



香港女子健跑會
第四十三屆 Mizuno 發財跑
山頂

二月十二日（年初三）星期一，早上 8:30 開跑

以下重要事項 請各參賽者留意

1. 比賽於早上八時三十分正於山頂廣場開始
2. 請預留時間於柯士甸山道遊樂場（大概往山上行六百米）寄存隨身物品
3. 請時刻留神，注意路面交通，務必靠左前行（路面並無封鎖）
4. 水站只設於終點站，提供水及寶礦力能量飲品
5. 大會已購買第三者保險，參賽者可因應個人需要額外購買個人或其他保險

噪音管制指引

請為山頂居民設想 在開跑前後及途中 時刻保持輕鬆開朗心情 平和地完成這新春發財跑

安全指引

1. 請勿於山頂道熱身
2. 請時刻靠左前行
3. 請勿聚成小組
4. 敬請遵守在場警員的指示

賽道路線請參考附圖

預祝各位龍年快樂，長跑長有！



Hong Kong Ladies Road Runners Club
43rd Mizuno Fat Choi Run
The Peak
12 February 2024, Monday: 8:30 am Start

Important Reminders To All Runners:

1. Race start at 8:30am, near Peak Galleria
2. Bag Drop: at Mt Austin Road Playground: 600m up the hill: leave time to drop off your bag
3. Please run carefully, staying on the left: roads are NOT closed to traffic
4. Water stop at finish line only, provide water & Pocari sports drink
5. Public Liability Insurance is covered by the Organiser. Participants are advised to take up their own personal or other insurance policies according to yours needs separately

Noise Control Instructions

Please be considerate to the residents and keep noise under control at all times, before, during and after the race.

SAFETY Instructions: take extreme care at all time

1. Do NOT warm up on Peak Road
2. Please run on the left side of the road and do not cut corners
3. Please do not run bunched together in groups
4. If the POLICE give you instructions, please obey; they are for your safety

** Map attached below**

Have a safe, friendly and happy RUN to start the Year of the Dragon

賽道: 山頂廣場 > 山頂道 > 堪仕達道 > 加列山道 > 山頂道 > 夏力道 > 盧吉道 > 柯士甸山道 > 柯士甸山遊樂場
(終點)

Race Course: Peak Galleria > Peak Road > Homestead Road > Mount Kellet Road > Peak Road > Harlech Road > Lugard Road > Mount Austin Road > Mount Austin Playground (Finish)

