



堅農海濱跑 Promenade K-Run 09.03.25

賽前須知 Important Notes

- 請所有參賽跑手在起步前至少 15 分鐘到「報到處」報到及領取號碼布。Runners should arrive the check-in desk and collect bib at least 15 mins before the starting time.
- 跑手當日如未能參賽，仍可於賽後到「堅農圃」領取禮品包，請先致電 64641134 預約時間。Runners who cannot run on the race day can still collect the runners' pack at K-Farm after race day. Please call 64641134 in advance for better arrangement.
- 未能參賽跑手亦可通過電郵通知，把名額轉贈予親友。親友只需於比賽當日到「報到處」出示該電郵截圖及更改跑手姓名即可。Runners who cannot join the race can also give away the place to friends by emailing us. Friends can show the screenshot of the email and change the names at the check-in desk.
- 所有賽事將於上午 9 時正在堅農圃廣場入口對開位置出發。All races will start at 9:00 outside the entrance of K-Plaza.
- 比賽提供寄存服務，歡迎使用。Welcome to use storage service provided.
- 水站及折返點將有「堅農海濱跑」易拉架，請留意。K-Run roll-up banners will be set up at water stations and turn back point.
- 跑手須在折返點蓋上印章，其參賽成績方獲確認。Runners MUST collect stamp at the turn back point to be qualified for the final results.
- 10K 跑手需完成 6 個「堅農任務」，包括播種、澆水、施肥、除蟲、修剪及收成。10K runners will complete 6 K-Farm tasks at the beginning of the race including: sowing, watering, fertilising, controlling pest, cutting and harvesting.
- 5K 跑手需完成 4 個「堅農任務」，包括播種、澆水、修剪及收成。5K runners will complete 4 K-Farm tasks at the end of the race including: sowing, watering, cutting, harvesting.
- 5K 夥伴/親子組以最後一名跑手抵達終點時間為準。The finishing time of the last runners of 5K Buddy/Family will be recorded as the final results.
- 跑手抵達終點後，將即場獲發完成獎牌。Runners will be awarded Finisher Medals right after arriving the Finishing Point.
- 比賽成績將於 11:30 前公布，並即時舉行頒獎儀式。Results will be announced before 11:30 and prize-giving ceremony will be held immediately.
- 查詢 Enquiry：64641134

賽後禮物及免費活動 Gifts and free activities

- 完成比賽後，跑手可到禮物站取領取禮物。Runners can collect gifts after finishing the run at the Gift Zone.
- 攤位區設飲品小吃、免費攤位遊戲，歡迎跑手享用及參加。There will be snacks, drinks and free games at the booth zone.
- 當日特別為跑手提供免費溫室導賞團，時間為 10:30 至 12:00，每 15 分鐘一團 (頒獎儀式期間除外)。Free greenhouse tour will be offered for runners every 15 mins from 10:30-12:00 (except during prize-giving ceremony)

比賽路線 Race Route



	位置 Location	水站	蓋印	起點任務	終點任務
1	卑路乍灣海濱長廊 Belcher Bay Promenade			10K	5K
2	海中心公園 Children's Playground at Central/Western Promenade				
3	中山公園大草地 Round grass lawn in Sun Yat Sen Memorial Park		5K		
4	中環二號碼頭外 Central Pier No. 2				
5	添馬公園近公廁 Near public toilet of Tamar Park		10K		

