

2022 第 17 屆「澳門樂善盃」慈善線上歡樂跑 - 章程

- 一、主辦單位：澳門樂善行、澳門田徑總會
- 二、協辦單位：澳門工會聯合總會、中國銀行澳門分行義工協會
- 三、合作票務平台：1Ticks
- 四、活動時間：2022 年 10 月 30 日至 11 月 13 日期間，自行選擇適合的時間。
- 五、活動地點：任何安全的地方皆可
- 六、完成距離：5 公里或 16 公里
- 七、報名時間：即日起至 2022 年 10 月 20 日截止

9 月 15 日前可享早鳥優惠

- 八、報名費：兩項賽事均一收費

時段	優惠方案	成人票	*學生票
2022 年 9 月 7-20 日 9 月 20 日晚上 11:59 截止 (GMT+08)	早鳥優惠	澳門幣 100 元	澳門幣 50 元
2022 年 9 月 21 日 - 10 月 20 日 10 月 20 日晚上 11:59 截止 (GMT+08)	正價	澳門幣 200 元	

*於 2022 年 10 月 30 日至 11 月 13 日期間，參加者本人持有有效學生證者，不論年齡，皆可享學生優惠。

全部報名費及贊助捐款均撥入「澳門樂善行育才助學基金」，作為本會在中國國內幫助有經濟困難的學生完成高等教育之用。

- 九、比賽形式：

參加者在 10 月 30 日至 11 月 13 日期間任選一天，跑步、健走均可，不限時間，不限地點，只要使用可記錄跑步、步行距離及所使用時間的運動記錄 APP 工具，一次性完成 5 公里/16 公里挑戰，不設時限，上傳運動時間軌跡數據，即視為完賽。

- 十、誠實活動：

這是純個人的自願活動，不設名次獎項，參加者應以誠實態度挑戰自己的能力。

- 十一、路跑者建議使用之手機 APP：

使用的手機跑步 APP，必須能記錄跑步或步行距離、時間。

(例如: Nike Run Club、Garmin、Keep、咕咚、悅跑圈等)

- 十二、室內跑步替代方案:

使用跑步機者，建議使用手機 App「Nike Run Club」，切換「室內」模式，即可記錄公里數

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與時間。

十三、 完成項目後將截圖發給大會：

- 上傳期限：2022 年 10 月 30 日至 11 月 21 日
- 途徑： 上傳至微信: 澳門樂善行小助手

(ID: CAREACTIONMACAO1)

請註明姓名, 報名項目, 完成日期

如：王大文-5km-2022/11/2



線上跑使用APP及上傳教學

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十四、 獎勵：

- 全部完成賽事的參加者，均獲得完賽獎牌、電子完賽證書*、紀念運動禮品包乙份
- 如未完成賽事之參加者，可獲得紀念運動禮品包乙份

*所有電子完賽證書將發送至提交完賽結果之微信賬號。

十五、 完賽幸運大抽獎：

抽獎日期：11 月 22 日 下午 3:00

所有完成活動的人士，於微信朋友圈、Facebook 或 Instagram 拍照打卡，加上主題標籤 #澳門樂善盃慈善跑 #育才助學，截圖發至微信（澳門樂善行小助手）將得到抽獎資格，打卡需保留到領獎當天，每人限中獎乙次，如第一輪抽籤未中獎，自動進入第二輪抽獎。

第一輪抽獎 5 份： 亞瑟士跑步用品現金券，價值 500 元

第二輪抽獎 4 份： 羅斯福酒店客房一間一晚

抽獎公佈：獲獎名單將於抽獎活動當天於活動官網、Facebook 公佈，並有專人聯繫。

* 獎品需在通知領取即日期至 2022 年 12 月 31 日期間親臨本會會址領取，逾期不領取者，視為棄權。

* 獎品由贊助單位提供，如有變更，將適當分配，本會有最終決定權。

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十六、 活動日程：

2022 年	事項
9 月 7 日-10 月 20 日	開放報名
10 月 24 日-11 月 20 日	本地參加者領取紀念 T 恤
10 月 30 日-11 月 13 日	於任何安全的地方，打開手機運動 APP 開始記錄跑步/步行數據， 一次性完成 5 公里/16 公里的跑步/ 步行，截圖記錄數據 在社交媒體上打卡並截圖回傳至微信，可獲大抽獎資格。
10 月 30 日-11 月 21 日	將上述的截圖，發至微信 ID: CAREACTIONMACAO1 (澳門樂善行小助手)
11 月 22 日	舉行幸運大抽獎 獎品將隨領取完賽禮品包時，一起領取。
11 月 22 日-12 月 31 日	本地參加者: 領取紀念禮品包、領取完賽獎牌，未領 T 恤者可一同 領取 非本地參加者: 不便現場領取獎品者，可選擇郵費到付方式，郵寄 紀念禮品包、完賽獎牌 所有電子完賽證書將發送至提交完賽結果之微信賬號。

十七、 查詢電話：28700220 鄧小姐

辦公時間：星期一至五 (上午 9:30-下午 1:00; 下午 2:30-6:30);

星期六 (上午 9:30-下午 1:00; 下午 2:30-5:00)

賽事查詢電郵: careactionmacau@gmail.com

活動網址：<https://www.careactionmacau.com/>

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十八、報名方法：

現場報名

澳門地區參加者：報名表格可於本會網站下載，填妥報名表格並連同報名費交下列任何地點：

現場報名地點	地址	辦公時間	查詢電話
A. 澳門樂善行	澳門高美士街 14 號 景秀商業中心 2 樓 C 座 (利澳娛樂場對面)	星期一至五 9:30 - 13:00 / 14:30 - 18:30 星期六 9:30 - 13:00 / 14:30 - 17:00 星期日及公眾假期休息	鄧小姐 28700220
B. 愛華跑步用品專門店	澳門龍嵩正街 95 號地下	星期一至六 10:00 - 20:30	蔡先生 66881195
C. 珠海派龍酒業	珠海市拱北粵海中路紫金閣 7 號鋪	星期一至六 10:00 - 18:00	(0756) 8891773

線上報名

詳情
連結： https://1tickets.com/event/careactionmacaocup2022
<ol style="list-style-type: none">1. 以 Facebook 帳號或電郵註冊或登入2. 瀏覽活動和選擇門票3. 填寫購票者資料 (名稱/電郵/電話) 和報名表4. 檢查訂單5. 以信用卡網上付款 (支持 Visa/Mastercard/American Express)6. 電子門票和收據會發送到電郵7. 帶同訂單編號條碼或電子門票領取賽事包
備註：該系統須額外繳付澳門幣 5 元手續費用。

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二十、 活動安全：

1. 參加者在參與過程中應當遵守澳門特別行政區政府的防疫指引，佩戴口罩，避開人群密集區域，做好個人防疫措施。
2. 跑步之前，做好充分的熱身準備，以避免突然劇烈運動對身體造成的意外傷害。
3. 跑步過程中，注意補給水分及能量，若身體出現不適、過度疲勞感等，請放慢速度，量力而為，必要時放棄活動，保證人身安全。
4. 跑步過程中，如遇颱風、雷暴雨、高溫等惡劣天氣，請自行調整路線和計劃，必要時放棄活動，保證人身安全。
5. 跑步之後，做好慢走、拉伸等放鬆和恢復運動，切忌驟停劇烈運動。
6. 參加者盡可能結伴進行活動，以策安全。

二十一、 豁免法律責任及聲明：

1. 參加者聲明仔細閱讀本活動「澳門樂善盃慈善線上歡樂跑」之章程及完全明白活動的性質，並願意遵守主辦單位所訂的各項條款及細則，完成報名手續的參加者即同意並遵守賽事章程。
2. 由此活動籌得之款項將全數撥捐本會之育才助學基金，活動一經報名，報名費將不獲退還，全數撥作善款用途。
3. 參加者需確保身體狀況良好，有足夠訓練完成賽事，有能力參加此活動，也明白當中可能涉及的風險。
4. 本人是自願參加此活動和自願承擔自身的意外風險及責任，並無權向大會對本人在活動中發生及引致之自身意外、死亡或任何形式的損失或損傷索償或追討責任。
5. 參加者如有需要可自行購買個人意外保險。
6. 在報名表格及相關文件提供的資料均正確，真實及無誤。
7. 所有提交之個人資料僅供是次活動，以及本會日後宣傳及推廣其他環保或體育性活動之用；
8. 如果本條款與細則的英文和任何外文版本出現任何不一致之處，則以中文版本為準。
9. 本會將保留是次活動的一切有關事項之最終決定權。

防疫常態，善心處處，樂善行鼓勵各位於符合社交距離規定的情況下，繼續鍛煉身體，健體魄！

2022 The 17th "Care Action Macao Cup" Charity Virtual Run

Organizer:

Care Action Macao, General Association of Athletics of Macao

Co-organizer :

Macao Federation of Trade Unions, Bank of China Macau Branch Volunteers Association

Event Period:

30/10/2022 (00:00am GMT+08) – 13/11/2021 (11:59pm GMT+08)

Race location:

No limitation (Runners from anywhere in the World are welcome)

Time Limit:

No time limit but must finish within the event period

Race Distance:

5km/16km

Registration Period:

cut-off at 11:59pm (GMT+08) 20/10/2022

Registration fee: For All Classification

Period	Discount	Adult Tickets	*Student Tickets
7-20, Sep 2022 cut-off at 11:59 p.m. 20 Sep 2022 (GMT+08)	Early Bird Price	MOP 100	MOP 50
21 Sep – 20 Oct 2022 cut-off at 11:59 p.m. 20 Oct 2022 (GMT+08)	Full Price	MOP 200	MOP 50

*From 30 October to 13 November 2022, participants with valid student ID cards can enjoy discounted student fares, regardless of age.

✂All registration fees and donations will be allocated to the "Care Action Macao Education Fund" to provide for needy students who have financial difficulties in completing their education in China.

Refund policy:

[No refund for this event.](#)

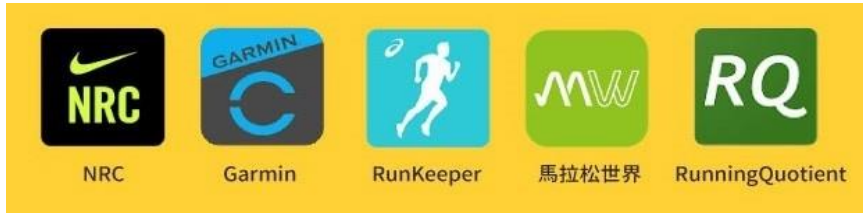
As THIS EVENT IS A CHARITY, once registered, non-refundable, all income will be allocated to the "Care Action Macao Education Fund".

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Event rule:

Participant needs to finish the whole course in one time during 23 Oct – 7 Nov 2021. There is no time limit to complete the whole course. Records your run on a GPS watch or mobile via a running app (No APP limit but could record your running time and distance).

Reference APP:



- If you run/walk by treadmill, you can change to “indoor” mode to record your running time and distance.

Honest Activities:

This is a voluntary event for individuals. No prizes will be awarded. Participants should challenge their abilities honestly. The top 10 finishing times of men and women will be announced anonymously after the event for reference.



**RUN AND USE
ANY APP**



**UPLOAD
PROOF**



**GET
ENTITLEMENTS**

Event Flow:

Time	Event
cut-off at 11:59 p.m. (GMT+08) 20 Oct 2022	Registration Period
24 Oct – 20 Nov 2022	Pick up Race pack
30 Oct – 13 Nov 2022	Use APP to record your running record in any safe place.
30 Oct – 21 Nov 2022	Upload your record by WeChat
22 Nov 03:00 p.m.	Lucky Draw
22 Nov – 31 Dec 2022	Local participant: Pick up finisher medal and e-certification; Non-local participant: If you can not pick up the prizes, you can choose “Postage paid by addressee” to deliver your race pack, finisher medal, and e-certification*. *E-certification will send to your WeChat submitted running record.

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How to upload proof:

1. Upload period: 30 Oct – 21 Nov 2022
2. Method: upload the running record to WeChat
(Search ID: CAREACTIONMACAO1)

*If you need to upload proof for families/friends by the same account, please send the proof separately. Please remark your record as follow: Ben Chan – Male – 16k.



(Scan QR Code)

Awards:

The Virtual run is a self-discipline game. There are no rankings and awards for the virtual run.

Prizes:

1. The finisher will receive a finisher medal、 E-certification and a Race pack*.
 2. Those who have not completed the race will receive a Race pack as souvenir.
- *E-certification will be sent by Care Action Macao via the WeChat submitted running record.

Lucky Draw :

The finisher who posts a running record to social media (Facebook/Instagram/ WeChat moment) with a tag #CareActionMacaoCharityRun and sends the screenshot to WeChat ID: CAREACTIONMACAO1 will get a chance to participate in lucky draw.

*Each participant is entitled to win only once in the Whole Lucky Draw Event.

Prizes for the lucky draw:

Round 1 (5 gifts): Cash vouchers for Asics running gear, worth \$500

Round 2 (4 gifts): The Macau Roosevelt Hotel Room for one night

Result announcement

Winners will be drawn randomly on 22 November 2022.

All winners will be notified by Care Action Macao via the WeChat submitted running record.

Results will be announced on the respective websites of Care Action Macau on 22 November 2022 and published on Facebook on the same date.

*When you receive the winning notification, you can accept your prize in the office of Care Action Macao until 31 Dec 2022. Those who are overdue shall be deemed to have abstained.

*Lucky draw gifts will be provided by the sponsor. If there is any change, they will be allocated appropriately. The organizer made the final decision.

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REGISTER

Onsite Registration:

- Only cash in MOP will be accepted, any exchange rate differences will not be provided;
- Upon confirmation of registration, the receipt will be received immediately.

A. Care Action Macao

Address:

2 andar A, Edf. King Xiu Garden, No.14 Rua de Luís Gonzaga Gomes, Macau
(Opposite Rio Hotel)

Office Hours: Monday - Friday 9:30 - 13:00/ 14:30 - 18:30

Saturday 9:30 - 13:00/ 14:30 - 17:00

Close on Sunday and Public Holidays.

Tel: (853) 28700139 Ms. Mavis Tang

B. Oi Va Running Pro Shop

Address: No. 95 Rua Central, Macao

Open Hours: Monday – Saturday 10:00 – 20:30

Close on Sunday and Public Holidays.

Tel: (853) 66881195 Mr. Choi (Cantonese Only)

C. Zhuhai Plassons Wine Company Limited

Address: No. 7, Zi Jin Ge, Gongbei Yuehai Midde Road, Zhuhai City,
Guangdong Province

Tel: (0756) 8891773 Ms. Peng

Online Registration :

Link: <https://1ticks.com/event/careactionmacaocup2022>

Details

1. Register/Login your 1TICKS account with a Facebook account or email.
2. Browse events and select tickets.
3. Fill in your information (name/email/phone) and registration form.
4. Pay online by credit card (accept Visa/Mastercard/American Express).
5. E-tickets and receipts will be sent to the email.
6. Bring the order barcode or PDF ticket to the event site.

PS. The attendee pays an additional handling fee of MOP 5 per ticket.

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Rules and Special Notices:

1. Participants must study the listed below carefully. Participants who completed the registration process agree to abide by the Rules and Regulations of the race that has been signed up.
2. Participants should follow the epidemic prevention guidelines of the Macao SAR Government, wear masks, avoid crowded areas, and take personal epidemic prevention measures.
3. Before running, do a good warm-up to avoid accidental injury caused by sudden strenuous exercise.
4. Runners should make sure their health conditions are suitable for the strenuous race. During running, pay attention to water and energy supply. If you feel uncomfortable or overtired, please slow down and give up activities. In cases of doubt, please seek medical advice in advance.
5. Please check the weather forecast of the Observatory in advance, and do not start if adverse weather is expected. Please stop, and look for shelter if the weather is bad.
6. Be environmentally friendly. No littering on the course is allowed.
7. The participant should understand the nature and risk of the event, and voluntarily join the event. Please consult the physical advice if you have doubts about physical conditions. In case you are not feeling well, please stop immediately.
8. The Participant acknowledges that participation in the Event involves potentially dangerous physical activity and carries with it inherent risks and dangers which cannot be eliminated completely, which, may include accidents, personal injury (ranging from minor discomfort to catastrophic injuries and death), any loss or damage to property due to falls, obstacles, contact with other participants, the acts and/or omissions of other participants, the effects of weather, traffic conditions and the conditions of any road. By completing and submitting the Registration Form, the Participant confirms that, to the best of their knowledge, they are healthy and fit to run, they understand and have considered and evaluated the nature, scope, and extent of the risks involved (including, without limitation, those risks listed above), and have voluntarily and freely chosen to assume all risks associated with participating in the Event (except where any such personal and bodily injury, including death, is caused by the negligence of the Event Organizers or any of their employees). The Participant further understands that the Event Organizers reserve the right to refuse the Participant's attendance at, and/or participation in, the Event.
9. The Organizers do not provide any insurance, whether life or medical or liability, for any illness, accident, injury, death, loss, or damage that may arise in connection with

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the attendance at, and/or participation in the Event by each Participant. The Participant is advised to obtain such insurance themselves if required.

10. The participant is recommended to have personal accident insurance for personal safety.
11. Please be aware of the road conditions, and follow traffic rules.
12. All personal data submitted will only be used for this activity and our promotion and promotion of other environmental protection or sports activities in the future.
13. In case of any discrepancy between the English version and the Chinese version, the Chinese version shall prevail.
14. Organizer reserve the right to change the rule and regulations and have the final decision on this event.