

日期 Date	地點 Venue	課程簡介 Course Introduction	時間 Time
第一階段 Stage 1			
2012年10月28日 (星期日) 28 October, 2012 (Sunday)	奧運大樓 # Olympic House #	1) 課程簡介 Introduction of the clinic 2) 講解個人訓練設定與安排 Introduction of the on-line training log system 3) 綜合長跑運動的好處 Overview the benefits of distance running 4) 講解健康體能評估 Explanation on the components of physical fitness measurement 5) 預防受傷要訣 Key for injury prevention 健康體能評估 - 實地測試* Pre Training Fitness Assessment - Field Testing* (*包括:心肺適能、攝氧量評估、皮脂厚度、肌力及肌耐力測試、核心肌力測試及柔軟度測試等) (*Include cardiovascular fitness, running based aerobic fitness test, muscular performance, core stability, body composition and flexibility)	下午 1 時 30 分至 下午 3 時正 1:30pm - 3:00pm
2012年11月3日 (星期六) 3 November 2012 (Saturday)	將軍澳運動場 Tseung Kwan O Sports Ground	賽戰訓練課程一 Practical Training 1 集體訓練、教授正確的熱身、放緩及伸展運動 Group training, training for proper warm up, cool down and stretching	下午 1 時正至 下午 3 時正 1:00pm - 3:00pm
第二階段 Stage 2			
2012年12月1日 (星期六) 1 December 2012 (Saturday)	灣仔運動場 Wanchai Sports Ground	賽戰訓練課程一 Practical Training 1 集體訓練、教授正確的熱身、放緩及伸展運動 Group training, training for proper warm up, cool down and stretching	下午 2 時正至 下午 4 時正 2:00pm - 4:00pm
2012年12月8日 (星期六) 12 December 2012 (Saturday)	灣仔運動場 Wanchai Sports Ground	賽戰訓練課程二 Practical Training 2 1) 集體訓練 Group training (from jogging to running) 2) 正確的跑步姿勢 The correct running technique	下午 2 時正至 下午 4 時正 2:00pm - 4:00pm
2013年1月19日 (星期六) 19 January 2013 (Saturday)	將軍澳運動場 Tseung Kwan O Sports Ground	賽戰訓練課程三 Practical Training 3 1) 集體訓練 Group training (the role of long steady run) 2) 技術改良要訣 How to monitor your progress and keys for progression 3) 輔助訓練 Supplementary exercises to improve running performance & injury prevention	下午 2 時正至 下午 4 時正 2:00pm - 4:00pm
2013年1月27日 (星期日) 27 January 2013 (Sunday)	灣仔運動場 Wanchai Sports Ground	賽戰訓練課程四 Practical Training 4 1) 集體訓練 Group training (a trial on interval training) 2) 注意身體所需、營養補給 Nutrition and supplements 3) 如何調節及應付比賽 Tapering and preparation for the competition	下午 2 時正至 下午 4 時正 2:00pm - 4:00pm
第三階段 Stage 3			
2013年3月9日 (星期六) 9 March 2013 (Saturday)	將軍澳運動場 Tseung Kwan O Sports Ground	1) 個人訓練賽後評估 Post Training Assessment 2) 健康體能評估 Results of the Personal Training Profile	上午 11 時正至 下午 1 時正 11:00am - 1:00pm

「馬拉松訓練課程」報名表格「Marathon Clinic」Entry Form

個人資料 Personal Particulars

(請用英文正楷填寫 PLEASE FILL IN THIS FORM IN BLOCK LETTERS)

姓名 Name: _____ (中文 Chinese) _____ (英文 English)

出生日期 Date of Birth: _____ (DD 日) _____ (MM 月) _____ (YYYY 年)

身份證/護照號碼 HKID/Passport No.: _____

電話號碼 Tel. No.: _____ (手提 Mobile) _____ (住宅 Home)

電郵地址 Email*: _____

(*大會將根據上述電郵地址發出確認通知書給各成功申請者 The Organizer will send an Acceptance Letter to all successful applicants by email according to the email address shown)

地址 Address: _____

報名費及付款方法 Entry Fee and Payment Method: (請在適當空格內加上√號 Please √ your preference)

報名費 Entry Fee	十公里 A 班 10Km Class A <input type="checkbox"/> 港幣 HK\$ 480	十公里 B 班 10Km Class B <input type="checkbox"/> 港幣 HK\$ 480	半馬拉松班 Half Marathon Class <input type="checkbox"/> 港幣 HK\$ 480	馬拉松班 Marathon Class <input type="checkbox"/> 港幣 HK\$ 950											
	支票付款 Crossed Cheque <input type="checkbox"/> 抬頭寫上「香港業餘田徑總會有限公司」Payable to "Hong Kong Amateur Athletic Association Limited"														
付款方法 Payment Method	<input type="checkbox"/> 信用卡付款 Credit Card <input type="checkbox"/> Visa Card <input type="checkbox"/> Master Card														
	<table border="1" style="width:100%; text-align:center;"> <tr> <td style="width:10%;"> </td><td style="width:10%;"> </td><td style="width:10%;"> </td><td style="width:10%;"> </td><td style="width:10%;"> </td><td style="width:10%;"> </td><td style="width:10%;"> </td><td style="width:10%;"> </td><td style="width:10%;"> </td><td style="width:10%;"> </td> </tr> </table> 信用卡號碼 Credit Card No.														
	<table border="1" style="width:100%; text-align:center;"> <tr> <td style="width:5%;"> </td><td style="width:5%;"> </td><td style="width:5%;"> </td><td style="width:5%;"> </td> <td style="width:5%;"> </td><td style="width:5%;"> </td><td style="width:5%;"> </td><td style="width:5%;"> </td> <td style="width:5%;"> </td><td style="width:5%;"> </td><td style="width:5%;"> </td><td style="width:5%;"> </td> </tr> </table> (有效日期必須為 2013 年 4 月或以後 Must be valid up to April 2013 or later)														
有效日期 Expiry Date 月 M / 年 Y 持卡人姓名 Card Holder's Name: _____ 持卡人電話 Card Holder's Tel. No.: _____ 持卡人簽署 Card Holder's Signature: _____															

謹此聲明本人參加渣打香港馬拉松 2013 及一切有關活動 ("該活動") · 本人願意遵守由香港業餘田徑總會 · 及其代理人(總稱 "該大會")所訂的條文及規則 · 並同意以下所列之各點 :

As a condition of my being permitted to compete in the Standard Chartered Hong Kong Marathon 2013 and any ancillary event or function (collectively "Event") and in consideration of the opportunity to win prizes and collect valuables, I confirm to the Hong Kong Amateur Athletic Association Limited and its agents (collectively "Organizers") as follows:

1. 本人是自願參加該活動和願意承擔自身的意外風險及責任 · 並無權向該大會及其它有關機構對本人在訓練中 · 往返活動場地途中 · 活動中發生或其引致之自身意外 · 死亡或任何形式的損失索償或追討責任 ·
2. 本人聲明本人身體健康及有能力參加該活動 · 並經由執業醫生確認本人之體適能合乎參加該活動 ·
3. 本人願意接受藥檢及若在需要情況下 · 該大會要求及提供的藥物 · 治療及檢查 ·
4. 本人願意授權予該大會使用本人的 (因該活動本人向該大會提供或該大會從本人收集的) 個人資料 · 肖像 · 姓名 · 聲音 · 體能資料 ("該等資料") 以作該大會活動籌辦 · 推廣或宣傳之用 · 本人同意 (i) 該大會將擁有包含該等資料的刊物 (如相片 · 錄像 · 印刷品等) ("該等刊物") 所涉及之一切權利 (包括但不限於版權); 及(ii) 如需要 · 該大會可展示 · 複製 · 編訂 · 刊登或以其他方式使用該等資料或該等刊物 ; 該大會無須再取得本人的批准而行 · 而本人亦放棄任何審核該等刊物的權利 ·
5. 本人明白及同意提供本人的香港身份證或護照給予該大會 (如有需要及該大會要求下) · 以作核對個人資料 ·
6. 本人接受並會遵守該大會為該活動不時訂立的所有規則 · 本人明白如該等規則未能遵守 · 則可能會根據該大會決定而被取消資格 ·
7. 本人聲明在報名表格上之資料完整及確實無誤 ·
8. 在不限制上文的情況下 · 本人同意該大會有權收集 · 儲存及使用本人在報名表格上所填報之個人資料 (以【個人資料 (私隱) 條例】之定義為準) 以作該活動相關的用途 (包括但不限於籌備 · 推廣或宣傳該活動) · 本人亦同意該大會可將本人之個人資料發放予與該活動的籌辦 · 安排 · 舉行 · 推廣或宣傳有關的團體 · 包括但不限於渣打銀行 (香港) 有限公司 · 國際田徑總會 · 賽事秘書處公司 · 賽事攝影師 · 傳媒 · 報章及雜誌 · 本人同意該等收集 · 儲存及使用是合法及實屬公平 · 本人亦同意本人所有資料 · 包括本人的個人資料 · 照片 · 電子影像及聲音檔案等 · 都可能被用作宣傳該活動 ·
9. 該活動所引發的任何爭議 (包括本聲明或任何參加規則的解釋和行使) · 該大會將擁有最終的決定權 ·

1. I understand that by participating in the Event there are risks of injury, death and / or loss. I am entering the Event entirely at my own risk and responsibility. I hereby discharge the Organizers and any other individual or organization connected directly or indirectly with the Event from any responsibility in the event of my injury, death or loss of property sustained or incurred during my training for the Event, during the Event, or as a consequence of or while traveling to or from the Event.
2. I am physically fit and capable of participating in the Event, and I have been advised by a qualified medical practitioner that I can so participate.
3. I agree to take doping tests and receive any necessary medical treatment provided by the Organizers if required.
4. I grant permission to the Organizers to utilize my personal information, appearance, name, voice, bio-data likeness submitted by me or collected by the Organizers in connection with the Event ("such information") for the organization, promotion or publicity of the Event. I agree that (i) the Organizers shall own all rights (including without limitation, copyrights) in and arising from materials (e.g. photos, video, printed materials etc.) ("such materials") that contains such information; and (ii) the Organizers may exhibit, copy, edit, publish or use in other ways such information or such materials where necessary, and no further approval needs to be obtained from me and I also waive any right of inspection associated with such materials.
5. I understand and agree to provide my HKID / Passport to verify my personal details to the Organizers upon request.
6. I accept and will adhere to all rules and regulations that the Organizers impose from time to time for the Event. I understand that failing to adhere to any such rules and regulations will be subject to disqualification as may be determined by the Organizers.
7. I hereby declare that the data and information I provided on the entry form are correct, true and complete.
8. Without limiting the foregoing, I agree that the Organizers are permitted to collect, store and use my personal data (as defined in the Personal Data (Privacy) Ordinance) as provided by me in the entry form for the purpose of or in connection with the Event (including but not limited to organization, promotion, and publicity of the Event) and that such collection, storage and use are lawful and fair in the circumstances. I further agree that the Organizers may pass on my personal data as well as my images and sound clips to parties that are related to the organization, arrangement, performance, promotion or publicity of the Event, including Standard Chartered Bank (Hong Kong) Limited, IAAF, the secretariat company and photographers of the Event, the media and the press.
9. In the event of dispute in respect of or arising from the Event including the interpretation and application of these declarations or any rules and regulations, the decision of the Organizers shall be final, binding and conclusive.

日期
Date

參加者簽署
Applicant's
Signature

家長 / 監護人簽署 (如未滿十八歲者)
Parent's / Guardian's Signature (if the applicant is under 18)