

主辦機構 Organiser



善寧會

Society for the Promotion of Hospice Care

4 October 2020

Tai Tam Country Park

Hong Kong Island

港島大潭郊野公園

28th Annual

HIKE FOR HOSPICE

登山善行



「報名表格」
Application
Form



網上報名 Apply Online hike.hospicecare.org.hk



登山善行
hike for
hospice

天為生命定壽元 人為生命賦意義
When days cannot be added to life
add life to days

有關善寧會 About SPHC

成立於1986年，善寧會以「天為生命定壽元，人為生命賦意義」為宗旨，致力提供並推廣寧養紓緩照顧服務及善別輔導服務，並透過不同的生死教育活動，倡議及教育公眾正面討論死亡，活出積極人生。

Established in 1986, the Society for the Promotion of Hospice Care (SPHC) bases its mission on "When days cannot be added to life, add life to days." We advocate for compassionate hospice and palliative care for people facing life-limiting illnesses and provide bereavement support to people facing the loss of a loved one. We also promote positive attitudes towards death and dying through a variety of education programmes.

服務包括 Our Services



寧養及紓緩服務 Hospice & Palliative Care

在我們的跨專業醫護團隊的日常支援下，竭力為晚期病者及其家人，提供整全、全天候的優質寧養紓緩服務及關顧。

Our multidisciplinary healthcare team specializing in hospice and palliative care provides quality and holistic care to patients with life-limiting illnesses and their families.



哀傷輔導 Bereavement Support

我們為晚期病者及其家人提供全面的善別支援，並為痛失摯親的家庭提供輔導，協助他們處理哀傷情緒。

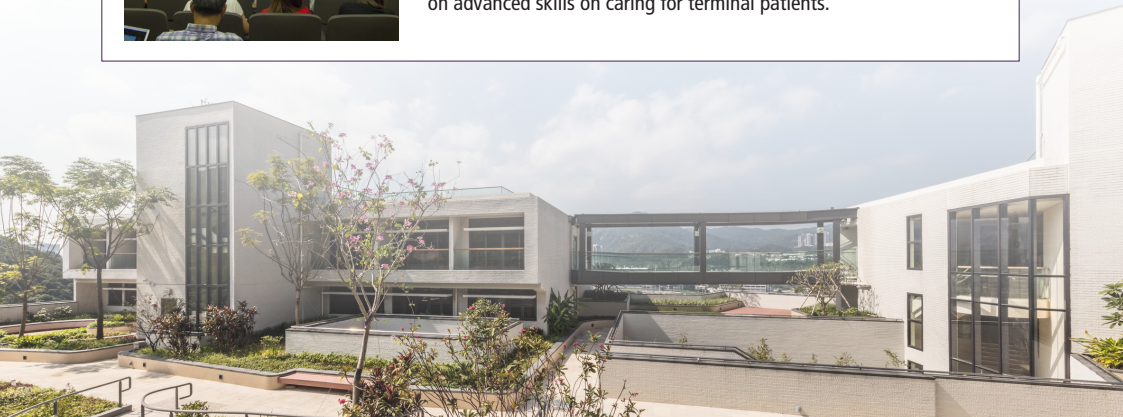
We offer comprehensive grief and bereavement support services to dying patients, family caregivers and assist families who have lost their loved ones to cope with their grief and sorrow.



教育培訓 Training & Education

透過提升醫護同工及照顧員的專業水平，加上義工培訓及公眾教育，讓晚期病者獲得更完善的寧養照顧。

We provide professional training to healthcare workers and volunteers on advanced skills on caring for terminal patients.



有關登山善行 About Hike for Hospice

善寧會自1992年起，每年舉辦「登山善行」，讓各界人士透過參與活動，享受郊野登山樂趣，更可以幫助善寧會籌得更多善款，讓「賽馬會善寧之家」每一位晚期病者及其家人獲得優質的寧養舒緩照顧服務。

"Hike for Hospice" is an annual charity fundraising event organised by SPHC since 1992. Each year, many people from all walks of life come together to show their support by participating in this event, and raising funds for patients with life-limiting illnesses receiving care services at the Jockey Club Home for Hospice (JCHH), our new hospice centre managed by SPHC.

第28屆登山善行 The 28th Annual Hike for Hospice

日期 Date:	2020年10月4日（星期日）Sunday, 4 October 2020
起點/終點 Start / Finish:	大潭郊野公園二號燒烤場（近陽明山莊） Barbecue Site No. 2, Tai Tam Country Park, Hong Kong Island (near Hong Kong Parkview)
時間 Time:	0800 參加者到場 Arrival of hikers 0845 起步禮 Kick-off Ceremony 0900 正式起步 Start of the Hike

組別及籌款詳情 Categories and Fundraising Details

組別 Category	每隊人數 Max no. of members	籌款目標 Fundraising Target	路線 Routes
個人 Individual	1	港幣\$4,000 (HKD)	7 / 14 / 17 公里km
團隊 Team	4	港幣\$16,000 (HKD)	7 / 14 / 17 公里km
企業挑戰賽 Corporate Challenge	4	港幣\$30,000 (HKD)	14 公里km
須以公司/機構名義組隊參與 Teams have to register in the name of a corporation			
校友會挑戰賽 Alumni Challenge	4	港幣\$16,000 (HKD)	14 公里km
須以校友組織名義組隊參與 Teams have to register in the name of the alumni association			

報名詳情 Application Details

- 截止日期：2020年9月1日（星期二）
- 報名表格可以透過以下方式交回善寧會
網上登記：hike.hospicecare.org.hk
郵寄：香港沙田亞公角山路18號
電郵：hike@hospicecare.org.hk
傳真：2336 2776
- 收到表格後，本會將以電郵確認，煩請於報名表格上提供準確電郵地址
- 請於2020年10月23日（星期五）或之前把所有善款（劃線支票或其他付款證明資料）連同填妥之贊助表格，寄回善寧會（劃線支票抬頭為「善寧會」）
- 查詢電話：2331 7000
- Application deadline: Tuesday, 1 September 2020
- Application can be submitted:
Online: hike.hospicecare.org.hk
By post: No. 18, A Kung Kok Shan Road, Shatin, Hong Kong
By email: hike@hospicecare.org.hk
By fax: 2336 2776
- Upon receipt of the form, we will send a confirmation email to the registrant. Please provide a valid email address on the application form
- Please send all donations (crossed cheques or other payment receipts) together with the Sponsorship Form to us on or before Friday, 23 Oct 2020. Please make your crossed cheque payable to "The Society for the Promotion of Hospice Care"
- Enquiry Hotline: 2331 7000

報名表格 Application Form

(請以正楷填寫 Please write in BLOCK letters)

善寧會尊重閣下的個人私隱，閣下在本表格所提供之個人資料只作為與善寧會及「登山善行」（本活動）相關之活動通訊用途。本會可能會將閣下的個人資料傳送予指定的供應商，製作必要且與本活動相關的活動物資（如號碼布），然而本會在任何情況下不會將閣下的個人資料傳送與本會及本活動不相關的第三者。

SPHC respects data privacy. Please be assured that all personal data collected for the Hike for Hospice ("Event") will only be used by SPHC for the purpose of event communication. SPHC may share your personal data with our designated vendors for the production of necessary event-related materials (e.g. the bib). Under no circumstances would SPHC share your personal data with any other third parties unrelated to the Event.

請選擇參賽組別 Please indicate the category you want to enter

<input type="checkbox"/> 個人 Individual	<input type="checkbox"/> 7km <input type="checkbox"/> 14km <input type="checkbox"/> 17km	<input type="checkbox"/> 團隊 Team	<input type="checkbox"/> 7km <input type="checkbox"/> 14km <input type="checkbox"/> 17km	<input type="checkbox"/> 企業挑戰賽 Corporate Challenge 14km	<input type="checkbox"/> 校友會挑戰賽 Alumni Challenge 14km
---	--	-------------------------------------	--	--	--

隊長 / 個人參加者 Team leader / Individual participant

中文姓名 _____ English Name (First) _____ (Last) _____

性別 Gender _____ 聯絡電話 Contact No. _____ 電郵 Email _____

聯絡地址 Address _____

是否願意接收本會通訊？ Would you like to receive our further communications? ☐ 願意 Yes ☐ 不願意 No

緊急聯絡 Emergency Contact (姓名 Name) _____ (電話 Tel) _____

T恤尺碼 T-shirt size ☐ 加加大 XXL ☐ 加大 XL ☐ 大 L ☐ 中 M ☐ 小 S

■■■■■■■■■■■■■■■■■■■■ 個人參加者不用填寫以下部份 Individual participant does not have to fill in the part below ■■■■■■■■■■■■■■■■■■■■

團隊隊名 _____ 公司/校友會名稱（如有）
Team name _____ Corporation / Alumni Assn Name (if any) _____

隊員2 Team Member 2

中文姓名 _____ English Name (First) _____ (Last) _____

性別 Gender _____ 聯絡電話 Contact No. _____ 電郵 Email _____

是否願意接收本會通訊？ Would you like to receive our further communications? ☐ 願意 Yes ☐ 不願意 No

緊急聯絡 Emergency Contact (姓名 Name) _____ (電話 Tel) _____

T恤尺碼 T-shirt size ☐ 加加大 XXL ☐ 加大 XL ☐ 大 L ☐ 中 M ☐ 小 S

隊員3 Team Member 3

中文姓名 _____ English Name (First) _____ (Last) _____

性別 Gender _____ 聯絡電話 Contact No. _____ 電郵 Email _____

是否願意接收本會通訊？ Would you like to receive our further communications? ☐ 願意 Yes ☐ 不願意 No

緊急聯絡 Emergency Contact (姓名 Name) _____ (電話 Tel) _____

T恤尺碼 T-shirt size ☐ 加加大 XXL ☐ 加大 XL ☐ 大 L ☐ 中 M ☐ 小 S

隊員4 Team Member 4

中文姓名 _____ English Name (First) _____ (Last) _____

性別 Gender _____ 聯絡電話 Contact No. _____ 電郵 Email _____

是否願意接收本會通訊？ Would you like to receive our further communications? ☐ 願意 Yes ☐ 不願意 No

緊急聯絡 Emergency Contact (姓名 Name) _____ (電話 Tel) _____

T恤尺碼 T-shirt size ☐ 加加大 XXL ☐ 加大 XL ☐ 大 L ☐ 中 M ☐ 小 S

所有參加者必須同意並簽署右方「參加者聲明及保證」，報名方為有效。

All participants must sign the Disclaimer below at the time of application.

參加者聲明及保證 Disclaimer

本人現報名參加第28屆登山善行（下稱「活動」）謹此聲明：

- 本人願意遵守由善寧會、贊助商、支持團體或其他相關團體（下稱「大會」）所訂立之規則及安排。
- 本人明白此活動的體能要求，並願意承擔自身意外風險及責任。倘活動期間發生任何傷亡或財物遭受損失，本人無權向大會索償或追討任何責任。
- 本人願意授權予大會及傳媒，可不經本人批准而使用本人的肖像和聲帶作活動籌辦及宣傳之用。

**I wish to participate in the 28th Annual Hike for Hospice (hereafter "Event").
I confirm and agree that:**

- I shall comply with all relevant rules, regulations and arrangements made by the Society for the Promotion of Hospice Care, sponsors, supporting organizations and all other related organizations, which include their partners, employees and their agents (hereafter collectively referred to as the "Organizers").
- I participate in the Event entirely at my own risk. I assume full responsibility for myself and I shall not hold the Organizers responsible for death or any injury, or for any damage to, loss or destruction of property during the course of the Event.
- I grant permission and assign all rights, title and interest to the Organizers to utilize my image and/or voice in any promotional or fundraising activities in perpetuity and agree to waive any right of inspection or approval associated thereto.

隊長/個人參加者 Team leader / Individual participant
簽名 Signature

隊員2 Team member 2
簽名 Signature

隊員3 Team member 3
簽名 Signature

隊員4 Team member 4
簽名 Signature

獎項 Awards

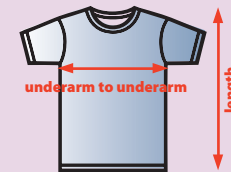
- 個人組別*：三條指定路線之冠、亞、季軍
- 團隊組別*：三條指定路線之冠、亞、季軍
- 企業挑戰賽：冠、亞、季軍
- 校友會挑戰賽：冠、亞、季軍
- 最高籌款大獎
- Individual category* - Champion, first runner-up and second runner-up for each route
- Team category* - Champion, first runner-up and second runner-up for each route
- Corporate Challenge - Champion, 1st & 2nd runner-up
- Alumni Challenge - Champion, 1st & 2nd runner-up
- Top Fundraising Award

* 獎項及禮品將於活動後舉行的頒獎禮上頒發，日期將另行通知
Awards and prizes will be presented at a post-event ceremony at a later date

紀念品 Souvenirs

- 每名完成所報賽事的參加者將獲頒發證書一張
- 每名參加者可獲贈紀念T恤及晶片號碼布
- 參加者可於活動前到善寧會領取選手包，詳情將於稍後公佈
- Hikers who have completed the route they have enrolled will be granted a Certificate of Completion.
- All hikers will receive a hiker's pack with a commemorative event T-shirt and a numbered Bib inside.
- Hiker's pack will be available for collection before the event date at SPHC's office.

男女適用碼數 Unisex	1/2 胸圍 Underarm to Underarm	後衣長度 Length
小碼：S	48cm	64cm
中碼：M	51cm	67cm
大碼：L	54cm	70cm
加大碼：XL	58cm	74cm
加加大碼：XXL	62cm	78cm



登山地圖 Route Map

渣甸山
Jardine's Lookout

黃泥涌峽道

Wong Nai
Chung Gap
Road

淺水灣道

Repulse Bay
Road

大潭郊野公園 Tai Tam Country Park

起點及終點
Starting & Finishing Point

大潭郊野公園二號燒烤場
No.2 BBQ Site, Tai Tam Country Park

陽明山莊
Hongkong
Parkview

大潭水塘
Tai Tam Reservoir

雙潭石澗
Sheung Tam
Stream

大潭中水塘
Tai Tam Intermediate
Reservoir

大潭篤水塘石橋
Tai Tam Tuk Reservoir
Masonry Bridge

大潭篤水塘
Tai Tam Tuk
Reservoir

紫崗橋
Tze Kong Bridge

大風坳涼亭
Quarry Pass
Pavilion

North

Direction 前進方向

Short Route (7km) 七公里

Medium Route (14km) 十四公里

Long Route (17km) 十七公里

第28屆「登山善行」將來到港島區大潭進行；而起點及終點均位於大潭郊野公園二號燒烤場。大會提供了三條路線給健兒選擇。「7公里路線」，路徑較簡單輕鬆，最適合家庭團隊參與，休閒飽覽沿路風光。「14公里路線」，路徑起伏有致，適合一般行山經驗的參加者，預料需三至四個小時完成。「17公里路線」，路徑含較多陡峭路段，適合富行山經驗且熱愛挑戰的人士參與。

The 28th Annual Hike for Hospice will take place in Hong Kong Island this year. The starting and finishing point will be located at BBQ site No.2 in Tai Tam Country Park. Hikers will have a choice of three routes. The 7 km Short Route is an easy one for casual and family hikers who like to stroll along the trail to take in the views. The Medium Route of 14 km has been devised for regular hikers who are comfortable with a three-to-four hour hike and a few inclines. The 17 km Long Route, with a number of steeper inclines, is for serious and competitive hikers who enjoy a challenge.

備註：路線如有更改，以登山善行網站公布為準

Remarks: If there is any change on routes, please refer to website for latest update

規例及規則 Rules and Regulations

1. Each participant may only take part in one category of the Hike.
2. All individual or team entries must submit an enrollment form with correct data; each hiker must agree to the terms and condition of our Disclaimer and sign it at the time of submission.
3. The Organizer will provide regular information updates of the event by email. All hikers are required to provide a valid email address to avoid missing out on important information.
4. The Organizer has absolute discretion over the acceptance of enrollments and the ranking of all participants. In case of disputes, the decision of the Organizer will be final.
5. After registration, participants can make changes to the composition of the team and/or route chosen by email to SPHC on or before Tuesday, 21 September 2020.
6. Upon submission of the entry, applicants agree to accept all Terms and Conditions and the Rules and Regulations as stipulated, and any future amendments introduced by the Organizer to ensure a smooth operation of the event.
7. Hikers must ensure that they are physically fit to participate in the event. The Organizer accepts no responsibility of participants' health conditions before and after the event.
8. The Organizer reserves the right to change or alter any part of the hiking routes before and during the race without prior notice to participants in the event of unexpected road conditions or emergency beyond the control of the Organizer.
9. Results of the Net Time of individuals and teams will be announced within 7 days after the event on the event website with no separate notifications made to individual hikers. Nevertheless, awardees will receive a notification of results and invitation to the Award Presentation Ceremony by email after all everything has been confirmed.
10. Should the event be postponed or cancelled due to adverse weather conditions or circumstances beyond the control of the Organizer, the Organizer bears no responsibility and/or liability thereafter; all donations paid will not be refunded.
1. 每名參加者只能選擇參與一個參賽類別；
2. 所有參加者必須確保報名表格上的資料正確無誤，同時必須同意並簽署「參加者聲明及保證」；
3. 本會將定時透過電郵發放最新活動消息，為避免錯失有關資料，所有參加者須向大會提供正確的電郵地址；
4. 本會有絕對酌情權決定是否接受報名以及參加者的排名。如有爭議，以籌備委員會的裁決為準；
5. 登記後，所有參加者如欲更改個人資料或參賽路線，須於2020年9月21日（星期二）前電郵至本會；
6. 參加者於確認報名同時，已接受及同意遵守在此時及其後為讓活動順利進行而訂定之所有大會之條款及細則、規則及規則；
7. 參加者須確保個人身體狀況適合參與是項活動。參加者於比賽前後身體狀況為何，本會概不負責；
8. 本會保留於賽事前或賽事期間，因出現不能預料的路面情況或超出本會控制能力的突發事故，更改或調整任何賽事路線且不向參加者作另行通知的權利；
9. 團體及個人參加者之成績會於七日內透過活動網站公佈；不會向個別參加者發出個別通知。然而，本會將向活動之得獎者發送電郵通知，並邀請出席頒獎典禮；
10. 活動因惡劣天氣或出現超出本會控制能力的情况需要延期或取消所造成的損失，本會沒有責任及義務承擔。所有捐款均不獲退還。

得獎準則

Qualifications for Awards

1. Participants who start the hike before the Gun Time (official starting time) will be disqualified for the Speed Awards.
2. Participants who do not wear a valid bib, or wearing a bib but without a complete time check record will be disqualified for the Speed Awards.
3. A team with less than 4 members completing for the hike or with any member failing to compete the time check record, will be disqualified for the Speed Awards.
4. Hikers disqualified for the Speed Awards are still qualified for the Fundraising Awards.
5. Awards will only be given to teams and individuals who have achieved the minimum fundraising requirement on or before Friday, 23 October 2020.
1. 參加者如有偷步情況，將被取消其「速度獎項」得獎資格；
2. 未有配戴號碼布，或配戴號碼布但未有通過路線指定的檢查站而完成賽事之參加者，將被取消其「速度獎項」得獎資格；
3. 團隊組別如少於4人，或參加者未能全體完成賽事，將被取消其「速度獎項」團隊組別得獎資格；
4. 失去「速度獎項」得獎資格的參加者，仍然有資格競逐「籌款獎項」；
5. 未能於2020年10月23日（星期五）前達到最低籌款額之團隊組別或個人組別參加者，不會獲發任何獎項。

參加者姓名 Hiker's name _____

團隊隊名 Team name

電話 Mobile _____ 電郵 Email _____

地址 Address_____

- 你可透過支票或銀行轉賬形式遞交捐款
- 支票抬頭：善寧會
- 銀行轉賬（戶口號碼：HSBC 002-3-365638）
- 請於2020年10月23日或之前把所有善款連同贊助表格寄回本會
- 捐款收據可申請稅項寬減
- 本表格可自行影印或於本會網站下載
- Please send the donation by cheque or bank transfer:
Payee: The Society for the Promotion of Hospice Care
Bank Transfer: HSBC 002-3-365638
- Donations collected should be sent to us with the Sponsorship form by mail on or before 23 October 2020
- Donation receipts will be issued for tax deduction purpose
- Should you need an extra form, you may photocopy this form or download it from our website

(收據將以電郵方式寄發，如需郵寄收據，請在下方填上地址)

(An e-receipt will be sent to you via email. If you require a paper copy of your donation receipt instead, please provide your address below)

組別 Category	籌款目標 Fundraising Target
個人 Individual	港幣\$4,000 (HKD)
團隊 Team	港幣\$16,000 (HKD)
企業挑戰賽 Corporate Challenge	港幣\$30,000 (HKD)
校友會挑戰賽 Alumni Challenge	港幣\$16,000 (HKD)

[illegible]

查詢 Enquiry

善寧會 Society for the Promotion of Hospice Care

地址 Address: 香港沙田亞公角山路18號 No. 18, A Kung Kok Shan Road, Shatin, Hong Kong

地址 Address: 香港沙田亞
電話 Enquiry: 2331 7000

傳真 Fax: 2336 2776

電郵 Email : hike@hospicecare.org.hk