

日期 | 2019年2月17日(星期日)
Date | 17 February 2019 (Sunday)

起點 | 中環10號碼頭
Start Point | Central Pier No. 10

終點 | 添馬公園
Finish | Tamar Park

開始時間 Start Time

第一組 Run 1	第二組 Run 2	第三組 Run 3
11:10am	11:25am	11:40am



請預早約30分鐘到場，同埋做足熱身運動！
Arrive around 30 minutes prior to your start time.
Give yourself plenty of time to warm up!

一起 我們跑更遠

TOGETHER, WE RUN FURTHER

家庭跑路線圖 Family Run Route Map

路線全長：1公里
Route Length: 1km



由港鐵中環站A出口或香港站A2出口，經行人天橋行10至15分鐘到達起點！
The Start is a 10-15 minute walk from MTR Central Station Exit A or Hong Kong Station Exit A2, using the footbridge!

做個綠色跑手 Go Green

為環保出一分力－自備水樽，起點同終點都有水站！
Bring your own water bottle, water stations are available at the Start and the Finish area!



重要事項 Important Notes

衣著 Clothing

- 要留意當日天氣，穿著合適衣物
- 記得將號碼布扣係衣服前方當眼位置
- Take note of the weather conditions and choose suitable clothing for the run
- Attach your bib to the front of your T-shirt

輕裝上陣 Run light

- 活動不設行李寄存服務，記得盡量保持行裝輕便，帶齊必須物品就可以
- Baggage deposit service is not available, so run light and only bring necessary belongings

交通安排 Transportation Arrangements

- 活動當日會有封路安排，記得預早計劃行程，提早出門口同盡量乘搭公共交通工具
- Due to road closures on the event day, please plan your journey ahead of time, and take public transport if possible

安全第一 Safety is the top priority

- 活動不計時亦不設名次，所以唔需要心急或者緊張，任何時候都請勿推撞他人
- 跑道上禁止騎膊馬或使用手推車，亦嚴禁自拍或使用航拍機
- 時刻顧及自己同埋其他跑手嘅安全，記住遵從大會工作人員嘅指示
- 避免發生意外，大家抵達終點線後請盡快離開終點區
- It's a non-competitive fun run for all ages to relax and enjoy, please don't push or rush at any point of the run
- No shoulder riding, baby strollers, selfies or drones are allowed in the run
- Take care of your own safety and the safety of others, follow officials' instructions
- To avoid accidents, participants are requested to leave the Finish Area as soon as possible

照顧自己同家人 Take care of yourself & your family

- 活動前要有充分休息，留意自己嘅身體狀況，確保適合參與活動
- 量力而為，如果感到身體不適，記得即時向工作人員求助
- 起點同終點都設有救護站
- Rest well before the run and make sure you are fit for the run
- Do not overstretch yourself, seek help from the officials if you feel unwell
- First Aid will be available at the Start and the Finish area

惡劣天氣安排 Bad Weather Arrangements

- 如果活動當日(2019年2月17日) 早上3時正，3號或以上熱帶氣旋信號、紅色或黑色暴雨警告信號仍然生效，活動將會取消，參加者請緊貼大會Facebook專頁@渣打香港馬拉松，並留意電台或電視台廣播
- The Run will be cancelled if tropical cyclone warning signal no.3 or above, or if a red or black rainstorm signal, is still in force at 3:00am on Sunday, 17 February 2019. Please follow updates on our official Facebook @ Standard Chartered HK Marathon, and through radio or TV announcements

完成證書 Finisher Certificate

- 大家可於2019年2月18日起登上大會網站www.hkmarathon.com下載電子證書！(活動不設完成時間)
- Download your certificate from www.hkmarathon.com starting from 18 February 2019. (Completion time will not be available)

終點安排 Finish Line Arrangements

終點添馬公園設有派對活動，
亦歡迎公眾一齊參與，一齊玩！
大家仲可以去龍和道為馬拉松跑手打打氣！

An After Party will be held at Tamar Park, the Finish Area!
It is open to the public for free, enjoy it with your family
and cheer for the marathon runners along Lung Wo Road!

請瀏覽大會官方網頁(www.hkmarathon.com)參考活動的大會規則、條款及細則，以及重要事項。
如有任何查詢，請致電2577 0800或電郵至hkmarathon@hkaaa.com與馬拉松秘書處聯絡。
Please refer to the official website (www.hkmarathon.com) for Official Rules, Terms and Conditions, and Important Notices
and Indemnity. For enquiries, please contact the Marathon Secretariat at 2577 0800 or hkmarathon@hkaaa.com.