

## 規則及注意事項 Rules & Special Notices:

參加者只可以跑步或步行形式完成活動，以滾軸溜冰、單車、或以使用其他工具代步將不被承認。跑步機上活動紀錄將不被接受。

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，但可到途中超級市場、小食亭及商店購買飲品及食品。建議參加者帶備不少於 1500ml 飲料及適量食物補充，或安排支援，是次活動准許其他人沿途進行支援。另請帶備身份證、少量現金、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” 香港地區組” 之參加者須於香港境內完成活動，而” 香港以外組” 參加者須於香港境外地區完成活動。活動路線不限，但最少完成距離為 4 公里。

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，留在結構穩固的遮蔽處。

參加者請善待環境，請勿在路線上亂拋垃圾。

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，閱讀及理解本頁內之” **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扣減距離作懲罰之權利。

因應參加者未必可在 1 小時正停止紀錄，停止時間需要在 1 小時 0 秒及 1 小時 10 秒。時間以 **Strava App** 內顯示的經過時間(Elapsed Time)為準，並以該時間及距離，作最終成績。

成績上載須於 2021 年 5 月 9 至 6 月 14 日期間完成。

有關 **Strava** 活動紀錄權限須設定為公開，以供查核及確認。

參加者須清楚明白活動性質及風險，並同時自願參與，如有疑問，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，如有不適，請立即停止活動。

建議參加者自行購買個人意外保險，以保障個人安全。

如路線涉及有車輛行駛之道路及須橫過馬路，請留意路面情況，必須遵守交通規則。

參加者在參加本活動期間，請遵守當地法律。

主辦單位保留對所有參加者資格、修改及解釋以上規則的權利的最終決定權。

Participants need to complete the event by running or walking. Rollerblading, riding on bicycle, or any kind of vehicle is not allowed. Running or walking on a treadmill is not acceptable.

Participants need to complete the 1-hour activity in a single effort, although there is no limit to the number of attempts allowed 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 retail outlets along the course. Participants are recommended to bring at least 1500ml of water or sports drink and some food or arrange support by others before, during and after their runs. Please bring your ID card, a small amount of cash, and Octopus Card, a mobile phone with local connection and also your runner bib for a photo.

Participants registered for the “In Hong Kong” category need to complete the event within Hong Kong SAR. Participants registered for the “Outside Hong Kong” category need to complete the event outside Hong Kong SAR. You are free to choose your own route, but to minimum distance of 4km.

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 becomes bad.

Be environmental friendly. No littering is allowed.

As all participants need to upload a Strava link and a photo, 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 distance deduction 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.

As participants may not be able to stop recording their run on 1 hour sharp, the stop time should be between 1 hour 0 seconds and 1 hour 10 seconds, with reference to the Elapsed time in Strava app. Elapsed time and distance in Strava is to be used for result submission and verification.

Results should be uploaded during the running period from 9 May to 14 June.

Under Privacy Controls on your Strava account your Activities should be flagged for Everyone to see. This is necessary to facilitate verification.

Participants should understand the nature and risk of the event, which they are joining voluntarily. Please consult a doctor if you have any concern about your physical fitness for this activity. If you feel unwell whilst taking part, you should stop immediately.

Participants are recommended to have their own personal accident insurance.

If you run on roads shared by vehicles or your route involves crossing roads, then you should pay attention to traffic conditions and obey all relevant rules of the road.

Participants must follow all relevant local laws during the event.

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