

General Information

Participants, please make sure that you are physically and medically fit and competent in joining the Club's activities ("Activity"). Kindly be aware of the Activity's possible risk, including the possibility of emergency medical services which may not be readily available.

In addition, participants shall be aware of the latest situation of the novel coronavirus pandemic and observe the latest relevant social distancing and gathering restrictions in place.

All participants are taking part of the Activity at its own risks.

The Club and the organizing committee shall not be responsible for any issue, such as due to novel coronavirus pandemic related, accident of whatever kind including death or injury, any loss or damages, destruction of property, and/or any economic loss for whatsoever cause in relation to or as a result of participating in the Activity.

提示

參加者，請確保您的身體和健康狀況並有能力參加此活動（“活動”）。請注意活動可能存在的風險，包括可能無法提供的緊急醫療服務。

此外，參加者應了解新型冠狀病毒疫情的最新情況，並遵守最新的相關社交距離和限聚令。

所有參加者需各自承擔參與活動的風險。

跑步會和組委會不對任何問題負責，例如由於新型冠狀病毒疫情，任何類型的事務（包括死亡或受傷）、任何損失或損壞、財產破壞和/或因任何原因造成的任何經濟損失或因參加活動導致的結果。



SOCIAL RELAY RUN - July 1

Missed the small group short run with the Club and friends?

Here you are. A social relay run is planned on July 1.

This is the previous July 1st Handover Relay. For ease of transportations, instead of running at the Peak, the run is at Tsuen Wan waterfront this year. Pls get in touch with Bill or Sabrina.

Bill's Mobile: 97765569, Email: shtb@i-cable.com

Sabrina's Mobile: 90983769, Email: sabrina.chow28@gmail.com

Place: Tsuen Wan West MTR Exit B1

Date: Friday, 1st July 2022

Gathering: 7:30am at Tsuen Wan West MTR Exit B1 to draw teams

Run Time: 8:00am start

Breakfast: After the run (self-paid, venue to be confirmed). No picnic this year.

Format: Teams of 3 running around 3Km for each runner

聯誼接力跑 - 7 月 1 日

很懷念跟跑步會同朋友們的小組短跑嗎？

為見及此，跑步會計劃於 7 月 1 日舉行一次社交接力跑。

這個是以往 7 月 1 日的回歸接力跑。為方便搭車，今年將會在荃灣海濱而不會在山頂舉行。請與 Bill 或 Sabrina 查詢/報名。

Bill 手機: 97765569, 電郵: shtb@i-cable.com

Sabrina 手機: 90983769, 電郵: sabrina.chow28@gmail.com

地點: 荃灣海濱 (荃灣西港鐵 B 出口)

日期: 2022 年 7 月 1 日, 星期五

集合: 早上 7 時 30 分於港荃灣西站港鐵 B1 出口抽籤

開跑時間: 上午 8:00 開始

早餐: 賽後自費, 地點待定, 今年取消野餐

賽制: 3 人一組, 每人跑 3 公里

