

日期 Date : 23 -11 - 2008 (星期日 Sunday)  
時間 Time : 09:00 – 13:00  
地點 Venue : 數碼港 Cyberport

**健康萬步數碼港 2008**  
**“重建身心、家友加油”**

**CyberRun for Rehab 2008**  
**“Building Health – Families Together”**



[www.cyberrun.hk](http://www.cyberrun.hk)

**目的 Objectives :**

1. 向公眾推廣健康生活及積極人生  
To promote health, wellness and active living to the general public.
2. 為香港復康會籌募經費，以幫助香港及內地的殘疾人士。  
To raise funds for the Hong Kong Society for Rehabilitation to support its rehabilitation, training and related services in Hong Kong and China.
3. 提倡傷健共融，讓殘疾人士可同樣享受運動的樂趣。  
To advocate equal enjoyment of people with disability in sports and promote sports as a means of social inclusion.

**數碼港為舉辦地點 Why CyberRun for Rehab at Cyberport :**

以賽跑及步行籌款增加數碼港各租戶及位於大口環的香港復康會，及其鄰近之學校、機構及居民間的連繫和合作，共同展現對社區的關懷，並希望將此關愛精神延展至社會各區及各層面。  
To link up the two caring communities, Sandy Bay, where hospitals, schools, elderly homes and rehabilitation centres are based, and Cyberport, a growing IT hub of Hong Kong. Our run and walk connect, extend and integrate these seemingly vastly different communities, with the residents along Victoria Road and in the Pokfulam area to promote Sports for All.

**善款分配 Allocation of Funds Raised :**

籌得的善款將用以支持香港復康會於香港及內地之復康服務及相關的培訓工作。

To support rehabilitation, training and related services in Hong Kong and China of the Hong Kong Society for Rehabilitation.



**合辦單位 Co-organizers:**



香港復康會  
The Hong Kong Society  
for Rehabilitation



香港薄扶林沙灣徑 7 號 6 樓  
6/F, 7 Sha Wan Drive, Pokfulam, Hong Kong  
電話 Tel: 2817 6277 傳真 Fax: 2855 1947  
電郵 Email: enquiry@rehab.society.org.hk  
Website 網址: www.cyberrun.hk

### 參加者 Target participants :

歡迎任何有興趣之人士參與，齊來建立關愛社會  
All are welcome to join and extend our caring communities.

### 活動 Activities :

- 5 公里賽跑 5 km Run
- 4 公里步行 4 km Walk
- 1.5 公里傷健步行 1.5 km Accessible Walk

### 賽跑/步行最低籌款金額 Minimum Pledge for Runners/Walkers :

參加者類別 Participants	每個項目最低籌款金額要求(每位參加者) Minimum Pledge per participant
成人(18 歲及以上) Adult (Aged 18 or above)	港幣 HK\$200
小童及學生(全日制) Child and Full Time Student	港幣 HK\$100

### 賽跑參加組別及獎項 Categories and Prizes for Run :

Categories 組別	Prizes 獎項
<b>個人 Individual (男子 Man, 女子 Woman)</b> A. 12 歲或以下 Aged 12 or under B. 13 歲至 15 歲 Aged 13 - 15 C. 16 歲至 18 歲 Aged 16 - 18 D. 19 歲至 34 歲 Aged 19 - 34 E. 35 歲至 49 歲 Aged 35 - 49 F. 50 歲或以上 Aged 50 or above	全場男子及女子冠軍 Overall 1 <sup>st</sup> Man and 1 <sup>st</sup> Woman
<b>中學隊伍 Secondary School Team (男子 Boy, 女子 Girl) #</b>	各組別之冠、亞、季軍 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> Place for each category
<b>公開隊伍 Open Team #</b>	中學隊伍之冠、亞、季軍 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> Place for Secondary School Team
	全場公開隊伍之冠、亞、季軍 Overall 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> Place for Open Team

# 請參考隊伍規則 Please refer to the Team Rules.

### 傑出籌款獎 Outstanding Fund Raising Prizes :

- 籌款額最高之個人 Individual raising the highest funds
- 籌款額最高之學校/機構/公開隊伍 School/Organization/ Open Team raising the highest funds
- 最多參與人數之學校/機構 School/Organization with highest number of participants

**截止報名日期 Registration Deadline : 8-11-2008**

**查詢電話 Enquiry : 2817 6277**

合辦單位 Co-organizers:



香港復康會  
The Hong Kong Society  
for Rehabilitation



Tenants Club

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