



## 與水同行環山跑 2023 Macao Water Run

### 報名表 Registration Form

#### 章程 TERMS and REGULATIONS

日期 Date	時間 Time	地點 Start point
2023.11.26 (星期日 Sunday)	07:30-11:30	澳門路環黑沙水庫郊野公園 Hac-Sa Reservoir Country Park

#### 活動宗旨 About us

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。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。

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. 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.

#### 報名方式 REGISTRATIONS

網上報名 Registration	<a href="http://www.macaowaterrun.com">www.macaowaterrun.com</a>
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°
截止日期 Registration closes	2023.10.20 at 18:00
報名費用 Registration Fee	<ul style="list-style-type: none"> <li>● 澳門幣 300 元/位(參加 3 公里親子組之小童免費)</li> <li>● 澳門幣 800 元/位(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)</li> <li>● Mop300/person(Kid is free in 3KM Family Race)</li> <li>● Mop800/person(Awarded with a limited edition of a running vest, with a printed personalized 10 letters of initials)</li> </ul>

\*\*\*報名費用及捐款用於本會開展各項公益慈善項目。

\*\*\*Registration fee and any other fund raised in the event will be fully utilized in SSDA charity projects and work plans.

#### 領取跑手包 RACE PACK

日期 Date	時間 Time	地點 Start point
2023.11.16 (星期四 Thursday)	10:00-17:30	澳門特殊奧運會辦事處 Macau Special Olympics Office
2023.11.17 (星期五 Friday)		- 澳門黑沙環第六街合時工業大廈3樓R.6 Areia Preta Ed Indl
2023.11.18 (星期六 Saturday)		Hap Si 3°

\*\*\*跑手包不設補領。如需代領，敬請提供已簽署的跑手包代領授權書，及出示參加者有效之身份證明文件副本。

\*\*\*No runner's kit will be distributed after the assigned collection day. Participants can authorize a person to collect the runner's kit by bringing along the letter of authorization and personal supporting documents for identity clarification.



參賽組別 CATEGORIES

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	上午 9 時正 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
挑戰獎項 Awards	男、女子組各首 5 名可獲獎 <u>First 5</u> runners in men and women will be awarded
參加者年齡 Age	16 歲-65 歲

	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
挑戰獎項 Awards	不設獎項 No ranking	
參加者年齡 Age	12 歲-65 歲	成人 Adults : 18 歲-65 歲 小童 Kids : 4 歲-12 歲 *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

\*\*\*活動當天未滿 18 歲之參加者須經家長/監護人同意，並簽署家長/監護人同意書（參與親子組之小童除外）

\*\*\*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。

\*\*\*Participants that are under age of 18, shall provide the letter of consent from the guardians. (except those who have joined family race)

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

**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；
- ◇ 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 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.
- ◇ 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.



誠樸勤集

Sincere Simple Diligent Association  
Associação de Sincera Simples e Diligência

**MACAO  
WATER RUN**

### 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 Attentions

- ✧ 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。
- ✧ 現場之水站均不會提供即棄水杯，參加者需自備水樽。
- ✧ 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。
- ✧ 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。
- ✧ 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。
- ✧ 敬請留意活動網站及 Facebook 專頁的公佈。
- ✧ 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.
- ✧ No paper cup is given at the water station. Participants are required to bring their own water bottles.
- ✧ 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.
- ✧ 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.
- ✧ 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.
- ✧ Participants are required to stay tuned on the official website and Facebook page for announcement.

### 查詢 ENQUIRIES

誠樸勤集 Secretariat of Sincere Simple Diligent Association

電話 Tel : 62032969(鄭小姐 Ms Cheang) ; 電郵 Email : ssdamacau@gmail.com



“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



參加項目 Category

- 10 公里挑戰組(須背負 4.6 公升支裝) (年齡必須為 16 至 65 歲)  
10KM Challenge Race (carry 4.6 litre of bottled water OR equivalent weight) (Participants aged between 16-65)
- 3 公里體驗組(須背負 4.6 公升支裝水) (年齡必須為 12 至 65 歲)  
3KM Fun Race (carry 4.6 litre of bottled of water OR equivalent weight) (Participants aged between 12-65)
- 3 公里親子組(成人須背負 1.5 公升 x2 支裝水 · 小童須背負 570mlx2 支裝水) (每組最多兩名成人和一名小童參加 · 小童年齡必須為 4 至 12 歲)  
3KM Family Race (for adult and kid, carry TWO 1.5 litre of bottled water and TWO 570 ml of bottled water OR equivalent weights respectively) (1 kid can go with 1 or 2 adults for the race, kid aged between 4-12)

\*\*\*活動當天未滿 18 歲之參加者須經家長/監護人同意 · 並簽署家長/監護人同意書 (參與親子組之小童除外)

\*\*\*Participants that are under age of 18, shall provide the letter of consent from the guardians. (except those who have joined family race)

請以正楷填寫 Please complete this form with block letters

中文姓名 First Name		性別 Sex	<input type="checkbox"/> 男 M <input type="checkbox"/> 女 F
英文姓名 Last Name		出生日期 Date of Birth	年    月    日 Y    M    D
聯絡電話： Cellphone		國籍： Nationality	
電郵地址： Email		通訊地址： Address:	

T-Shirt size :     XS     S     M     L     XL

緊急聯絡 Emergency Contact: (\*\*\*) Compulsory

聯絡人姓名： Contact name		聯絡人電話： Contact number		與參加者之關係： Relationship	
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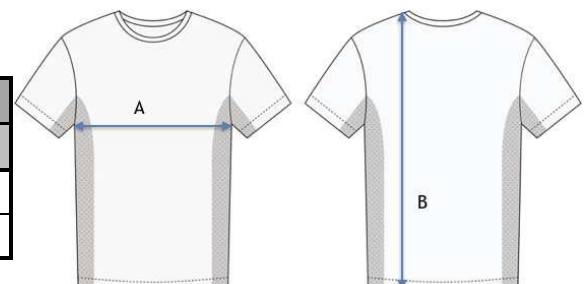
\*\*如何得知此次活動 How did you know about this activity?

- 親友介紹 Friends     看到宣傳海報 Poster     收到宣傳電郵 Email     收到宣傳電話短訊 SMS  
 網路 Social Media     其他 Other (請註明 please specify \_\_\_\_\_)

願意 I agree /  不願意 I do not agree 收取本會 “誠樸勤集” 日後訊息 to receive the future promtion by the organizer ( 電郵 Email     電話短訊 SMS     郵寄 Post)

T-恤尺碼參考表 Size spec of Tee

	成人 Adults					小童 Kids			
英寸 Inch	XS	S	M	L	XL	120	130	140	150
胸圍 Chest (A)	35.5	37.5	39.5	41.5	43.5	28.5	30	31.5	33
衫長 Length (B)	25	26	27	28	29	19	20	21	22





**第二名成人參加者資料 2nd adult participant's details (適用於參加親子組填寫 For 3KM family only):**

中文姓名 First Name		性別 Sex	<input type="checkbox"/> 男 M <input type="checkbox"/> 女 F
英文姓名 Last Name		出生日期 Date of Birth	年    月    日 Y    M    D
聯絡電話： Cellphone		國籍： Nationality	
電郵地址： Email		通訊地址： Address:	

T-Shirt size :	<input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
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**小童參加者資料 Kid's details (適用於參加親子組填寫 For 3KM family only):**

中文姓名 First Name		性別 Sex	<input type="checkbox"/> 男 M <input type="checkbox"/> 女 F
英文姓名 Last Name		出生日期 Date of Birth	年    月    日 Y    M    D
國籍： Nationality			

T-Shirt size :	<input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 120 <input type="checkbox"/> 130 <input type="checkbox"/> 140 <input type="checkbox"/> 150
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**穿梭巴士接送安排 Shuttle Bus Arrangement (如適用 If applicable)**

活動當日設有穿梭巴士往返活動場地和市區。如須乘坐，請選擇合適之時間及地點，以便本會作出適當之交通安排。  
Shuttle buses are available on the event day, please select the below routes.

**去程 startpoint ( 07:30A.M. )**

**回程 startpoint ( 11:00A.M. )**

澳門綜藝館 Macao Forum     氹仔新濠鋒 Altira, Taipa     澳門綜藝館 Macao Forum     氹仔新濠鋒 Altira, Taipa

\*\*\*活動當天，各位參加者請於上午 8:15 前抵達路環黑沙水庫郊野公園準備。

\*\*\*We highly appreciate all participants to be ready at Hac-sa Reservoir Country Park by 8:15a.m. on Nov 26.

**報名費用Registration Fee**

- 澳門幣 300 元/位 Mop300/person(參加親子組之小童免費Kid is free in 3KM Family Race)
- 澳門幣 600 元/位 Mop300/person(參加親子組之小童免費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 1 件 Awarded with a limited edition running vest)
- 澳門幣 1,600 元/兩位 Mop1600 for 2 persons (即可擁有印上獨一無二印字跑步背心 1 件 Awarded with a limited edition running vest)

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\*\*\*名字只限英文、數字及標點符號，連同空格最多 10 個字元

\*\*\*A limited edition running vest, with a printed personalized 10 letters of initials



## 活動產品

- 澳門幣400元 · “與水同行” 外套 · Mop400 for Macao Water Run Windbreaker. 尺寸Size:\_\_\_\_\_
- 澳門幣150元 · “與水同行” T 恤 · Mop150 for Macao Water Run T-Shirt. 尺寸Size:\_\_\_\_\_
- 十公里特別版10km Special Edition
- 特奧MSO x MWR “成” 語Chari-Tee
- 聾協MDA x MWR 手語Chari-Tee
- 澳門幣 150 元 · “與水同行” 戶外運動水樽 · Mop150 for Macao Water Run TRITAN

~本次活動所售賣的商品將扣除成本後，用於本會開展各項公益慈善項目。

~Any income from product sale of this event will be fully utilized in SSDA charity projects and work plans.

## 聲明 Declarations

### 茲聲明 I acknowledge,

- ◇ 本人已詳細閱讀及清楚明白所有資料，確認及同意本人是自願參加“與水同行環山跑 2023”(“活動”)和願意承擔自身的風險及責任，並將遵守“誠樸勤集”(“主辦單位”)所定之規則及任何活動安排。
- ◇ 本人接受大會活動章程的所有規則，並確認本人身體狀況良好，適合參與是次活動；若因由此活動引起或與此活動相關的意外、不幸事故或其他情況下死亡、受傷、遭受財物損毀、損失，或任何其他經濟損失或相應而生之損失，本人將自行承擔一切責任，而主辦單位、其所有贊助商、推廣人、支持者及其他所有工作人員(或任何上述機構/人士之董事、僱員、代理人或承辦商，或任何與上述機構/人士有關聯之人士)在法律允許的範圍內均毋須作出賠償或負上任何法律責任。
- ◇ 本人同意主辦單位或其代理人永久使用對於本人參與是次活動及其相關活動期間之影像及/或聲音進行攝影、攝錄或錄音所得之任何照片、錄音、影片或其他影音製品作任何合法用途，而事前毋須諮詢任何人或取得任何人批准，亦毋須就此向任何人支付任何款項。
- ◇ 本人若將所屬於個人之比賽號碼布或計時晶片轉予他人，或重複報名參加其他項目，本人願意接受大會取消參賽資格及沒收報名費之決定。
- ◇ 本次活動最終解釋權歸大會所有。
- ◇ On the acceptance of this application, I declare that the participant will abide by the eligibility and competition rules and regulations of “Macao Water Run 2023”, organized by Sincere Simple Diligent Association.
- ◇ “Macao Water Run 2021” will not be liable for any injury or death, which the applicant may suffer in this activity, if the cause of the injury or death is due to his/her negligence or inadequacy in health and fitness.
- ◇ I the undersigned take upon myself the responsibility for the named applicant whether for myself or for a 3rd person to participate and to be legally bound hereby, for the participant, his or her heirs, executors and administrators, to waive and release any and all rights and claims that they may have against the organizers, officials, sponsors, partners or suppliers for any loss, damage, injury or death that the participant may sustain as a consequence of his or her participation in this event.
- ◇ By registering, I grant full permission to the event organizer, sponsors and or agents authorized by them to use any photographs, video tapes, motion pictures, recordings. Or any other record of this event for any purpose.
- ◇ 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.
- ◇ 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.

\*\*\*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。

\*\*\* 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。

\*\*\*報名表一經遞交，即視為同意本章程及所有規則。

\*\*\* According to the bylaw 8/2005, #11. All of the above personal information is confidential and is for registration only.

\*\*\* 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.

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

參加者簽名

日期

Applicant's Name : \_\_\_\_\_ Date : \_\_\_\_\_