



報名表格 Enrollment Form

參賽組別及最低籌款額 Participating Categories & Minimum Donations

☐ 個人10公里長跑 Individual "10K Run" (請在適當位置加上"✓" Please tick the appropriate)

HK\$ 280每人 / person

組別 Category	組別 Category	出生年份 Year of Birth
<input type="checkbox"/> 男子16-29歲 Male 16-29	<input type="checkbox"/> 女子16-29歲 Female 16-29	1990 -2003
<input type="checkbox"/> 男子30-39歲 Male 30-39	<input type="checkbox"/> 女子30-39歲 Female 30-39	1980 -1989
<input type="checkbox"/> 男子40-49歲 Male 40-49	<input type="checkbox"/> 女子40-49歲 Female 40-49	1970 -1979
<input type="checkbox"/> 男子50-59歲 Male 50-59	<input type="checkbox"/> 女子50-59歲 Female 50-59	1960 -1969
<input type="checkbox"/> 男子60歲或以上 Male 60 or above	<input type="checkbox"/> 女子60歲或以上 Female 60 or above	1959 或以前 or before

☐ 家庭組3公里愛心跑 (每隊2 - 4人) Family "3K Fun Run" (2 - 4 members per team)

HK\$ 280每人 / person

☐ 團體組3公里愛心跑 (每隊2 - 4人) Group "3K Fun Run" (2 - 4 members per team)

HK\$ 280每人 / person

☐ 1公里x 5團隊接力賽 1K x 5 Relay Run ☐ 10公里團體跑10K Group Run (每隊5人) 5 members per team

☐ 企業/機構組 Corporate / Organisation Group

☐ 中小企 Small & Medium Enterprise

☐ 非牟利及教育團體 Non-Profit & Educational Organisation

☐ 申請成績證書 Apply for Race Certificate HK\$30 / 張 each 數量 Quantity: _____

付款總額 Total Amount: _____

團隊聯絡人資料 Contact information of the team coordinator

團隊接力賽 / 10公里團體跑Relay Run / 10K Group Run

名稱 Name : _____ 電話 Contact No. : _____

機構名稱 Organisation Name : _____

電郵 Email : _____

參加者資料 Participants / Information	# 參加者 1 Participant 1	參加者 2 Participant 2	參加者 3 Participant 3	參加者 4 Participant 4	參加者 5 Participant 5
中文姓名: Chinese Name					
* 英文姓名: *English Name					
機構名稱 (如有): Name of Organisation (if appropriate):					
* 身份証或護照號碼 (首4個數字): * I.D. No. (First 4 Digits):					
* 性別 (M/F) *Gender: M / F					
* 出生年份: * Year of Birth:					
* 手提電話: * Mobile:					
* 電郵地址: * E-mail:					
*T-Shirt (尺碼/Size)	XS / S / M / L / XL / 2XL	Kidsize(110 / 130) XS / S / M / L / XL / 2XL	Kidsize(110 / 130) XS / S / M / L / XL / 2XL	Kidsize(110 / 130) XS / S / M / L / XL / 2XL	Kidsize(110 / 130) XS / S / M / L / XL / 2XL
申請成績證書 Apply for Race Certificate HK\$30 / 張 each	(Yes / No)	(Yes / No)	(Yes / No)	(Yes / No)	(Yes / No)
小母牛月捐者(如適用) 編號: Heifer Donor (If applicable) Number:					
* 緊急聯絡人: * Emergency Contact Person:					
* 緊急聯絡電話: * Emergency Contact No.:					
* 通訊地址: *Contact Address:	只需參加者1(隊長)填寫 Address of Participant 1 (Captain) /Representative Only:				

*必須填寫*Must be filled

#3K 家庭及團隊組別中，以報名表格參加者1為聯絡代表 #For 3K family and group categories, participant 1 will be the team coordinator of the team.

**郵寄報名截止時間以郵戳日期為準

**For application by post mail, the deadline of enrollment discount should base on the franking machine imprint.

主辦單位 Organizer



HEIFER
HONG KONG 香港

小母牛



小母牛 HEIFER
競跑助人2019
Race to Feed 19

日期 Date | 17/11/2019(星期日) 時間 Time | 8:00 am - 12:00 noon

地點 Venue | 沙田科學園
HK Science & Technology Park



報名表格 Enrollment Form

參加者聲明及保障 Disclaimer / Indemnity

本人/我們現參加「小母牛競跑助2019」，謹證明本人體格健全及有能力參與本賽事，並願意自行承擔所有責任。本人亦同意遵守由香港小母牛(大會)及所有協辦機構所訂之一切比賽規則及決定。本人一旦因在重返比賽場地或在比賽中受到任何財物損失、大會、各贊助商及其他直接及間接有關合辦人士或機構均無須負上任何責任。本人確保所填資料屬實，批准並授權大會及全球傳媒在無需經本人，而可使用本人的個人資料(包括肖像、姓名、聲線)，任何活動照片、影片或任何賽事紀錄，作為本活動籌辦及推廣之用。最後，我確認所填資料屬實，並在上傳登記資料後同意大會所訂之一切規則及決定。

I/We, the undersigned, wish to enter the "Heifer Race to Feed 2019". I/ We confirm that we are physically fit and capable of participating in the Race and I/we are entering the Race at my risk and responsibility. I/We hereby agree to abide by all rules and conditions laid down by Heifer Hong Kong Ltd (Organizer) and co-organizers. I/We discharge the Organizers, the sponsors and any other individuals or organizations connected directly or indirectly with the Race from any responsibility in the event of an accident or mishap which may cause me injury, death or loss of property during, as a consequence of or while travelling to or from the Race. I/We authorize the verification of any or all information submitted and grant permission and assign all rights, title and interest to the organizers, and all media throughout the world to use my appearance, name, voice, biodata and likeness in connection with the Race, photos, videos or any other record of the event for any lawful purpose, and agree to waive any right of inspection or approval associated therewith. Last, I/We confirm that all submitted information is true and agree to all rules by the organizers once I submitted the application.

☐ 本人/我們已閱讀及明白上述條文，並同意遵守參加條件

I / We have read and agree to the Terms & Conditions set out here in. 簽署 Signature: _____

日期 Date: _____



報名及繳交善款方法 Enrollment & Payment Methods

1. 網上及信用卡報名:

請登入 www.racetofeed.org.hk 填寫參賽者資料，
及以信用卡(Visa/Mastercard)繳付報名費。

2. 郵寄報名:

請於活動網站 www.racetofeed.org.hk 下載報名表格。填妥報名表格，
連同*銀行存根 或 劃線支票（抬頭：香港小母牛有限公司），寄回
「香港九龍新蒲崗雙喜街2-4號同德工業大廈9樓A室」，
信封面請註名「小母牛競跑助2019」。

*銀行存根: 請直接存入"香港小母牛有限公司"

" Direct Transfer: Please deposit to the bank account of Heifer Hong Kong Ltd as follows and keep the bank-in slip:

中國銀行戶口Bank of China acc.: 012-873-1-051534-9 (HKD) / 匯豐銀行戶口The Hongkong and Shanghai Bank: 047-830-997-838 (HKD)

1. Online enrollment with credit cards:

please login to www.heifer.sportsoho.com to fill up and submit the
enrollment form and paid by credit card (Visa/Master card).

2. By Post

By Post: Please download the Enrollment Form from www.racetofeed.org.hk, send
the completed Enrollment Form with the crossed cheque payable to "Flat A,
9/F, Tontex Industrial Building, 2-4 Sheung Hei Street., San Po Kong, Kowloon,
Hong Kong" and specific "Heifer Race to Feed 2019" on envelope.

報名注意事項 Important Notes on Enrollment

1. 參加者必須於2019年11月1日或之前提交報名表及最低籌款額，以
確認參賽資格。

2. 所有已遞交的捐款均不得退回。

3. 參加者個人意外保險需自行負責。

4. 3K家庭及團隊組別中，以報名表格參加者1為聯絡代表。

5. 1KX5團隊接力的參加者需注意，填寫的報名次序將等同接力次序，
參加者1將為第一棒，參加者2將為第二棒，如此類推。

6. 參加者會在報名後10個工作天內收到大會電郵確認其報名，如未有
收到通知，可發電郵至 heifer@sportsoho.com 或致電21171650查詢。

7. 選手包號碼布連計時晶片及活動T-shirt會在比賽前兩星期通知領取，
參加者攜同電郵列印本或用電子產品展示電郵方式領取。

8. 捐款港幣\$100或以上可獲香港小母牛有限公司發出捐款收據，供申
請扣除香港稅項之用。所有正式收據將於活動後三個月內發出。企
業及團體組別的捐款收據名稱會根據表格所填的「機構名稱」發出，
請填上有效的公司/機構名稱。個人/親子組的捐款收據名稱會以參加
者1的名稱發出(如收據需以其他名義發出，請填妥「額外捐款表格」，
以郵寄方式將額外捐款表格及支票/銀行存款收條正本寄回活動統籌
地址)。

9. 若比賽當天因天氣惡劣或在任何情況下取消此活動。

10. 大會保留擁有修改及解釋以上規則的權利。任何有關活動的臨時改動
或消息，將以大會網站公佈為準。

1. In order to confirm the enrollment, all enrollment forms and minimum donation
should be submitted on or before 01/11/2019

2. All submitted donations are not refundable.

3. Participants are advised to arrange their own insurance cover.

4. For 3K family and group categories, participant 1 will be the group coordinator
of the team.

5. Participants of the 1KX5 Relay Run should note that the enrollment sequence
is the same as the relay sequence, i.e. participant 1 will run the 1st leg, partici-
pant 2 will run the 2nd leg and so on.

6. Confirmation will be sent to participants by e-mail within 10 working days
after an application is received. If you do not receive the confirmation,
please send your enquiry to heifer@sportsoho.com or contact at
21171650.

7. Race Pack Pick-up Notice will be sent to participants 2 weeks before the event
day, participants should bring the email print it out to pick up the race pack bib
with timing chip and Heifer T-shirt.

8. Donations of HK\$100 or more are tax-deductible. Official donation receipts will
be issued within 3 months after the event.
For Corporate / SME / Non-Profit & Educational Organisation category,
donation receipts will be issued according to Name of Organisation. Please
down and submit the valid name of the organisation/company. For Family/
individual category, donation receipts will be issued according to Name of
Participant 1 (Please send the completed "Extra Donation Form" with a
crossed cheque/ original bank-in slip by post to event management office for
issuing receipt for other sponsors).

9. Donations will not be refunded if the event be cancelled due to bad weather or
under any other circumstances.

10. The Organizer reserves the right of final decision of the event. Any changes or
contingent measures for the event announced by the Organizer and posted on
the Organizer's webpage shall prevail.



查詢 ENQUIRY

電話Tel: 2117 1650

電郵 Email: racetofeed@heiferhk.org

地址：香港九龍新蒲崗雙喜街2-4號同德工業大廈9樓A室

Address: Flat A, 9/F., Tontex Industrial Building, 2-4 Sheung Hei Street, San Po Kong, Kowloon, Hong Kong

Additional Important Notes - Please check the event website:

更多活動及報名注意詳情，請上活動網站查看

www.racetofeed.org.hk