

規則，同意及注意事項 Rules & Consent & Special Notices:

各參加者及其親友皆屬自願參與，須清楚明白活動性質及風險，並無權向大會及主辦方追討因參與活動而引致之受傷、意外、死亡或任何形式的損失索償或追究責任。

如有身體狀況疑問，請先諮詢醫生的意見。於活動時自行留意個人的身體狀況是否適合繼續，且量力而為。如有不適，請立即停止活動並求醫診治。

建議參加者自行購買個人意外保險，以保障個人安全。

路線涉及有車輛行駛之道路及須橫過馬路，各人請留意路面情況，必須遵守交通規則。

出發前，請留意天氣預告，避免天氣欠佳情況下出發。如天氣惡劣，請停止活動，留在安全位置。

參加者請善待環境，請勿在路線上亂拋垃圾或破壞公物。

參加者在參加本活動期間，請遵守香港法律。

參加者以跑步或步行形式完成活動。

參加者須一次過完成活動，但參與次數不限。上載之成績，一經確認，將不能更改。

沿途不設補給站，但可到途中自動售賣機、小食亭及商店購買飲品及食品。建議參加者帶備不少於 1000 毫升飲料及適量食物補充，是次活動准許其他人沿途進行支援。另請帶備身份證、適量現金、八達通及設本地通訊的手提電話。

同時請帶同本活動之號碼布，作展示拍攝記錄之用。

參加者同意允許主辦單位使用其上載提交之照片。

(挑機組參加者)由於完成活動後，須上載 **Strava** 連結及照片，請於開始跑步/步行前，閱讀及理解活動網頁內之”**Strava** 設定詳情”及”成績上載詳情”，並跟隨有關指示。主辦單位對於不合資格之 **Strava** 連結(截圖、拍攝手錶照片及 **GPX** 檔案將不承認)及照片、與有懷疑之成績，保留不承認有關成績或增加時間作懲罰之權利。有關 **Strava** 活動紀錄權限須設定為公開，以供查核及確認。

成績上載須依活動網頁的成績上載詳情，並於指定日期期間完成。

所有報名不設退款、不設轉讓、不接受組別更改。

禮品供應如有不足，會以同等價值之類似商品作替代，受獎者不得異議或追討。

主辦單位保留在不另行或事先通知情況下，對所有參加者資格、修改及解釋以上規則的權利的最終決定權。

所有參加者一經確認，完全同意及接受以上條款。

Participants should understand the nature and risk of the event, which they are joining voluntarily, and have no right to claim the liability of injuries, accidents, deaths or any form of loss caused by this event and its organizers.

Please consult a doctor if you have any concern about your physical fitness prior or during this event. Whenever you feel unwell, you should stop immediately.

Participants are recommended to have their own personal accident insurance.

The route involves roads shared by vehicles and road crossings. You should pay attention to traffic conditions and obey all relevant rules of the road.

Please check the weather forecast in advance and do not start if adverse weather is expected. Please stop and look for shelter if the weather is bad.

Be environmental friendly. No littering is allowed.

Participants must obey the laws of Hong Kong SAR during the event.

Participants need to complete the event by running or walking.

Participants need to complete the event in a single effort although there is no limit to the number of attempts within the event period. Amendment of a submitted result is not allowed after it has been verified.

There will be no water points or aid stations, but participants may buy food and drink at vending machines or retail outlets along the course. Participants are recommended to bring at least 1000ml of water, sports drink and some food or arrange support by others before, during and after their runs.

Please bring your ID card, cash, and Octopus Card, a mobile phone with local connection and also your runner bib for taking photos.

Participants agree the organizer have the right of usage for the photos submitted and uploaded during the event.

(Challenge Category) As all participants need to upload a Strava link and photos, please read the “Strava Set Up Details” and “Results Upload Details” documents on the event web site before starting the activity. The organizer reserves the right not to verify a submitted result or apply a time addition penalty for an invalid Strava link or any other failure to comply with the result submission requirement. For avoidance of doubt, screen captures, photos of a GPX watch or GPX file uploads are not acceptable. Under Privacy Controls on your Strava account your activities should be flagged for everyone to see. This is necessary to facilitate verification.

Results should be uploaded during the running period according to the procedure on event web site.

No refund and no transfer for this event. Change of category is not accepted.

Gifts can be replaced by similar products of same value if out of stock, no claims are accepted.

The organizer reserves the right to change the rules and regulations at any time without any notice and have the final decision on all matters relating to this event.

By signing up this event, all participants agree to accept the above terms and conditions with the consent to waive their rights for any claims.