

Charity Run of Caritas Macau Rules and Regulations

- 1、**Organizer:** Caritas Macau **Co-organizer:** University of Macau
- 2、**Objective:** To continue the spirit of Charity Run of Caritas Macau last year, we hope to encourage more people to participate in the sport of running. It is also aimed to promote integration of persons with and without disabilities as well as to facilitate parent and child harmony. All the donations raised from this event will go directly to Caritas Macau for the development of elderly services.
- 3、**Date:** 6th October 2019 (Sunday)
- 4、**Time:** 7:15am to 11:30am
- 5、**Location:** University of Macau
- 6、**Enrolment period:** 10th July 2019 to 10th September 2019
- 7、**No. of participants:** Open Category 1800, Family Category 800, Rehabilitation Category 400, Exercise Walking Category 500 and Virtual Running Category unlimited.

8、Enrolment Notice:

- 8.1. The entry fee for each participant in Open Category, Rehabilitation Category, Exercise Walking Category, and Virtual Running Category is MOP160. For Family Category, the entry fee for the adult is MOP160, while for each child or adolescent is MOP100. Participants are welcomed to invite friends or family members to sponsor and support this meaningful event together. (For example, participant A is required to pay an entry fee of MOP 160. B is A's friend or family member who is willing to sponsor A for MOP 50. Then the entry fee of A would be MOP 160, the other MOP 50 is extra donation.)

Category	Challenge Distance	Participants	Assembling Time	Challenge Time
Open Category A and B	Group A 9 Km	15 years old or above	7:15AM	Finish within 80 mins
	Group B 3 Km		8:45AM	Finish within 30 mins
Family Category C*	2 Km	Children of 4 years old or above/adolescent and accompanied by at least 1 family member	9:15AM	Finish within 30 mins
Rehabilitation Category D**	2 Km	Disabled and able-bodied people joining together	9:45AM	Finish within 40 mins
Exercise Walking Category E***	2 Km	Leisure walking people	9:45AM	Finish within 40 mins
Virtual Running Category F****	3 Km or above	15 years old or above	Unlimited	Unlimited

*Family Category: At least 2 persons in a group

**Rehabilitation Category: To promote able-bodied persons accompanying disabled persons to run together. Please invite and encourage people with disabilities around you to participate.

***Exercise Walking Category: Suitable for people who like leisure walking. Elderly are encouraged to participate.

****Virtual Running: Challenge yourself to complete 3 Km or above distance. You can do it at your pace. Choose to run, walk on 6 October 2019. Submit photo(s) for proof by running app, running watch, running device, screen on the treadmill etc. to earn the souvenir.

- 8.2. Please arrive at the venue half an hour before the run to store your belongings and to warm up.
- 8.3. Participants can get a T-shirt from the organizer and those who are able to complete the race within the time limit will be awarded with finishing medal and a towel.
- 8.4. This event is for charitable causes and not a contest. Please be aware of your body condition and do not attempt to run faster than you are capable of running.
- 8.5. When Rainstorm Warning Signal or Tropical Cyclone Signal No.3 or above is in force, the event will be postponed. This is subject to the announcement of the organizer until further notice.

9. Enrolment Method

1) Fill in the enrolment form, enclose the entry fee with the form and submit them to the following locations.

Location	Address	Office Hour	Contact Number
Caritas Macau	Largo de Sto. Agostinho No. 1-A, MACAU	Mon to Sat 9:00~18:00	28937596
University of Macau (Only accept the bank deposit slip. Cash payment is not accepted)	UM Sports Complex (N8)	Mon to Fri 9:00~13:00 14:00~17:30	88224931
Biblioteca da Caritas	Rua Pedro Coutinho, No. 64, Cave Edif. Tong Fong Garden	Mon to Sun 12:00~22:00	28713270
Centro Pastoral da Areia Preta	Bairro Iau Hon, Rua Dois, No.2 Edif. Iau Tim, R/C Hac Sac Van	Mon to Fri 09:00~22:00 Sat 09:00~18:00	28341924
Centro de Cuidados Especiais Longevidae	Rua de Braganca, Jardins da Nova Taipa, Bloco 28, Edif. Crisantemo, R/C e Sobreloja	Mon to Sat 9:00-18:00	28842577

2). Through ATM or bank deposit of Bank of China 01-012-078618-8 (MOP),
Luso International Banking Ltd 10212-100237-7(MOP)

Please complete the enrolment form, enclose it with the ATM or bank deposit slip and fax to: 28554049 or email to: charityruncm@gmail.com. We will reply by SMS to confirm upon receipt.

3). Scan QR Code and complete the enrolment form by mobile phone, upload the ATM or bank deposit slip. We will reply by SMS to confirm upon receipt.

10. For enquiries: 2893 7596, 2871 3270

11. In case of any dispute regarding the rules and regulations, the organizer reserves the right of final decision and interpretation.



Caritas Macau's Facebook



Mobile Enrolment