

2023 The 18th "Care Action Macao Cup" Charity Run & Hike

Help the students in need: Run for a Healthy Future!



Race Information

Organizer	Care Action Macao, General Association of Athletics of Macao
Date	29 Oct, 2023 (Sunday)
Time	9:30 AM
Venue	Seac Pai Van Park Circular Plaza
Time Limit	2 hours and 30 minutes
Entry Fee	For All Classification, Adult: MOP 200 Student: MOP 50 ※All entry fees, sponsorships, and donations for this event will be totally allocated to the "Care Action Macau Education Fund", which will be used to support students with financial difficulties, from Mainland China Universities.
Inquiry	(+853) 28700139 Ms. Mavis Tang
Event Website	https://www.careactionmacau.com
Email	careactionmacao@gmail.com
Address	2 andar C, EDF. King Xiu Garden, Rua Luis Gonzaga Gomes No.14, Macau

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CATEGORY

*All categories are counted based on the year of birth. To determine the age group, subtract the year of birth from 29/10/2023.

- 5.5 Km Mini Marathon

All athletes who complete 5KM events are classified by age categories.

Man	Woman	Year of Birth
Category A	Category A	1993 - 2008
Category B	Category B	1953/10/30 - 1992

- 16KM Marathon (age: 15-70)

All athletes who complete 16KM events are classified by age categories.

Man	Year of Birth	Woman	Year of Birth
Category A	1993 - 2008	Category F	1981 - 2008
Category B	1980 - 1992	Category G	1953/10/30 - 1980
Category C	1974 - 1979		
Category D	1968 - 1973		
Category E	1953/10/30 - 1967		

- 5KM Hiking (Non-competitive events)

Age: 1-70 (Born from 1953/10/30 - 2022/10/29)

RACE PACKAGE

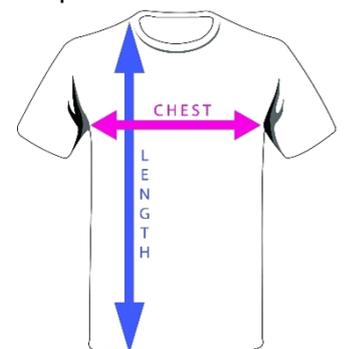
All participants have selected the Race package, including:

- bib number
- a memorial sports T-shirt
- a vest bag
- a towel
- One medal will be awarded to those who complete the event.

T-SHIRT SIZE CHART

- *Due to the need for advanced production of T-shirts, it may not be possible to allocate the required sizes. Please understand.

Adult Size	XS	S	M	L	XL	XXL
Chest Width	42 cm	45 cm	48.5 cm	51 cm	54 cm	56 cm
Shirt Length	59 cm	63.5 cm	67.5 cm	69 cm	70 cm	72 cm



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REGISTRATION

Online Registration:

1. Register/ login to your "Go Out Mall" account with your email.
2. Browse events and select tickets.
3. Fill in your information (name/email/phone) and entry form.
4. Pay online by credit card (accept BOCpay/ Mpay/ Visa/ Mastercard/ Alipay/ WeChat Pay).
5. E-tickets from "Go Out Mall" will be sent to your email.
6. "Care Action Macao" will send you an email confirming your successful registration.
7. From October 23 to 27, bring your confirmation letter or ID card to the place where you registered to pick up the Race package.

Onsite Registration:

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

Venue	Care Action Macao	General Association of Athletics of Macau	Oi Va Running Pro Shop
Address	2 andar A, Edf. King Xiu Garden, No.14 Rua de Luís Gonzaga Gomes, Macao (Opposite Rio Hotel)	Olympic Sport Centre Stadium, Avenida Olimpica, Taipa	No. 95 Rua Central, Macao
Office Hours	Monday – Friday 9:30 - 13:00/ 14:30 - 18:30 Saturday 9:30 – 13:00/ 14:30 – 17:00 Close on Sundays and Public Holidays.	Monday - Friday 10 – 12:45/ 14:45 - 18:15 Saturday 10:00 – 12:45 Close on Saturday afternoons, Sundays, and Public Holidays.	Monday – Saturday 10:00 – 20:30 Close on Sundays and Public Holidays.
Contact	(853) 28700139 Ms. Mavis Tang		(853) 66881195 Mr. Choi (Cantonese Only)

Mailing

Complete the entry form with the entry fee (lined cheque) and mail it to "Care Action Macao, 2 andar A, Edf. King Xiu Garden, No.14 Rua de Luís Gonzaga Gomes, Macau "

- Cheque payable to "澳門樂善行" or "CARE ACTION MACAO"
- After receiving the registration form, the organizing committee will send a confirmation via e-mail.
- The receipt will be mailed to the address with the "Guidelines for collecting event packages" before 12 October 2023.

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AWARD

- Individual Award: The top 5 of each category has a trophy.
- Team Award: The team members who individually rank within the top 8 in their respective categories will contribute points towards the team's total, and the team trophy will be awarded to the top 5 teams with the highest accumulated points.
- The Points Table:

	Category	Rank							
		1	2	3	4	5	6	7	8
16KM	A	5	4	3	2	0.5	0.5	0.5	0.5
	B	5	4	3	2	0.5	0.5	0.5	0.5
	C	5	4	3	2	0.5	0.5	0.5	0.5
	D	5	4	3	2	0.5	0.5	0.5	0.5
	E	5	4	3	2	0.5	0.5	0.5	0.5
	F	5	4	3	2	0.5	0.5	0.5	0.5
	G	5	4	3	2	0.5	0.5	0.5	0.5
5KM	Man A	5	4	3	2	0.5	0.5	0.5	0.5
	Man B	5	4	3	2	0.5	0.5	0.5	0.5
	Woman A	5	4	3	2	0.5	0.5	0.5	0.5
	Woman B	5	4	3	2	0.5	0.5	0.5	0.5

SPECIAL GIFT

- The top 12 Participants of each category will be awarded special gifts.
- Appropriate allocation of special prizes in proportion to the number of participants in each category.
- Hiking is a Non-competitive event, and no prizes will be awarded.

DISTRIBUTION OF NUMBER BIBS, TIMING CHIPS, AND INFORMATION

	Venue	Date
Mainland China	Zhuhai Plassons Wine Company Limited	The Council will send a "Guidelines for collecting event packages" by mail before 12th Oct. Please bring the notice to the designated place to collect the bibs and clothes.
Hong Kong (S.A.R.)	Kwun Tong	
Macau (S.A.R.)	Care Action Macao	23-28 October 2023
	Oi Va Running Pro Shop	23-27 October 2023

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ROUTE

➤ 5.5 Km

Starting Line: Seac Pai Van Park Circular Plaza → Go up for 1 km via the ramp of the Est. do Altinho de Cá Hó → Entrance & Exit of "Coloane Fitness Trail" → Turn right → C1 → C2 → C3 → C4 → C8 (Separated from the 13 km runner) → Go straight for 50 meters via Seac Min Pun Ancient Road → turn left to intersection C12 → go straight ahead in the direction of "Red-stem Fig Pavilion" → pass C13 → C15 → Jacaranda Pavilion continues to walk forward → C17 → C27 → go straight to C28 (Separated from the 13 km runner) → turn left → C29 "Wisteria Pavilion" → C30 → Go straight → C49 → Exit the Coloane trail and return to the finish line via Seac Pai Van Nature Park Trail.

➤ 13 Km

Starting Line: Seac Pai Van Park Circular Plaza → Go up for 1 km via the ramp of the Est. do Altinho de Cá Hó → Entrance & Exit of Coloane Fitness Trail → turn right → C1 → C2 → C3 → C4 → C8 (Separated from the 5.5km runner) → (Don't turn to "Coloane Seac Min Pun Ancient Path") → 1-01-08 → 1-01-09 → 1-01-10 → 1-01-11 → 1-01-12 → 1-01-13 → C8a → C9 → C10 (Check Point W1: Cheoc Van Barbeque Park) → C11 → 1-01-16 → 1-01-17 → arrive the Coloane Seac Min Pun Ancient Path → Pass C8 to "True Man Slope" (259 Stairs up to the end) → C50 → C14 Stone Watchtower (Check Point W2) → turn right and stairs down → C13 → C15 → turn left and stairs up → C16 (washroom) → C19 (A-Ma Stature) → C18a → C18 → → Turn left when you see Jacaranda Pavilion as you descend the stairs → C17 → C27 turn right (Separated from the 5.5km runner) → C26 → (Please note that there will be competitors on the opposite return leg of this stage) → C25 → C24a → C24 → (Please note that C25 to C24 will be competitors on the opposite return leg of this stage) → C22 → C23 down stairs → C37 Ka Ho Height Barbeque Park (Check Point W3) → Climb the stairs to C22 → (Please note that there are participants in opposite directions on this section) → C24 → turn Right → C25 → (Please note that there are participants in opposite directions on this section) → C26 → turn right to Coloane Trail → C28 (Wisteria Pavilion) → C29 → C30 → Go straight → C49 → Exit the Coloane trail and return to the finish line via Seac Pai Van Nature Park Trail.

CHIP TIMING

- To receive an accurate time, please DO NOT FOLD and REMOVE the B-Tag. Participants must fasten their bibs on the front of their clothes. If the Participants wear the bibs incorrectly, the chip is damaged or the timing mat is not used, the race time will not be provided.
- Participants must pass a timed carpet at the starting line, checkpoints, and finish line.
- If you lose your bib number, it will not be reissued.

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SPECIAL ARRANGEMENTS UNDER INCLEMENT WEATHER CONDITIONS

- If Tropical Cyclone Signal No. 3 or above or Rainstorm Warning Signal is still in effect at 3 a.m. on the race day (Sunday, 29 October 2023), or after 5:30 p.m. on 28 October 2023, the Macao Geophysical and Meteorological Bureau predicts a maximum temperature of 38 ° C on the following day, the race may be canceled. Participants are advised to pay close attention to the media and online news.
- The organizer reserves the right to change the event or cancel the race if the weather is bad or the above signal is given during the race. **The entry fee is non-refundable and will be used exclusively for charitable purposes.**
- Please pay attention to the announcement of the Care Action Macao website, Facebook page, and WeChat official account.

NOTES FOR PARTICIPANTS

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. Before participating in the challenging race, Participants should ensure that their health is appropriate for the physical demands of the event. If a participant is experiencing a fever or feeling unwell, the event organizers reserve the right to request the participant to withdraw from the race and exit the premises. In cases of doubt, please seek medical advice in advance.
3. There is no bib number for Participants in the hiking program. Please do not fasten the bib number for proper route guidance.
4. Baggage storage will be provided, but kindly avoid storing any valuable items. Please note that the Organizer will not be liable for any loss or damage incurred to your stored baggage.
5. A certificate will be issued to 13 Km participants who can complete the whole course in 2 hours and 30 minutes and 5.5 Km participants who can complete the whole course in 1 hour and 30 minutes. Macao participants can collect their certificates after 10 November 2023. Mainland China and Hong Kong (S.A.R.) participants' certificates will be mailed to the address on the registration form.
6. The organizer will set a time interval. If the participants fail to reach the position within the time limit after the start of the race, the organizer will mark the number bib and signal the participants to withdraw. If participants continue to walk on the course, it will be regarded as their behavior and not related to the event.
7. If necessary, the organizer may alter the route based on the condition of the racecourse and recommendations from the Macao Government to ensure safety. Any changes will be communicated to all participants and announced on the official website, as well as on Facebook and WeChat

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subscription Accounts. Therefore, please make sure that you provide the correct contact, otherwise, you will not be able to receive the latest information.

8. 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.
9. In the event of cancellation due to factors beyond control, such as bad weather or epidemics, registration fees will not be refunded. Instead, they will be fully allocated to the "Care Action Macao Education Fund" for charitable purposes.
10. In case of any discrepancy between the English version and the Chinese version, the Chinese version shall prevail.
11. We reserve the right to make the final decision on all matters related to this event.

INQUIRE

Office: (853)28700139 Ms. Mavis Tang

Website: <https://www.careactionmacau.com/>

Facebook: <https://www.facebook.com/careactionmacao>

WeChat subscription account: careactionmacao (For Latest News, Please note that this account is unable to receive messages)

WeChat ID: careactionmacao1

Address: 2 Andar C, EDF. King Xiu Garden, Rua Luis Gonzaga Gomes No.14, Macau