號碼布或計時晶片。
- 參加者必須踏上／經過設於起點線、終點線及大會指定分段計時地點之計時感應地蓆／感應器。
- 如錯誤佩戴、蓄意損毀晶片或未有踏上／經過計時感應地蓆／感應器，本會有可能無法提供該參加者之比賽時間。



號碼布正面



號碼布背面



注意

為協助本會及救護人員在緊急情況下聯絡參加者之家屬或親友，請用防水筆於號碼布背面填寫個人資料（參加者姓名、緊急聯絡人姓名及電話號碼）



● 路線圖

起點、終點及沿途設有以下設施：



15 公里賽

賽道注意事項：

1. 參加者在進入迪欣湖活動中心範圍後（6公里），須於園內圍繞15個圈再離開迪欣湖活動中心繼續餘下賽程。
2. 於海鳴路13公里之轉彎位，賽道較為狹窄，參加者請盡量避免碰撞，免生意外。
3. 參加者於限時完成賽事並抵達終點後，請留意現場指示領取15公里專屬紀念獎牌。

時間限制：

1. 比賽時限為**2小時**。
2. 比賽在不同的檢查點設有時間限制，如參加者未能於下列沿途指定賽道關閉時間到達指定檢查點，參加者必須遵照工作人員的指示登上本會安排的車輛返回終點。

檢查點	賽道關閉時間
12.4公里 - 海鳴路	上午8:45



因參加人數眾多，故抵達終點後，請勿逗留於該處，以免造成堵塞。

10 公里賽

賽道注意事項：

1. 於海鳴路7.6公里之轉彎位，賽道較為狹窄，參加者請盡量避免碰撞，免生意外。
2. 賽道上最高及最低點落差約30米。
3. 參加者於限時內完成賽事並抵達終點後，請留意現場指示領取10公里專屬紀念獎牌。

時間限制：

1. 比賽時限為**1小時30分鐘**。
2. 比賽在不同的檢查點設有時間限制，如參加者未能於下列沿途指定賽道關閉時間到達指定檢查點，參加者必須遵照工作人員的指示登上本會安排的車輛返回終點。

檢查點	賽道關閉時間
7.4公里 - 海鳴路	上午7:17



因參加人數眾多，故抵達終點後，請勿逗留於該處，以免造成堵塞。

5 公里賽

賽道注意事項：

於2公里之轉彎位，賽道較為狹窄，參加者請盡量避免碰撞，免生意外。

時間限制：

1. 比賽的時限為**45分鐘**。
2. 比賽在不同的檢查點設有時間限制，如參加者未能於下列沿途指定賽道關閉時間到達指定檢查點，參加者必須於遵照工作人員的指示登上本會安排的車輛返回終點。

3 公里賽 少年/親子

賽道注意事項：

請於活動當日照顧同行小朋友的安全。

時間限制：

1. 比賽的時限為**40分鐘**。
2. 比賽在不同的檢查點設有時間限制，如參加者未能於下列沿途指定賽道關閉時間到達指定檢查點，參加者必須於遵照工作人員的指示登上本會安排的車輛返回終點。

成績公佈

本會將在活動完畢後，把得獎名單張貼於詢問處旁之公佈版上。所有參加者可於2023年11月27日（星期一）起登入活動網址<http://run.unicef.org.hk>（成績公佈專頁）查閱個人成績及時間。

緊急車輛通道

為確保緊急車輛能迅速前往事故現場，於活動進行期間，參加者請勿進入緊急車輛通道及請遵守工作人員指示。

距離指示及方向指示

賽道上每公里均會設置距離指示牌，最後1公里亦設有倒數餘下路程的指示牌。本會將安排領航單車於前方指示領先參加者正確的方向，沿途亦有工作人員及路牌指示路線的方向。

飲用水、運動飲品及水果

- 為減少塑膠消耗，起點及終點均不會派發樽裝水。會場內將會設置自助水站，供參加者自行斟水。本會鼓勵參加者自備水樽，支持環保。如有需要，參加者可借用環保杯一隻，用後請歸還於指定收集箱。
- 賽道每相隔約3公里位置，均設有水站供所有參加者使用。
- 工作人員將於終點派發香蕉(每人限取一份，派完即止)。

「聯合國兒童基金會慈善跑2023」 完賽紀念獎牌

凡於時限內完成賽事的跑手可分別獲得紀念獎牌乙個。請留意現場指示領取紀念獎牌。



交通安排

活動當日會場內不設停泊車位，而迪欣湖活動中心停車場將會暫停開放；北大嶼山包括香港迪士尼樂園度假區及欣澳一帶的道路將會暫時封閉或改道。各參加者須乘搭公共交通工具或特別巴士前往會場。

1. 港鐵列車服務

港鐵東涌綫及迪士尼綫列車於活動當日之服務詳情如下
(港鐵其他路綫的列車將不會提早提供服務)：

路綫	開出	開出時間	到達	到達時間
東涌綫	香港站	上午4:50	欣澳站	上午5:10
	東涌站	上午5:05	欣澳站	上午5:11
迪士尼綫	欣澳站	上午5:15	迪士尼站	上午5:19

東涌綫列車往來服務將維持約15分鐘一班，直至早上6時許列車服務將恢復正常；而由早上5:15至中午12時期間，迪士尼綫列車往來服務將由10分鐘加密至5分鐘一班。

2. 特別巴士服務

本會將於活動當日安排特別巴士服務，並於以下地點接載參加者前往會場。所有10公里賽參加者需乘搭首班車(編號a)，所有15公里及5公里賽參加者需乘搭第二班車(編號b)，5公里賽及3公里賽參加者則可乘搭尾班車(編號c)。特別巴士服務將劃一收費港幣40元。如需加購特別巴士服務，可在領取跑手包時(10月20-22日)以八達通付款購買。已購車票的參加者請帶同車票於巴士開出時間前候車，逾時不候。

班次編號	開出時間 (上午)	接載地點
1a / 1b / 1c	4:30 / 5:15 / 6:00	沙田白鶴汀街近帝都酒店(近旗桿)
2a / 2b / 2c	4:30 / 5:15 / 6:00	屯門港鐵站公共交通匯處(近城巴B3M號線站)
3a / 3b / 3c	4:25 / 5:10 / 5:55	北角英皇道樂嘉中心外(城巴A12號線站)
4a / 4b / 4c	4:15 / 5:00 / 5:45	香港仔巴士總站
5a / 5b / 5c	4:30 / 5:15 / 6:00	灣仔內告士打道六國酒店外
6a / 6b / 6c	4:15 / 5:00 / 5:45	觀塘觀塘道美亞工業大廈外(城巴A29號線站)
7a / 7b / 7c	4:35 / 5:20 / 6:05	旺角新填地街香港康得思酒店對面
8a / 8b / 8c	4:15 / 5:00 / 5:45	大埔安慈路翠屏花園外
9a / 9b / 9c	4:05 / 4:50 / 5:35	將軍澳港鐵站公共交通匯處(城巴628號線站)

接載地點地圖請瀏覽：<https://run.unicef.org.hk/zh/special-transportation-arrangement>

活動完結後，跑手可於會場乘搭城巴R11返回市區或新界。

R11服務時間由上午7時30分至10時正，途經太子、旺角、油麻地、佐敦、紅磡站、灣仔、銅鑼灣和炮台山，終點站為北角碼頭。

欲知詳情，請致電城巴客戶服務熱線2136 8888或瀏覽網站：www.citybus.com.hk

獎項

1. 賽事獎項				
賽事	15公里賽	10公里賽 挑戰賽	5公里賽	3公里賽 少年
締造紀錄	50,000「亞洲萬里通」里數		不適用	不適用
男子及女子 全場總冠軍	75,000「亞洲萬里通」里數		40,000 「亞洲萬里通」里數	不適用
冠軍 (每組)	• 15,000「亞洲萬里通」里數 • 精工手錶1隻		15,000 「亞洲萬里通」里數	香港迪士尼樂園 「1日門票」2張
亞軍 (每組)	迪士尼好萊塢酒店標準客房住宿1晚		10,000 「亞洲萬里通」里數	• 零錢包 • 戶外防曬冰袖1對
季軍 (每組)	香港迪士尼樂園「1日門票」2張		5,000 「亞洲萬里通」里數	包裹式護具 (短)

備註：
* 所有成績根據大會鳴槍時間而決定。本會保留最終決定權。

獎項

2. 籌款獎項	
A. 最高個人籌款獎項（最低籌款額為港幣10,000元）	
第一名	30,000「亞洲萬里通」里數 + 獎座1台
第二名	20,000「亞洲萬里通」里數 + 獎座1台
第三名	10,000「亞洲萬里通」里數 + 獎座1台
B. 最高團體籌款獎（最低籌款額為港幣50,000元）	
第一至 第三名	獎座1台
C. 3公里賽（親子）最高籌款獎	
第一名	50,000「亞洲萬里通」里數 + 獎座1台
第二名	40,000「亞洲萬里通」里數 + 獎座1台
第三名	30,000「亞洲萬里通」里數 + 獎座1台

備註：
用以計算籌款獎項的籌款總額截至2023年10月30日晚上11時59分為準。本會鼓勵參加者於截止時間後繼續籌款，延續對聯合國兒童基金會香港委員會的支持。
最高個人籌款獎（首3名）及最高團體籌款獎（首3名）得主將於2023年11月1日或之前獲專人通知。本會將於活動後以電郵方式另行通知3公里賽（親子）最高籌款獎的參加者。

3. 參與獎項	
最踴躍參與團體	派出最多參加者的三個團體均可獲得獎座1台。
電子證書	凡於大會指定時限內完成賽事的參加者均可獲發電子完成證書1張
紀念獎牌	凡於大會指定時限內完成賽事的跑手將會獲得完賽獎牌乙個

活動當日注意事項

- 本會建議參加者於活動前3小時停止進食，1小時內減少飲水。
- 至少提早一個小時到達活動場地，於活動前作足夠熱身運動及準備。
- 留意個人的身體狀態，以及當日的天氣（如溫度、濕度及空氣質素健康指數）。
- 活動途中如有不適，請立即通知在場的工作人員或救護員。
- 可帶一瓶石油凝膠護膚膏，把藥膏塗於身體要處，減輕關節及皮膚磨損之苦。

有關天氣及空氣質素健康指數的提示

- 活動當日，請參加者透過本會、電台或電視台公佈有關環境保護署空氣質素健康指數 (AQHI) 的消息。以下是由環境保護署提出的健康忠告，以供參考：
- 當 AQHI 達 7 時，表示健康風險級別為高，兒童、長者、患有心臟病或呼吸系統疾病患者及易受空氣污染影響人士，應減少戶外體力消耗，以及在戶外，特別在交通繁忙地方逗留的時間。患有心臟病或呼吸系統疾病患者，更應在參與體育活動前應諮詢醫生意見，在體能活動期間應多作休息。
- 當 AQHI 達 8至10 時，表示健康風險級別為甚高，一般市民應減少體力消耗，以及在戶外，特別在交通繁忙地方逗留的時間。患有心臟病或呼吸系統疾病患者及易受空氣污染影響人士，應盡量減少戶外體力消耗，以及在戶外，特別在交通繁忙地方逗留的時間。
- 當 AQHI 達 10或以上時，表示健康風險級別為嚴重。一般市民應盡量減少戶外體力消耗以及在戶外，特別在交通繁忙地方逗留的時間。患有心臟病或呼吸系統疾病患者及易受空氣污染影響人士，應避免戶外體力消耗，以及在戶外，特別在交通繁忙地方逗留的時間。

補水貼士

1. 進行賽事24小時前應攝取充足水分，尤其確保身體在運動前或期間有充足的水分。
2. 運動2小時前應攝取約500毫升的水分，讓身體獲得水分同時，亦有充足的時間排出體內多餘的水分。
3. 運動過程中要及早和有規律地喝水，以補充身體於運動時因流汗失去的水分。
4. 將水冷卻至室溫以下，這樣可以促進補充水分。
5. 美國運動醫學院建議，在進行劇烈運動後，應補充碳水化合物，以每小時攝入30-60克為宜，如飲用含4%至8%碳水化合物的飲料。
6. 美國運動醫學院同時建議飲用含0.5-0.7克鈉的水，以補充身體於運動時從汗液中流失的鈉。飲用含電解質的液體補充飲料（主要成分為氯化鈉），有助增加食物的可口性，以減低患低鈉血症的可能性。

伸展運動貼士

（資料由香港伸展運動學會提供）

請提早到達活動場地及確保跑步前後有充足的熱身及伸展運動，詳情及伸展運動示範請參閱活動網頁 <https://run.unicef.org.hk/zh/training-tips>（伸展運動貼士）。

安全貼士

1. 長跑屬於強度較高的體能活動，本會建議參加者應時刻留意個人的身體狀況，特別是年長的參加者。若於活動進行期間感到不適，切勿勉強繼續活動，並應立即向本會工作人員尋求協助。
2. 為確保參加者安全，切勿於起步區、賽道範圍及終點停留拍照及使用自拍棒，以免釀成意外。
3. 為了減低終點區的擠迫情況及避免發生意外，參加者抵達終點線後，請盡快離開終點區及補給站。切勿聚集於終點位置。
4. 3公里賽親子組若有較年幼或年長的組員，同行的組員需特別照顧他們，活動進行期間應注意步速及安全，避免受傷。

資料來源：

上訴

參加者如有上訴，必須於大會成績公佈後30分鐘內以書面提出上訴，並連同上訴費用港幣500元正交往詢問處之工作人員。如上訴被駁回，所繳費用將不獲發還。

頒獎典禮

頒獎典禮將於活動當日的上午9時正舉行，請各得獎者於活動完畢後到頒獎台前集合等候領獎。典禮將頒發半馬拉松、10公里挑戰賽及3公里賽（少年組）每組前三名勝出者的成績獎項、最高籌款獎（個人及團體）及最踴躍參與團體獎，其他得獎者請到頒獎台旁的領獎處領取獎項。得獎者須出示身份證或護照正本，以核實個人資料。如未能上台領獎者，請於成績公佈後立即通知工作人員。

保險

本會為所有參加者購買活動當日的個人意外保險，僅限於指定的活動地點及路線範圍內才能受保，參加者必須遵照本會指示，於指定的活動範圍進行活動/比賽。參加者須自行評估及承擔在活動期間之所有風險。參加者亦可自行購買額外個人意外保險，本會將不會承擔當中費用。

緊急事故

如遇緊急事故，活動將會暫停，請各參加者跟從工作人員的緊急應變指示。當所有緊急車輛通過賽道後，賽事將於原地繼續。活動一旦已經開始，本會將不會安排參加者返回起點重新作賽。

取消比賽

活動在下列情況下將被取消：

- 紅色或黑色暴雨警告訊號、3號或以上熱帶氣旋訊號於活動當日凌晨12時仍然生效；或
- 活動當日出現任何極端狀況，包括惡劣天氣或賽道安全狀況不理想。
- 如是次活動因任何原因被迫取消，本會將不會補辦或退還有關捐款及費用。請各參加者留意電台報導、本會網站、本活動Facebook專頁（<https://www.facebook.com/unicef.runforeverychild>）及本活動網站。

中止比賽 / 縮短賽程

- 如果活動當日遇上任何極端狀況，包括天災或其他緊急事故，導致大會需要於賽前或賽事中途腰斬或縮短賽程，懇請參賽者依從大會指示，如有需要疏散，大會將會安排巴士於賽道接載參加者回到賽事中心或其他安全地方。

活動細則及條款

1. 聯合國兒童基金會慈善跑為「國際馬拉松及道路賽協會(AIMS)」及「香港業餘田徑總會」之認可賽事。
2. 10公里賽道獲「國際馬拉松及道路賽協會(AIMS)」及「香港業餘田徑總會」所認可。
3. 10公里挑戰賽及5公里的成績均獲「香港業餘田徑總會」所認可。
4. 所有逾期申請將不獲接納。
5. 每名參加者只可報名參加一項賽事。
6. 報名申請不能取消或更改（後加贊助入、調整籌款額及通訊資料除外）。
7. 參賽資格不可轉讓。參加者須確保所提供的個人資料正確無誤。如有違規者因虛報資料或偽冒他人身份參賽而導致聯合國兒童基金香港委員會（下稱「本會」）或其他參加者蒙受損失，本會保留向所有相關人士追究法律責任的權利。
8. 參加者必須踏上賽道上所有計時感應地席以紀錄分段時間，如未能証實參加者的分段時間，本會有權取消其參賽資格。
9. 本會保留限制及拒絕接受報名的權利。
10. 本會保留權利取消任何進行或違反以下規則之人士的參賽資格及其比賽成績：
 - i. 參加者於賽事任何時段或任何與賽事有關之場地或區域，進行或企圖進行任何違反香港特別行政區法律，或香港特別行政區國家安全法的行為；或
 - ii. 參加者於賽事任何時段或任何與賽事有關之場地或區域，進行或企圖作出任何形式的示威，或政治、宗教或種族宣傳。
11. 活動在下列情況下將被取消：
 - i. 紅色或黑色暴雨警告訊號、3號或以上熱帶氣旋訊號於活動當日凌晨12時仍然生效；或
 - ii. 活動當日出現任何極端狀況，包括惡劣天氣或賽道安全狀況不理想。
12. 如是次活動因任何原因被迫取消，本會將不會補辦或退還有關捐款及費用。
13. 本會保留使用參加者的肖像作活動宣傳之用。
14. 本會保留修改以上條款之權利而不作另行通知。
15. 本會保留詮釋所有有關聯合國兒童基金會慈善跑之資料的權利。

注意：本活動細則及條款以中文及英文編寫，如有任何解釋上的歧異，一概以英文版本為準。

特別鳴謝 Acknowledgement

首席合作伙伴
Lead Partner



金贊助
Gold Sponsors



大會指定運動服裝
Official Sportswear



大會指定獎牌贊助
Official Medal Sponsor



場地贊助
Venue Sponsor



unicef RUN 2023 for every child

15公里企業接力賽隊伍 15km Corporate Relay Teams

依字母順序排列 In alphabetical order

1. 國泰航空有限公司	Cathay Pacific Airways Limited
2. 建銀國際	CCB International
3. 中國信達（香港）控股有限公司	China Cinda (HK) Holdings Company Limited
4. 周大福珠寶集團有限公司	ChowTai Fook Jewellery Group Limited
5. 恒基兆業地產集團	Henderson Land Group
6. 嘉里控股有限公司	Kerry Holdings Limited
7. 嘉里物流聯網有限公司	Kerry Logistics Network Limited
8. Louis Vuitton Pacific Limited	Louis Vuitton Pacific Limited
9. MoodyTiger Limited	MoodyTiger Limited
10. 保誠保險有限公司	Prudential Hong Kong Limited
11. 上海商業銀行	Shanghai Commercial Bank
12. 信和集團	Sino Group
13. 新鴻基地發展有限公司	Sun Hung Kai Properties Limited
14. 東亞銀行有限公司	The Bank of East Asia, Limited
15. 喆麗控股有限公司	YesAsia Holdings Limited

Thank you

for giving every child a good start in life

unicef
RUN 2023
for every child

Health and well-being are important at every stage of one's life, starting from the beginning. UNICEF's 'for every child' is dedicated to avoid needless suffering from preventable diseases and premature death for every child.



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Together, we can progress toward
a brighter future.

Set up your personal fundraising page and invite your friends and family to support children for a brighter future.

To make United Nation Sustainable Development Goal (SDG) 3: Good Health and Well-being a reality for every child, UNICEF Charity Run 2023 is calling participants to join forces together and raise fund for the underprivileged children. Proceeds from UNICEF Charity Run 2023 will contribute to UNICEF global services in areas of health, nutrition, education, water and hygiene, and other children rights related initiatives.



For every HK\$19 raised, you can provide a Ready-to-eat fortified and cereal based dry compressed food for malnourished children.



For every HK\$410 raised, you can provide 240 doses of polio vaccine, to protect children against this highly contagious and incurable viral infection.



For every HK\$1,045 raised, you can provide a Recreation-in-a-box Kit, giving children activities and comfort during crises.

Event day timetable

Event day

5 November 2023 (Sunday)

Location of assembly, starting, finishing and prize presentation point

Hong Kong Disneyland Coach Park
(3-minute walk from Disneyland Resort MTR Station)

Race	10 km Run (Challenge)	10 km Run	15 km Run	5 km Run	3 km Run (Youth)	3 km Run (Family)
Assembly and baggage deposit time	5:00 a.m. – 5:35 a.m.	5:10 a.m. – 5:45 a.m.	6:05 a.m. – 6:40 a.m.	6:25 a.m. – 7:00 a.m.	6:25 a.m. – 7:20 a.m.	7:00 a.m. – 7:35 a.m.
Start time	6:00 a.m.	6:10 a.m.	7:05 a.m.	7:25 a.m.	7:46 a.m.	8:01 a.m.
Time limit	1hrs 30mins		2hrs	45mins	40mins	
Prize presentation time	7:25 a.m.		9:00 a.m.	8:20 a.m.	8:40 a.m.	-
Prize presentation Ceremony	Prize Presentation Ceremony will be held at 9:00 a.m.					
Event closing time	10:00 a.m.					

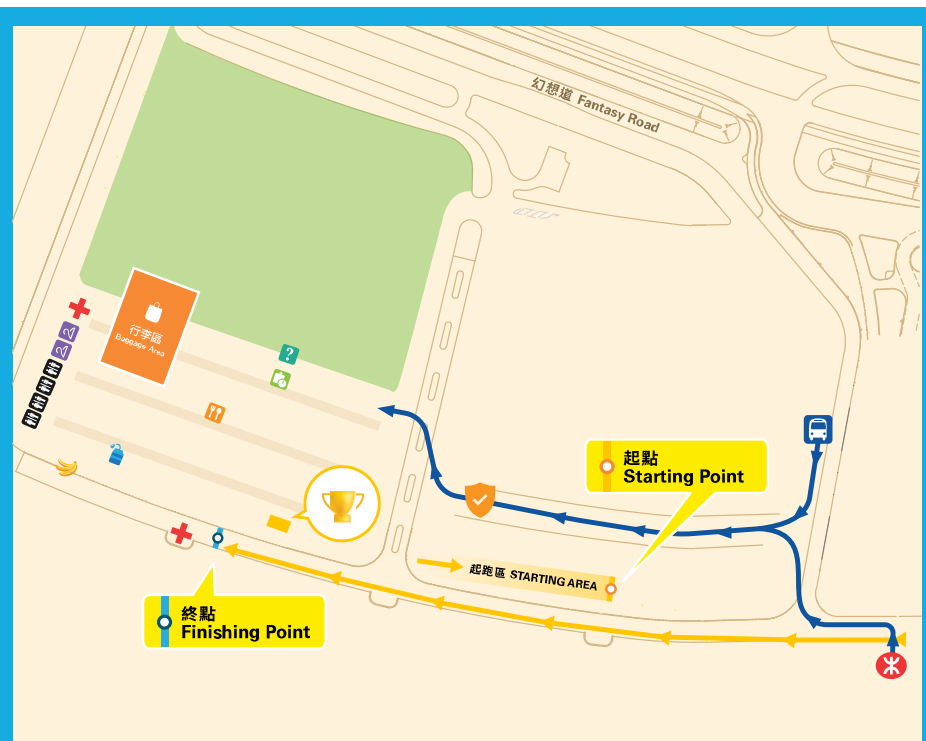
Important notes

1. Location of assembly has been moved to Hong Kong Disneyland Coach Park, please follow instructions of officials.
2. A finisher medal will be issued to all runners who finish the race within the official time limit.
3. To protect our environment and reduce the use of plastic, no bottled water will be distributed at the water station and finishing point. Please bring your own bottle to refill water at the water refill station. If needed, a reusable cup is available for rental, please return the used cup to the designated collection box at the venue.
4. 8 recycling stations will be set up at the starting point and finishing point to collect plastic bottles, aluminum cans and banana peel. Please empty the bottle or can before putting it into the recycling bin.
5. Prefer public transport to reduce carbon emission.
6. When the activity is over, take away your own garbage or properly dispose of it in the on-site garbage bin.



water station

Location map of starting / finishing area



圖示 Legend



➡ Route from Disneyland Resort MTR Station or special shuttle bus stop to venue for all participants

➡ Route for all routes

Important notes

1. Due to limited road capacity, additional manpower will be deployed to assist participants along the route to ensure their safety. Please follow the instructions given by the officials during the race.
2. To ensure normal traffic could resume along the route at designated times, officials will be stationed at different checkpoints. Participants who fail to arrive at designated checkpoints at specified times will be asked by officials to abandon the race and board the official buses. These participants will be taken to the finishing point. For details, please refer to 'Time Limit' on Page 23 and 24 of the Runner's Guide. For those who do not follow officials' instructions, UNICEF HK reserves the right to refuse their entries to future UNICEF Charity Run.
3. To ensure emergency vehicles could reach any accident locations without delay, participants are advised not to run on the emergency vehicle lane during the race and follow the instructions given by the officials.

Baggage Tag

Baggage deposit service will be provided on the event day. Participants must bring and use the baggage tag provided. (No baggage tags will be distributed or re-issued on the event day.) Participants are required to present their race bibs for baggage collection upon the end of the race. Officials will mark on the runner's race bib once the baggage has been collected.



Notice

The baggage deposit service counters will be set at an outdoor area. You are advised NOT to store any valuable items. Please keep your personal belongings such as wallet, mobile phone and camera with you. UNICEF HK will not be liable for any loss or damaged items.

Items to bring

All participants must bring along the below items which will not be distributed on the event day:

1. Race bib (attached with timing chip) and pins

Please verify personal information on the race bib. If there is any discrepancy, kindly inform us at (852) 2833 6139 on or before 31 October 2023 (Tuesday).

Notice

Race bibs (attached with timing chips) are non-transferable. Violation will result in disqualification

2. Baggage tag

3. Your own water bottle or container

No paper cups will be available at the event centre. Please bring your own water bottle to protect the environment.

Race bib (attached with timing chip)

- Participants should wear their race bibs (attached with timing chips) on their chest area to enable officials to identify their race numbers. Otherwise, UNICEF HK reserves the right to disqualify the participant concerned.
- Participants who run for a non-designated race or at a non-designated time will be disqualified and no results or certificates will be issued to them.
- Participants without valid race bibs for UNICEF Charity Run 2023 will be banned from running by officials.

All participants must wear their race bibs throughout the race and step on the timing mats at the starting and finishing points, and other timing locations. Otherwise, UNICEF HK will not be able to identify participants completing the race and, therefore, no certificates will be issued. UNICEF HK will not be liable for any inaccurate or missing results due to the improper use of bibs.



Notice

No bib, no result

Correct way to put on race bib (attached with timing chip):

- Attach the four pins provided in the Runner's Pack to the four corners of the race bib respectively. The race bib must be attached on the front of your tee and the runner's number must be visible at all times.
- Do not fold the race bib or the timing chip.
- Participants must step on the timing mat located at the starting and finishing points, and other timing locations.
- In case of improper use of the bib, on-purpose damages made on the timing chip or participants' failure to step on the timing mats, timing results might not be provided.



Race Bib (front)



Race Bib (back)



Notice

To assist UNICEF HK and medical personnel to contact participants' families and relatives in case of an emergency, participants are required to fill in their personal details on the back of their race bib (participant's name, emergency contact person and phone number) with waterproof ink.



Routing

The following facilities will be provided at the starting/ finishing points and along the route.



15 km Run

Notes on the course:

1. Inside the Inspiration Lake Recreation Centre (6km), participants need to run for 1.5 laps before exit the area and continue the race.
2. The route becomes narrow at the Sea Point Road 13 km turn. Participants should follow the instructions given by officials to ensure safety.
3. Upon the race completion and arrival at the finishing point, please follow the instructions of officials to collect your 15km finisher medal.

Time limit:

1. The time limit is **2 hours**.
2. There are various time limits at specific locations. Participants must board the official vehicles and return to the finishing point if they fail to reach the checkpoint by a designated cut-off time.

Checkpoint	Cut-off time
12.4km – Sea Point Road	8:45 a.m.



Upon crossing the finishing line, participants should leave the finishing area to avoid congestion.

10 km Run

Notes on the course:

1. The route becomes narrow at the Sea Point Road 7.6 km turn. Participants should follow the instructions given by officials to ensure safety.
2. The cumulative elevation change over the entire course is approximately 30 meters.
3. Upon the race completion and arrival at the finishing point, please follow the instructions of officials to collect your 10km Run finisher medal.

Time limit:

1. The time limit is **1 hour and 30 minutes**.
2. There are various time limits at specific locations. Participants must board the official vehicles and return to the finishing point if they fail to reach the checkpoint by a designated cut-off time.

Checkpoint	Cut-off time
7.4km – Sea Point Road	7:17 a.m.



Upon crossing the finishing line, participants should leave the finishing area to avoid congestion.

5 km Run

Notes on the course:

The route becomes narrow at the 2km turn. Participants should follow the instructions given by officials to ensure safety.

Time limit:

1. The time limit is **45 minutes**.
2. There is a time limit at the specific location. Participants must board the official vehicles to return to the finishing point if they fail to reach a checkpoint at a designated cut-off time.

3 km Fun Run Youth / Family Run

Notes on the course:

Please take care of your young family members on the event day.

Time limit:

1. The time limit is **40 minutes**.
2. There is a time limit at the specific location. Participants must board the official vehicles to return to the finishing point if they fail to reach a checkpoint at a designated cut-off time.

Result

A list of winners will be announced and displayed on the result board next to the Information Counter after the event. Participants can also view the full results from 27 November 2023 (Monday) onwards on the event website - <http://run.unicef.org.hk> (Results Page).

Emergency vehicle access

To ensure the emergency vehicles can reach accident locations without delay, participants are advised not to run on the emergency vehicle lane during the event and to follow the instructions given by the officials.

Distance & direction signs

Distance signs will be displayed every 1km along the route. Distance countdown signs will also be set along the last 1km of the route. Lead bicycles will be arranged to lead participants along the route. Officials and signs will also indicate the direction.

Drinking water, sports drink and fruit

- To protect our environment and reduce the use of plastic, **no bottled water** will be distributed at the water station and finishing point. Please bring your own bottle to refill water at the water refill station at the finishing point. If needed, a reusable cup is available for rental, please return the used cup to the designated collection box at the venue.
- Water stations will be available for all participants every 3km along the race courses.
- A banana will be provided to each participant at the finishing point while stock lasts.

UNICEF Charity Run 2023 Finisher Medal

A finisher medal will be issued to all runners who finish the race within the official time limit. Please follow the instructions of officials at the finishing point on the event day.



Transportation

No parking space will be available on the event day. Car park at Inspiration Lake Recreation Centre will not be open to the public. There are several temporary road closure and traffic diversion arrangements at Northern Lantau including Hong Kong Disneyland Resort and Sunny Bay. Participants shall access the event venue by the special bus services or using public transport.

1. MTR train service

Details of early train services for Tung Chung Line and Disneyland Resort Line to be provided on the event day are set out below (early train services will not be available for other lines) :

Route	From	Departure Time	To	Arrival Time
Tung Chung Line	Hong Kong Station	4:50 a.m.	Sunny Bay Station	5:10 a.m.
	Tung Chung Station	5:05 a.m.	Sunny Bay Station	5:11 a.m.
Disneyland Resort Line	Sunny Bay Station	5:15 a.m.	Disneyland Resort Station	5:19 a.m.

The early Tung Chung Line train service will be maintained at a frequency of about 15 minutes in both directions until the normal train service starts at 6 a.m. The train services on the Disneyland Resort Line will be increased to a frequency of every 5 minutes (from 5:15 a.m.) until noon for both directions.

2. Special bus service

A special bus service will be provided to pick up participants at the locations listed below and drop them off at the event venue on the event day. Participants of all 10km runs must take the first bus (route a). All participants of the 15km and 5km Run must take the second one (route b). Those who participate in all 3km Fun Run must take the last bus (route c). The bus fare is set at HK\$40 each, runners can purchase special bus service tickets at the Runner's Pack collection venue (20-22 October) and accept payment by Octopus Card only. Those who have purchased bus tickets must carry the bus tickets and board the bus on time.

Route	Departure Time (a.m.)	Pick-up Locations
1a / 1b / 1c	4:30 / 5:15 / 6:00	Pak Hok Ting Street outside Royal Park Hotel, Sha Tin (near flagpole)
2a / 2b / 2c	4:30 / 5:15 / 6:00	Tuen Mun MTR Station Public Transport Interchange (near stop of Citybus B3M)
3a / 3b / 3c	4:25 / 5:10 / 5:55	King's Road outside Roca Centre, North Point (stop of Citybus A12)
4a / 4b / 4c	4:15 / 5:00 / 5:45	Aberdeen Bus Terminus
5a / 5b / 5c	4:30 / 5:15 / 6:00	Inner Gloucester Road outside Luk Kwok Hotel, Wan Chai
6a / 6b / 6c	4:15 / 5:00 / 5:45	Kwun Tong Road outside Meyer Industrial Building (stop of Citybus A29)
7a / 7b / 7c	4:35 / 5:20 / 6:05	Reclamation Street opposite Cordis, Hong Kong, Mong Kok
8a / 8b / 8c	4:15 / 5:00 / 5:45	On Chee Road outside Jade Plaza, Tai Po
9a / 9b / 9c	4:05 / 4:50 / 5:35	Tseung Kwan O MTR Station Public Transport Interchange (stop of Citybus 628)

For pick-up location maps, please go to <https://run.unicef.org.hk/special-transportation-arrangement>

After the event, participants can leave Disneyland Resort by taking bus R11 at the Event Center.

R11 will depart from 7:30am to 10:00am, the bus will stop at Prince Edward, Mong Kok, Yau Ma Tei, Jordan, Hung Hom Station, Wan Chai, Causeway Bay, Fortress Hill and North Point Pier.

For details, please call Citybus customer service hotline at 2136 8888 or refer to www.citybus.com.hk

Awards

1. Race Awards

Race	15 km Run	10 km Challenge Run	5 km Fun Run	3 km Youth Fun Run
New Record in Hong Kong soil	50,000 Asia Miles		N/A	N/A
Overall Male and Female Champion	75,000 Asia Miles		40,000 Asia Miles	N/A
Champion (each category)	<ul style="list-style-type: none"> 15,000 Asia Miles One Seiko watch 		15,000 Asia Miles	Two Hong Kong Disneyland 1-Day Tickets
1st Runner-up (each category)	One Night hotel accommodation in Standard Room at Disney's Hollywood Hotel		10,000 Asia Miles	<ul style="list-style-type: none"> One Classic Coin Wallet A pair of Outdoor Sunproof Anti-UV Ice Sleeves
2nd Runner-up (each category)	Two Hong Kong Disneyland 1-Day Tickets		5,000 Asia Miles	Universal Support Wrap (Short)

Remarks:

* All race results are based on the official gun time. UNICEF HK reserves the right of final decision.

Awards

2. Fundraising Awards

A. Top Individual Fundraising Award (with a minimum donation of HK\$10,000)	
1st Place	30,000 Asia Miles + a trophy
2nd Place	20,000 Asia Miles + a trophy
3rd Place	10,000 Asia Miles + a trophy
B. Top Group Fundraising Award (with a minimum donation of HK\$50,000)	
1st-3rd Place	A trophy
C. Top Fundraising Award of 3km Fun Run (Family)	
1st Place	50,000 Asia Miles + a trophy
2nd Place	40,000 Asia Miles + a trophy
3rd Place	30,000 Asia Miles + a trophy

Remarks:

The cut-off time for donation calculation of fundraising awards is set at 11:59pm, 30 October 2023. UNICEF HK encourages participants to continue fundraising beyond the cut-off time to extend support.

Winners of the Top Individual Fundraising Awards (top 3) and Top Group Fundraising Awards (top 3) will be notified individually on or before 1 November 2023. Top Fundraising Award of 3km Fun Run(Family) winners will be notified individually via email after the Event.

3. Participation Awards

Most Supportive Group	A trophy will be presented to each of the top 3 groups with the largest number of participants.
Certificate	An e-certificate will be issued to each participant of each category in all races who finishes the race within the official time limit.
Medal	A medal specially designed and sponsored by will be issued to runners who finish the race within the official time limit.

Important reminders on event day

- Stop eating 3 hours before the race and drink less 1 hour before the race.
- Arrive at the venue at least 1 hour before the race to do warm-up exercises and get prepared.
- Pay attention to your health condition and the weather (humidity, temperature and Air Quality Health Index) on the event day.
- Notify the officials or First Aid if you feel unwell during the race.
- Bring a bottle of petroleum jelly to prevent chafing and to relieve joint pain.

Advice on weather and Air Quality Health Index

- Please pay attention to the announcements from UNICEF HK, radio or TV stations about the **Air Quality Health Index (AQHI)** on the event day. Below are some precautionary actions recommended by the Environmental Protection Department (EPD) for your reference:
- If the AQHI reaches 7, it means the health risk is **High**. Children, elderly, as well as those with existing heart or respiratory illnesses, or sensitive to air pollution, are advised to reduce outdoor physical exertion and the time of staying outdoors, especially in areas with heavy traffic. People with existing heart or respiratory illnesses should also seek medical advice from doctors before participating in sport activities and take more breaks during physical activities.
- If the AQHI reaches 8 to 10, it means the health risk is **Very High**. General public is advised to reduce outdoor physical exertion and the time of staying outdoors, especially in areas with heavy traffic. People who suffer from existing heart or respiratory illnesses, and are sensitive to air pollution are advised to reduce outdoor physical exertion and the time of staying outdoors, especially in areas with heavy traffic, to the minimum.
- If the AQHI reaches 10 or above, it means the health risk is **Serious**. General public is advised to reduce outdoor physical exertion and the time of staying outdoors, especially in areas with heavy traffic to the minimum. Participants who suffer from existing heart or respiratory illnesses, and are sensitive to air pollution are advised to avoid outdoor physical exertion, and to avoid staying outdoors, especially in areas with heavy traffic.

Hydration tips

1. Drink sufficient fluids 24 hours before the event, especially during the meal prior to exercise, to ensure proper hydration before or during exercise.
2. Consume about 500ml of fluid 2 hours before exercise to stay hydrated and allow time to excrete any excess water.
3. During an exercise, drink early and at regular intervals to replenish the water lost through sweating.
4. Drink fluid lower than the room temperature to promote fluid replenishment.
5. The American College of Sports Medicine (ACSM) recommends that after strenuous exercises, one should consume carbohydrates, preferably 30 - 60g per hour, such as by drinking a beverage containing 4-8 per cent of carbohydrates.
6. The ACSM also recommends consuming approximately 0.5-0.7g of sodium per liter of water to replace the sodium lost in sweat in your body. Supplement drinks containing electrolytes (primarily NaCl) will help enhance palatability and lower the risk of hyponatremia.

Stretching exercise tips

(Information provided by Hong Kong Stretching Exercise Association)

Please arrive earlier at the venue and ensure sufficient amount of warm-up exercise before and after the race. For further information and demonstrations of the stretching exercise, please visit the event webpage: <https://run.unicef.org.hk/training-tips> (Stretching Exercise Tips)

Safety tips

1. Long-distance running is an activity with high intensity. Participants, especially the elderly, should pay full attention to their physical condition. If participants feel uncomfortable during the event, please immediately stop the activity and seek help from the officials.
2. To ensure the safety of the participants and to prevent accidents, please do not stay in the starting area, on the course or at the finishing point to take photographs or to use selfie sticks.
3. To avoid overcrowding in the finishing area and to prevent accidents, participants should leave the finishing area and the stations for replenishment as soon as possible upon arrival at the finishing line.
4. Participants of the 3km Fun Run (Family) should specially take care of the accompanied younger or elder member within the same group. Please mind your pace and safety during the event to avoid injury.

Source: 

Appeal

Appeals will only be accepted in writing. It must be handed to the Information Booth located at the starting point within 30 minutes after the official announcement of results. It must also be accompanied by a deposit of HK\$500 which will be forfeited if the appeal is rejected.

Prize presentation

Prize presentation ceremony will be held at 9:00 a.m. on the event day. All winners are required to gather in front of the stage after the race. Race Awards will be presented to the top 3 participants of each category for Half Marathon, 10km Run Challenge, 3km Fun Run (Youth), Top Fundraiser (Individual and Group), and Most Supportive Groups at the prize presentation ceremony. For other winners, please collect the awards at the prize collection counter near the stage. Winners must present their Hong Kong Identity Card or passport for identification. For winners who are unable to collect their prizes, please inform the officials immediately.

Insurance

UNICEF HK will cover personal accident insurance for all participants within designated areas and routes on the event day. Participants must follow the instructions given by UNICEF HK during the event. Participants may purchase additional personal accident insurance which will not be covered by UNICEF HK.

Emergency

In case of emergency, the event will be halted. Participants must follow the emergency response instructions from the officials. After all emergency vehicles passed any racing courses, the event will continue on the same course(s). UNICEF HK will NOT resume the race at the starting point once the event has commenced.

Cancellation

The event will be cancelled in the following conditions:

- A Red or Black Rainstorm Warning Signals, or the Tropical Cyclone Signal No.3 or above is in effect at 12:00 a.m. on the event day
- Any other extreme situations, including but not limited to severe weather or unsafe road conditions
- Please follow updates on radio, the event website and the event's official Facebook page (<https://www.facebook.com/unicef.runforeverychild>). Should the event be cancelled due to whatever reasons, no refund will be made and the event will not be rescheduled.

Race abandonment / cut short

- In case of extreme situations, including but not limited to severe weather or other emergencies arising before or during the race, the event will be called off or cut short. If an evacuation is called, please follow instructions of officials to evacuate. Buses will be deployed to pick up participants along the route and carry them back to the event centre or other safe locations.

Terms and Conditions

1. UNICEF Charity Run is recognized by the Association of International Marathons & Distance Races (AIMS) and the Hong Kong, China Association of Athletic Affiliates (HKAAA).
2. 10km route are verified by AIMS and HKAAA.
3. Results of 10km Run (Challenge) and 5km Run are accepted by HKAAA.
4. Applications will not be accepted after the enrolment deadline.
5. Each participant is allowed to enrol in ONE race only.
6. Enrolment cannot be cancelled or changed after submission (except for adding sponsorships, changing fundraising amount or contact information).
7. Race entries are strictly non-transferrable. Participants should ensure that the personal data provided is accurate. In the event of false declaration or impersonation resulting in any loss or damages to Hong Kong Committee for UNICEF ("UNICEF HK") or other event participants, UNICEF HK reserves the right to take legal actions against relevant parties.
8. Participants must step on all timing mats along the race course to record their race times. UNICEF HK shall reserve the right to disqualify the participant if no timing has been recorded.
9. UNICEF HK reserves the right to limit and refuse entries without providing any reasons to the participant.
10. UNICEF HK reserves the right to disqualify any person from and nullify his/her result of the event if a participant is found by UNICEF HK to have violated or committed (as the case may be any of the following rules):
 - i. The participant commits or attempts to commit any act which is in violation of the laws of HKSAR or the National Security Law governing HKSAR;
 - ii. The participant carries out or attempts to carry out any kind of demonstration or political, religious or racial propaganda at the event or other venues or area relating to the event.
11. The event will be cancelled in the following conditions:
 - i. A Red or Black Rainstorm Warning Signals or the Tropical Cyclone Signal No.3 or above is in effect at 12:00 a.m. on the event day;
 - ii. Any other extreme situation, including but not limited to severe weather or unsafe road conditions.
12. If the event is cancelled due to whatever reasons, no refund will be made and the event will not be rescheduled.
13. UNICEF HK reserves the right to use the images of participants for promotional purposes.
14. UNICEF HK reserves the right to edit the above terms and conditions without prior notice.
15. UNICEF HK reserves the right of interpretation of any information in relation to UNICEF Charity Run.

These terms and conditions are written in both English and Chinese. If there is any conflict or inconsistency between the Chinese version and English version of these terms and conditions, the English version shall prevail.