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OXFAM TOWERRUN

為留守兒童
跑出新希望

跑塔 20.10
2024
(SUN)



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Notes to Runners

*** Please read the Notes before taking part in the event. ***

Event date: 20 Oct (Sun)

Location: Macau Tower

澳門樂施會 澳門宋玉生廣場258號建興龍廣場18樓F室

Oxfam in Macau Alameda Dr. Carlos d'Assumpção, No.258, Praça Kin Heng Long, 18 Andar F, Macau.

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網址 Website: www.oxfam.org.hk

Thank you very much for joining the Oxfam TowerRun and partnering with Oxfam to fight against poverty!

1. Notes Before the Event

(1) Submit Required Documents

Participants who do not register online must sign the Disclaimer before the event and return it to Oxfam in Macau by email, fax or post **on or before 3 October 2024** (see the 'Enquiry' section on the last page of the Notes). The Disclaimer can be downloaded from the event website: <https://www.oxfam.org.hk/en/join-our-events/oxfam-towerrun/DI-tab-tab>

(2) Donation

Participants should raise the minimum donation amount below before the event.

Participants are also encouraged to make donations after the event. Donation receipts will be mailed to runners or contact persons within two months after the event.

To encourage runners to complete the race, AIA International Limited (the event's Principal Sponsor) will make an additional donation of HKD100 for each runner who crosses the finish line.

3. Runners' Pack Collection

Date & Time	13 - 14 Oct 2024 (Sunday & Monday) 10:00 - 19:00 (open during lunch hour)
Location	Oxfam in Macau office Alameda Dr. Carlos d'Assumpção No.258, Praça Kin Heng Long, 18 Andar F, Macau
Remarks	(1) Participant can authorise their relatives and friends to collect the pack on their behalf. They must present an authorisation letter when collecting. The Redemption Form can be downloaded from the event webpage: https://www.oxfam.org.hk/en/join-our-events/oxfam-towerrun/DI-tab-tab (2) Participants who do not live in Macau can pick up at the Registration Counter at Macau Tower Outdoor Plaza on 19 Oct between 14:00 and 17:00; 20 Oct between 08:30 and 11:00



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Runner bibs will be distributed on Runners' Pack Collection Day. Each participant must present their bib on the event day. **Participants who fail to present their bib will not be able to join the run.**

2. Notes on the Day of the Event

(1) Event Rundown

9:00	Individual Challenge (Half Race) Men's Race
9:45	Individual Challenge (Half Race) Women's Race
10:15	Team Challenge (Relay for teams of FOUR)
10:30–11:00	Event Ceremony
10:45	Leader's Run
11:00	Individual Challenge (Full Race) Men's Race
11:40	Individual Challenge (Full Race) Women's Race

*Awards for Individual Challenge (Half Race), Team Challenge and Individual Challenge (Full Race) will be presented at 10:30 and 12:30 respectively.

(2) Assembly Time of Each Group

	Running Orders	Assembly Time
Individual Challenge – Men's Race (Half Race)	MH01 – MH30	09:00
	MH31 – MH60	09:15
Individual Challenge – Women's Race (Half Race)	WH01 – WH30	09:30
	WH31 – WH60	10:00
Team Challenge - Relay	R01 – R10	10:15
Leader's Run	L01-L20	10:45
Individual Challenge – Men's Race (Full Race)	M01 – M15	11:00
	M16 – M50	11:10
	M51 – M100	11:20
	M100 – M150	11:30
Individual Challenge – Women's Race (Full Race)	W01 – W15	11:40
	W16 – W50	11:50
	W51 – W100	12:00

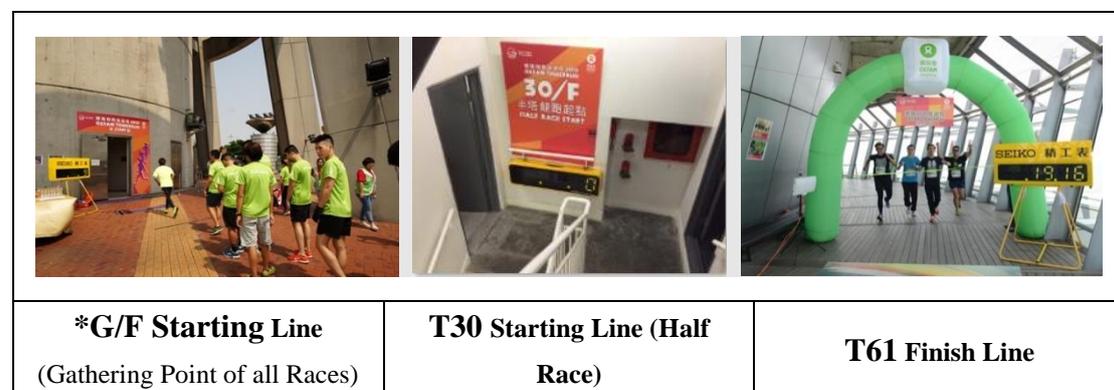
(2) Registration

- Participants who have collected the runner package do not need to register onsite again. Please go directly to the **Starting Line**, i.e. the bottom of the Tower* (the starting area of G/F shown as below), within the group's assembly time;
- Runners should get a runner bib and put it on the front of their tees. Timing chips are attached to the bibs, so please do not fold them. There is no need to return them after the race.
- A free baggage storage service will be available next to the registration counter. Please do not leave any valuables or large baggage there.

(3) Stand-by

- After arriving at the venue, please pay attention to the starting time of your race category. **All runners must arrive at the starting area 15 minutes before their category sets off.**
- The Starting Line Gathering Point is located at the bottom of the Tower: G/F of the outdoor plaza. (See picture below.)
- Runners are welcome to attend the stretching demonstration throughout the event.

(4) Route





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Full Race (G/F - T61)	Runners are required to start from the Starting Line located on the ground floor of Macau Tower and climb the stairs to reach the Finish Line on the 61st floor. **
Half Race (T30 - T61)	Runners are required to start from the Starting Line located on the 30th floor. Working staff will lead all runners to the T28 Waiting Area by taking the lift. Runners will line up according to their number and start the race on T30, and then climb the stairs to the Finish Line on the 61st floor. **
Team Relay (G/F - T61)	<p>The letters ‘A’, ‘B’ ‘C’ and ‘D’ will be printed on the runner bibs for the Team Relay Challenge to indicate the order in which each team member runs. The passing zones are located on T18, T36 and T54. Teams should pass their batons in the baton exchange area. Teams that fail to do so will be disqualified. ** The 4th member (D) needs to climb the stairs to reach the Finish Line on the 61st floor.</p>  

** Runners should turn left and run 20 feet on the 54th floor - the refuge floor - before reaching the stairs to the 55th floor.



3. Notes for Race

- (1) Runners must wear the bibs provided by the Organiser. Timing chips will be attached to the bibs for all runners. Please do not damage the chips. There is no need to return the bibs after the event;
- (2) The venue will be separated into designated areas. For example, the starting area is only for participants and staff. Relatives, friends, reporters and spectators should stay in other designated surrounding areas;
- (3) Due to the limited space on the stairs, **runners should stay on the right when running**. Do not run in the middle of the stairs or block other runners;
- (4) Should runners wish to overtake other runners, they should do so on the left side of the stairs. Do not run side by side on the stairs. There will be staff monitoring the event and runners will be disqualified if they are found to have broken any of the rules;
- (5) Macau Tower's cargo lift will be used for event preparation and emergencies. If runners feel unwell, they should contact the staff, who will be stationed on alternating floors. Runners who feel unwell can leave via the cargo lift if needed. **Should a runner wish to quit during the event, staff will advise him or her to stay at an appropriate location, and provide directions on how to leave the Tower;**
- (6) Runners should leave the Tower according to arrangements made by staff. Runners are encouraged to finish the race within the time limits below. Runners will be advised to withdraw from the race if they cannot complete the race within the time provided;

Full race: 45 minutes	Half race / Team relay: 30 minutes
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- (7) Runners should ensure that they are physically fit for the event and send the Waiver to the Organiser **on or before 14 Oct 2024**. The Waiver can be downloaded here: <https://www.oxfam.org.hk/en/join-our-events/oxfam-towerrun/DI-tab-tab>
- (8) Participants must follow the Organiser's instructions during the run. If participants are found to have disobeyed the rules or disrupted the event, the Organiser's staff have the right to request the participants to immediately stop the competition and leave Tower, they may even be disqualified;
- (9) The Organiser appointed volunteers as the referee for the event. All disputes on the event day and results announced after the event are subject to the decisions of



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Oxfam in Macau and the volunteer referee;

- (10) There will be water stations on the day of the event to provide participants with drinking water. To reduce plastic waste, the Organiser will not provide bottled water. Participants should bring their own water or use the reusable plastic cups provided at the stations.
- (11) During the race, participants may need to use both hands to hold the railing to run up. Participants are encouraged to bring their own gloves if needed.

4. Inclement weather

If Typhoon No. 8 or a black rainstorm signal is issued by 6 AM, the event will be cancelled. Please check the event webpage and our Facebook page for announcements..

Oxfam reserves the right to make the final decision on the supplementary event format or cancel it due to unforeseen circumstances. All donations are non-refundable. Thank you for your understanding.

Event webpage: <https://www.oxfam.org.hk/en/join-our-events/oxfam-towerrun>

Oxfam in Macau Facebook page: <https://www.facebook.com/oxfaminmacau/>

7. Contact us

Macau

Alameda Dr. Carlos d'Assumpção No.258, Praça Kin Heng Long, 18 Andar F, Macau

Tel: (853) 2875 7750 - Enquiry on the day of the event

Fax: (853) 2875 7667

Email: towerrun@oxfam.org.hk