

Charity Run of Caritas Macau 2023 Category Rules and Regulations

- 1、 **Organizer:** Caritas Macau **Co-organizer:** University of Macau
- 2、 **Objective:** To continue the spirit of Charity Run of Caritas Macau, we hope to encourage more people to participate in the sport of running. we 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 charity services.
- 3、 **Date:** 29nd October 2023 (Sunday)
- 4、 **Time:** 7:15am to 11:00am
- 5、 **Location:** University of Macau
- 6、 **No. of participants:** Challenge Run Category 1600, Healthy Run Category 800, Easy Run 600 and Virtual Running Category unlimited.
- 7、 **Date of Virtual Running:** 29th October, 2023 at any venue completed the specified distance.
- 8、 **Enrolment period:** From 1st August 2023 to 15th September 2023
- 9、 **Important Notice for Enrollment:**
 - 9.1 The entry fee for each participant in Challenge Run, Healthy Run and Easy Run is MOP160 respectively. For Family Category, the entry fee for each 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.

Category	Challenge Distance	Participants	Assembling Time	Challenge Time
Challenge Run	10K	18 years old or above	7:15AM	Finish within 90 mins
Healthy Run	5 Km	16 years old or above	8:45AM	Finish within 45 mins
Easy Run (See Remark 1)	2 Km	Anyone (Family, People with physical disabilities or leisure walking are welcome)	9:30AM	Finish within 30 mins
Virtual Running:	All participants shall complete the required challenge distance within the specified date and provide photo(s) for proof by running app, running watch or running device, screen on the treadmill etc. to collect the souvenir. Participants of Easy Run can submit walking data.			

- Remark 1:**
- Family: At least one adult and one child 4 years or above in a group.
 - People with physical disabilities: To encourage people without physical disabilities to accompany people with disabilities to run together. Please invite and encourage people with disabilities around you to participate.
 - Leisure Walkers: Suitable for people who enjoy leisure walking. Elderly are encouraged to participate.

9.2 Trophy: Winner, runner-up and second runner-up for Men and Women respectively in Challenge Run (10K)

Winner, runner-up and second runner-up for Men and Women respectively in Healthy Run (5K)

The 5 best groups in costumes in Family (theme for costumes: family and harmony)

9.3 Please arrive at the venue half an hour before the run to store your belongings and to warm up.

9.4 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.

9.5 This event is for charitable causes. Please pay special attention to your physical conditions and do not attempt to exceed your physical capacity.

9.6 When Rainstorm Warning Signal or Tropical Cyclone Signal No.3 or above is in force on the day of the event, it will be postponed until further notice to be announced by the organizer.

10. Enrolment Method

10.1 All enrollment for this event shall be made on the electronic banking service platform of the Industrial and Commercial Bank of China (Macau) Limited (“ICBC Macau”). When handling personal information of participants, Caritas Macau shall provide related personal information of participants to “ICBC Macau” for enrollment purpose only. Personal information of participants shall not be retained by ICBC Macau or disclosed publicly. Once registered, no refunds will be accepted. We shall handle the personal information of participants with care and shall not disclose personal information of participants to ICBC Macau or third parties. We shall collect, retain and handle personal information in accordance with the Personal Data Protection Law No. 8/2005 to ensure that the personal information of participants is protected.

10.2 Fill in the enrolment form, enclose the entry fee with the form and submit them to the following locations. (The Entry fee can be paid by electronically at the enrolment location)

Location	Address	Office Hour	Contact
Caritas Macau	Largo de Sto. Agostinho No. 1-A, MACAU	Mon to Sat 9:00~18:00	28937596
Biblioteca da Caritas	Rua Pedro Coutinho, No. 64, Cave Edf. Tong Fong Garden	Mon to Sun 12:00~22:00	28713270
Centro Pastoral da Areia Preta	Bairro Iau Hon, Rua Dois, No.2 Edf. 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

11. For enquiries: 2893 3255, 2893 7596, 2871 3270
12. In case of any dispute regarding the rules and regulations, the organizer reserves the right of final decision and interpretation.