

# 2025 The 20<sup>th</sup> "Care Action Macao Cup" Charity Run & Hike

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

## Race Information

|                      |                                                                                                                                                                                                                                                                                                                     |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Organizer</b>     | Care Action Macao, General Association of Athletics of Macao                                                                                                                                                                                                                                                        |
| <b>Co-Organizers</b> | Bank of China Macau Branch , Federação das Associações dos Operários de Macau                                                                                                                                                                                                                                       |
| <b>Date</b>          | 2 Nov, 2025 (Sunday)                                                                                                                                                                                                                                                                                                |
| <b>Time</b>          | 9:30 AM                                                                                                                                                                                                                                                                                                             |
| <b>Venue</b>         | Hac Sá Reservoir Natural Park                                                                                                                                                                                                                                                                                       |
| <b>Time Limit</b>    | 2 hours and 30 minutes                                                                                                                                                                                                                                                                                              |
| <b>Entry Fee</b>     | For All Classification,<br><br>A d u l t : MOP 200<br>Student: MOP 50<br><br>※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. |
| <b>Inquiry</b>       | (+853) 28700139 Ms. Mavis Tang                                                                                                                                                                                                                                                                                      |
| <b>Event Website</b> | <a href="https://www.careactionmacau.com">https://www.careactionmacau.com</a>                                                                                                                                                                                                                                       |
| <b>Email</b>         | careactionmacao@gmail.com                                                                                                                                                                                                                                                                                           |
| <b>Address</b>       | 2 andar C, EDF. King Xiu Garden, Rua Luis Gonzaga Gomes No.14, Macau                                                                                                                                                                                                                                                |

## CATEGORY

\*All categories are counted based on the year of birth. To determine the age group, subtract the year of birth from 2/11/2025.

### ● 5 Km Mini Marathon

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

| Man        | Woman      | Birth Between (Y/M/D) | Age   |
|------------|------------|-----------------------|-------|
| Category A | Category A | 1994/11/3– 2011/11/2  | 14-30 |
| Category B | Category B | 1954/11/3 - 1994/11/2 | 31-70 |

### ● 16KM Marathon (Trail Run)

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

| Man        | Year of Birth         | Woman      | Year of Birth         |
|------------|-----------------------|------------|-----------------------|
| Category A | 1994/11/3 - 2011/11/2 | Category F | 1982/11/3 - 2010/11/2 |
| Category B | 1981/11/3 - 1994/11/2 | Category G | 1954/11/3 - 1982/11/2 |
| Category C | 1975/11/3 - 1981/11/2 |            |                       |
| Category D | 1969/11/3 - 1975/11/2 |            |                       |
| Category E | 1954/11/3 - 1969/11/2 |            |                       |

### ● 5KM Leisure Hiking (Non-competitive events)

Age: 1-70 (Born between 1954/11/3 - 2024/11/2)

# 2025 The 20<sup>th</sup> "Care Action Macao Cup" Charity Run & Hike

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

## REGISTRATION

**Registration Period:** From now until full capacity is reached.

**Quota:** 600 participants in total for the 5KM and 16KM runs.

**Entry Fee:** Uniform fee for all events (5KM Run, 16KM Run, 5KM Hike). Settled in MOP, no exchange rate difference will be compensated.

### Online Registration:

<https://www.gooutmall.com/>

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 (accepts BOCpay/ Mpay/ Visa/ Mastercard/ Alipay/ WeChat Pay).
5. An e-ticket from "Go Out Mall" will be sent to your email.
6. The Organizing Committee will send a "Online Registration Completion" email to confirm your successful registration.

### Onsite Registration:

| Venue        | Care Action Macao                                                                                                                                            | General Association of Athletics of Macau                                                                                                | Oi Va Running Pro Shop                                                      |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| Address      | <a href="#">2 andar A, Edf. King Xiu Garden, No.14 Rua de Luís Gonzaga Gomes, Macao (Opposite Rio Hotel)</a>                                                 | <a href="#">Olympic Sport Centre Stadium, Avenida Olimpica, Taipa</a>                                                                    | <a href="#">No. 95 Rua Central, Macao</a>                                   |
| Office Hours | Monday – Friday<br>9:30 - 16:00/ 14:30 - 18:00<br>Close on Saturday, Sundays and Public Holidays.<br>For outside of regular office hours, please contact us. | Monday - Friday<br>10 – 12:45/ 14:45 - 18:15<br>Saturday<br>10:00 – 12:45<br>Close on Saturday afternoons, Sundays, and Public Holidays. | Monday – Saturday<br>10:00 – 20:30<br>Close on Sundays and Public Holidays. |
| Contact      | (853) 28700139 Ms. Mavis Tang                                                                                                                                |                                                                                                                                          | (853) 66881195<br>Mr. Choi (Cantonese)                                      |

### 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 10 October 2025.

# 2025 The 20<sup>th</sup> "Care Action Macao Cup" Charity Run & Hike

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

## AWARD

- **Individual Award:** The top 5 finishers in each category (Men A/B, Women A/B for 5KM; Men A-E, Women F-G for 16KM) will receive a trophy.
- **Team Award:** The top 5 teams with the highest total points. Team points are accrued by the top 8 finishers in each category from the same team (as designated during registration). Point allocation per category:
- The Points Table:

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

# 2025 The 20<sup>th</sup> "Care Action Macao Cup" Charity Run & Hike

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

## RACE PACKAGE

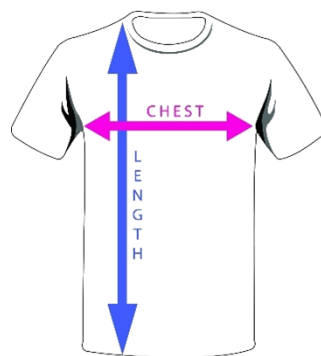
All participants have selected the Race package, including:

- 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.

| 紀念衣服尺碼表 (單位:厘米) T-Shirt Size Chart (CM) |              |             |                |                    |
|-----------------------------------------|--------------|-------------|----------------|--------------------|
| 衣碼                                      | 衣長           | 胸圍          | 肩寬             | 建議體重 (KG)          |
| Size                                    | Shirt Length | Chest Width | Shoulder width | Recommended Weight |
| S                                       | 66           | 44          | 40             | 45-55              |
| M                                       | 68           | 46          | 41             | 50-60              |
| L                                       | 70           | 48          | 42             | 55-65              |
| XL                                      | 72           | 50          | 44             | 60-75              |
| 3XL                                     | 76           | 54          | 47             | 75-90              |
| 4XL                                     | 78           | 56          | 48             | 85-100+            |
| 6XL                                     | 80           | 60          | 54             | 100+               |



## DISTRIBUTION OF RACE PACKAGE AND INFORMATION

|                    | Venue                                | Date                                                                                                                                                                        |
|--------------------|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mainland China     | Zhuhai Plassons Wine Company Limited | The Council will send a "Guidelines for collecting event packages" by mail before Mid 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                    | 27-30 October 2025                                                                                                                                                          |
|                    | Oi Va Running Pro Shop               | 27-30 October 2025                                                                                                                                                          |

# 2025 The 20<sup>th</sup> "Care Action Macao Cup" Charity Run & Hike

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

## ROUTE

### ➤ 5 Km Route

Starting Point: Bus Stop (Hac Sa Reservoir Natural Park) → Estrada de Hac Sa 1KM → turn right → Coloane Seac Min Pun Ancient Path (350 stairs up) → turn right to C12 → C13 → C15 → [1-05-1]pavilion → turn right → Family Trail (250 stairs down) → C20 → Hac Sa Reservoir Fitness Trail → C21 (Check Point) (Runners diverge) → turn right → 1-05-01[1-06-01] → Ending Point: Hac Sa Reservoir Natural Park

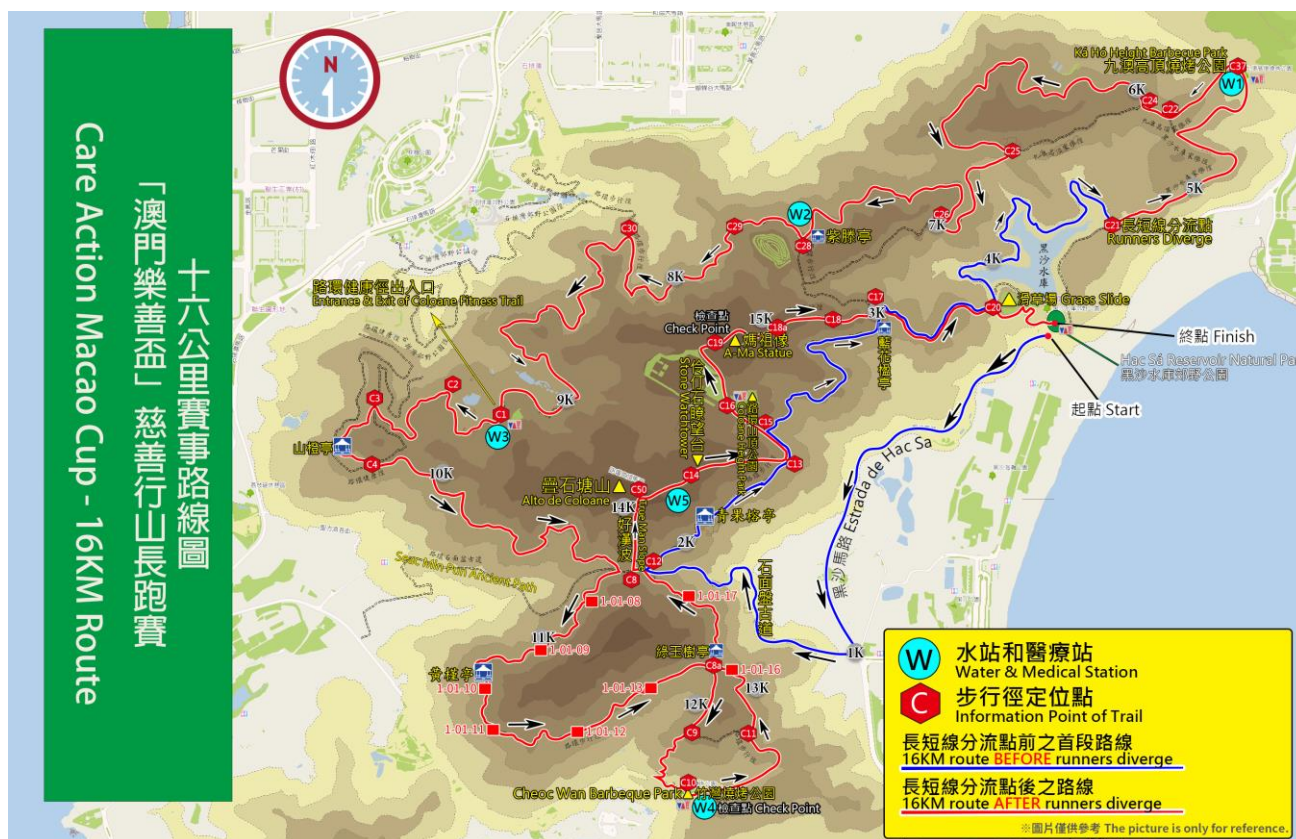


# 2025 The 20<sup>th</sup> "Care Action Macao Cup" Charity Run & Hike

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

## ➤ 16 Km Route

Start Point: Bus Stop (Hac Sa Reservoir Natural Park) → Estrada de Hac Sa 1KM → turn right → Coloane Seac Min Pun Ancient Path (350 stairs up) → turn right to C12 → C13 → C15 → [1-05-1]pavilion → turn right → Family Trail (250 stairs down) → C20 → Hac Sa Reservoir Fitness Trail → C21 (Check Point) (Runners diverge) → turn left → C23 → turn right → C37 Ka Ho Height Barbecue Park → C22 → C24 → turn right → Ka Ho Height Family Trail → C25 → turn right → C26 → turn right to Coloane Trail → C28 → C29 → C30 → C1 → C2 → C3 → C4 → C8 → (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: Cheoc Van Barbeque Park) → C11 → 1-01-16 → 1-01-17 → arrive the Coloane Seac Min Pun Ancient Path → turn left 100m → C8 → True Man Slope (259 Stairs up to the end) → C50 → C14 Stone Watchtower → turn right and stairs down → C13 → turn left → C15 → turn left and stairs up → C16 (washroom) → C19 (A-Ma Stature) → C18a → down stairs → [1-05-11] pavilion → down stairs → Ending Point: Hac Sa Reservoir Natural Park



# 2025 The 20<sup>th</sup> "Care Action Macao Cup" Charity Run & Hike

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

---

## ***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.

### ***[Course Time Limit & Closure]***

- 16KM Run: 2 hours 30 minutes after start.
- Checkpoints with cut-off times will be set up along the 16KM route.  
Participants failing to reach these points on time will be asked to withdraw.

## ***SPECIAL ARRANGEMENTS UNDER INCLEMENT WEATHER CONDITIONS***

- If Tropical Cyclone Signal No. 3 or above or a Rainstorm Warning Signal is still in effect after 3:00 a.m. on the race day (2 November 2025), or if after 5:30 p.m. on 1 November 2025, the Macao Earth Physics and Meteorology Bureau (Macao Geophysical and Meteorological Bureau) forecasts a maximum temperature of 36°C or higher for the following day, the race may be cancelled. Participants are advised to closely monitor updates through various media and online channels.
- Should weather conditions deteriorate or the above signals be issued during the race, the Organizer reserves the right to modify the race route or cancel the event. The entry fee will not be refunded **and will be donated in full to charitable purposes.**
- Please stay updated via the Care Action Macao website, Facebook page, and WeChat Official Subscription 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.

# 2025 The 20<sup>th</sup> "Care Action Macao Cup" Charity Run & Hike

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

---

5. A certificate will be issued to 16 Km participants who can complete the whole course in 2 hours and 30 minutes and 5 Km participants who can complete the whole course in 1 hour and 30 minutes. Macao participants can collect their certificates after 10 November 2025. 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 at the short line (5Km Route) and long line (16Km Route) diverging point. If the 16km participants fail to reach the position within 50 minutes 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 personal 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 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 and Chinese versions, 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 helper ID: careactionmacao1

WeChat subscription account: careactionmacao

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

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