

2026 The 21st "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
Co-Organizers	Bank of China Macau Branch , Federação das Associações dos Operários de Macau
Date	8 Nov, 2026 (Sunday)
Time	9:30 AM
Venue	Hac Sá Reservoir Natural Park
Time Limit	2 hours and 30 minutes
Entry Fee	For All Classification, A d u l t : 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	careactionmacau@gmail.com
Address	2 andar A, 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 8/11/2026.

● 4.6 Km Running

All athletes who complete 4.6Km events are classified by age categories.

Man	Woman	Birth Between (Y/M/D)	Age
Category A	Category A	1995/11/9– 2012/11/8	14-30
Category B	Category B	1955/11/9 - 1995/11/8	31-70

● 10.5Km Running

All athletes who complete 10.5Km events are classified by age categories.

Man	Year of Birth	Woman	Year of Birth
Category A	1995/11/9 - 2012/11/8	Category F	1983/11/9 - 2011/11/8
Category B	1982/11/9 - 1995/11/8	Category G	1955/11/9 - 1983/11/8
Category C	1976/11/9 - 1982/11/8		
Category D	1970/11/9 - 1976/11/8		
Category E	1955/11/9 - 1970/11/8		

● 3.3Km Leisure Hiking (Non-competitive events)

Age: 1-70 (Born between 1955/11/9 - 2025/11/8)
--

2026 The 21st "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 4.6Km and 10.5Km runs.

Entry Fee: Uniform fee for all events (4.6Km Run, 10.5Km Run, 3.3Km 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	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 - 18:00 Close on Saturday, Sundays and Public Holidays. For outside of regular office hours, please contact us.	Monday - Friday 10 – 12:45/ 14:45 - 18:15 Saturday 10:00 – 12:45 Close on Saturday afternoons, Sundays, and Public Holidays.	Hours vary. Call Mr. Choi first.
Contact	(853) 28700139 Ms. Mavis Tang	(853) 2883 9691	(853) 66881195 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 15 October 2026.

2026 The 21st "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 4.6Km; Men A-E, Women F-G for 10.5Km) 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
10.5K m	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
4.6Km	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

2026 The 21st "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:

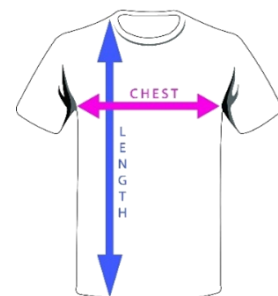
- bib number
- a memorial sports T-shirt
- a vest bag
- a towel
- One medal will be awarded to those who complete the event.

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 Size	衣長 Shirt Length	胸圍 Chest Width	袖長 Sleeve Length	參考體重 (KG) Recommended Weight	參考身高 (CM) Recommended Height
XS	64	94	18	45-52	155-165
S	66	98	19	52-60	160-170
M	68	102	20	60-68	165-175
L	70	106	21	68-76	170-180
XL	72	110	22	76-85	175-185
2XL	74	114	23	85-95	180-190
3XL	76	118	24	95-105	185-195
4XL	78	122	25	105+	190-205



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	
Macao (S.A.R.)	Care Action Macao	2-6 November 2026
	Oi Va Running Pro Shop	2-6 November 2026

2026 The 21st "Care Action Macao Cup" Charity Run & Hike

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

COURSE CHECKPOINTS & CUT-OFF TIMES (RELATIVE TO RACE START)

Item		10.5km Mountain Run		4.6km Mountain Run
Control Point (split)	Location	Location: Seac Min Pun Ancient Path top (near C12) – long/short distance split point		Not applicable
	Distance	approx. 1.7km from start		
	Cut-off	30 min after start		
Checkpoint 1		approx. 2.6km	C10 Cheoc Van BBQ Park (W1)	Not applicable
Checkpoint 2		approx. 9.5km	C37 Ká Hó Height BBQ Park (W4)	
Race Finish Cut-off		2 hr 30 min after start		1 hr 30 min after start

ROUTE

GPX files are available in the event page download section.

➤ 4.6 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) → (Runners diverge) → turn right to C12 → C13 → C15 → [1-05-1]pavilion → turn right → Family Trail (250 stairs down) → C20 → Hac Sa Reservoir Fitness Trail → C21 → turn right → 1-05-01[1-06-01] → Ending Point: Hac Sa Reservoir Natural Park.

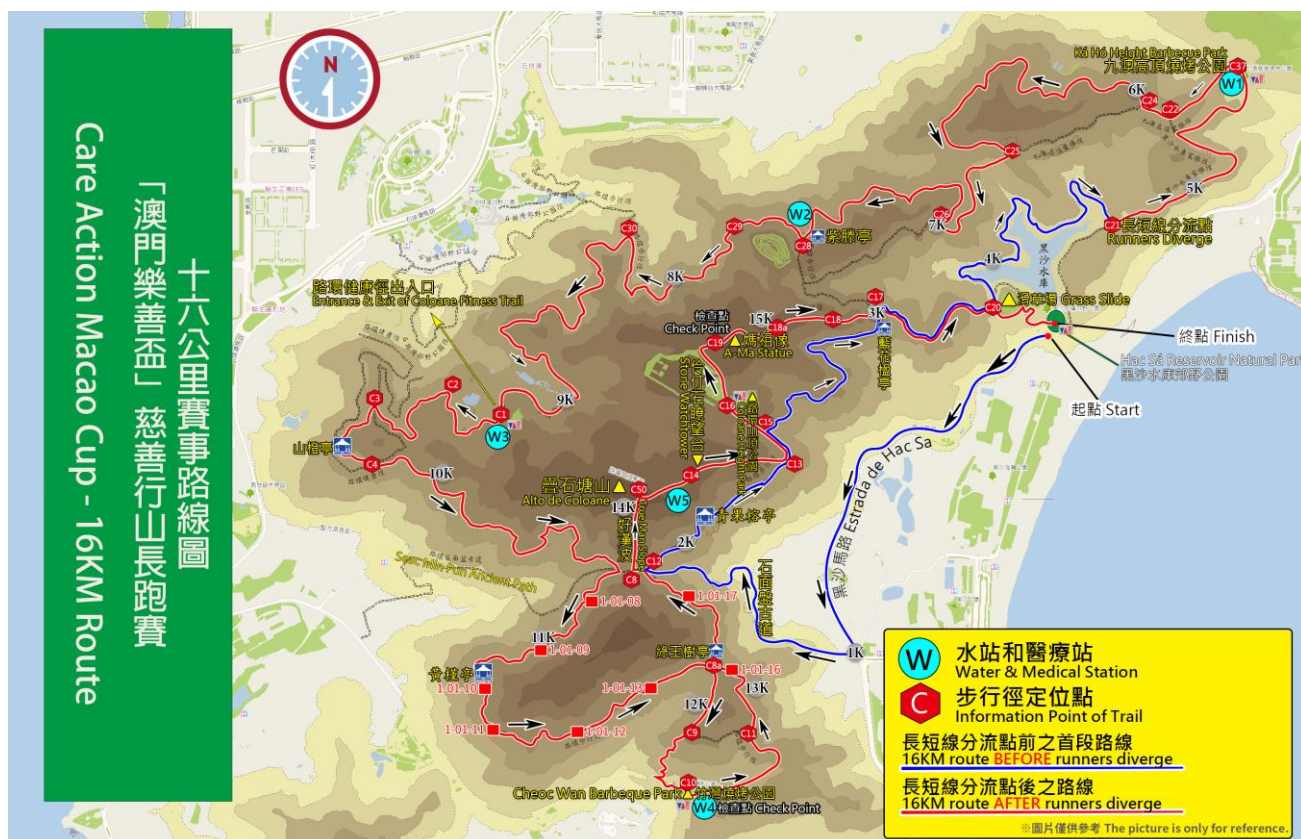


2026 The 21st "Care Action Macao Cup" Charity Run & Hike

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

➤ 10.5Km 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) → (Runners diverge) → turn left to 1-01-17 → Green Jade Tree Pavilion → 1-01-16 → From C11, descend the steps to Cheoc Van BBQ Park, bypass the water station and C10 (there's Check point, Water Station, Washroom) → then ascend the steps on the right side of the BBQ Park to reach C9 → C8a → left to Hibiscus Pavilion → C8 (complex junction). Second left → Melodinus Pavilion → C4 → 2nd left to C3. C3 crossroad → straight to C1 (W2) at Coloane Health Trail exit. Cross road → trail to C30, right to C29 & Wisteria Pavilion (W3). Continue to C28 fork: take flat path (no stairs) to C26. C26 left fork to C25, then left via posts 1-09-05 → 1-09-02, pass C24 keeping left to C22 (not straight to C23). C22 left down to Ká Hó Height Barbeque Park (C37) (Cheoc Van BBQ Park has Check Point, Water Station, washroom); bypass water station and go up the slope on the right to C23. C23 left to C21, then downhill → Ending Point: Hac Sa Reservoir Natural Park.



2026 The 21st "Care Action Macao Cup" Charity Run & Hike

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

CHIP TIMING

1. Collection and Care

On-site check: Participants must inspect their bib and timing chip at the collection point and confirm they are correct before leaving.

Proper care: Keep the bib and chip safe; do not bend or damage them.

2. Correct Wearing

Front display: Runners must securely fasten the bib on the front of their clothing in a visible position.

Avoid interference: Ensure the chip is worn correctly and not obstructed by other items to guarantee proper timing detection.

3. Timing Requirements

Mandatory mats: During the race, participants must physically pass over the timing mats placed at the start, each checkpoint, and the finish line.

4. Replacement and Consequences

Incomplete data: If race times and checkpoint records are incomplete due to damaged, bent, or incorrectly worn chips, or failure to cross all timing mats, the Organizer will not be able to provide an official finishing time and reserves the right to disqualify the participant's result and ranking.

Limited replacement: Replacement bibs may be issued during the event, subject to availability in each category.

Replacement fee: Each replacement bib incurs an administrative fee of MOP 50, which will be fully donated to charity.

Right to refuse: The Organizer reserves the right to refuse replacement if the category quota is full or if the participant behaves in a rude or malicious manner. Please note that any replacement may cause processing errors; the Organizer assumes no responsibility for any resulting race outcome issues.

2026 The 21st "Care Action Macao Cup" Charity Run & Hike

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

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 (8 November 2026), or if after 5:30 p.m. on 7 November 2026, 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.
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 25 November 2026. 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 (4.6Km Route) and long line (10.5Km Route) diverging point. If the 10.5Km participants fail to reach the position within 30 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

2026 The 21st "Care Action Macao Cup" Charity Run & Hike

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

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.

SCHEDULE

Date (2026)	Items
From now until full capacity	Registration open
30 September	Registration deadline for non-Macao participants
Mid-October	Notification to non-Macao participants on race pack collection details
18 October	Registration deadline for Macao participants
Mid-October	Race pack distribution at Hong Kong and Zhuhai collection points
2–6 November	Race pack distribution at Macao collection points
8 November	Race Day – 21st Care Action Macao Cup
Baggage storage hours	8:30 a.m. – 12:30 p.m.
Start times	9:30 a.m. (4.6km & 10.5km Mountain Runs) 9:40 a.m. (3.3km Leisure Hike)
25 November	Macao participants collect finisher certificates

INQUIRE

Office: (853)28700139 Ms. Mavis Tang

Email: careactionmacau@gmail.com

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 A, EDF. King Xiu Garden, Rua Luis Gonzaga Gomes No.14, Macau