

Charity Run of Caritas Macau 2025 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:** 28th September 2025 (Sunday)
- 4、Time:** 7:15am to 11:00am
- 5、Location:** University of Macau
- 6、No. of participants:** Challenge Run Category 1200, Healthy Run Category 800, Integration Run 600, Team mixed relay (team of four) 40 team and Virtual Running Category unlimited.
- 7、Date of Virtual Running:** 28th September 2025 at any venue completed the specified distance.
- 8、Enrolment period:** From 1st August 2025 to 10th September 2025
- 9、Important Notice for Enrollment:**
 - 9.1 The entry fee for each participant in Challenge Run, Healthy Run and Integration Run is MOP160 respectively. For Family Category, the entry fee for each adult is MOP160, while for each child or adolescent is MOP100. The entry fee for each Team Mixed Relay is MOP800. 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 80 mins
Team Mixed Relay (See Remark 1)	10K (2.5K for each leg)	14 years old or above	8:20AM	Finish within 70 mins
Healthy Run	5 K	16 years old or above	9:30AM	Finish within 40 mins
Integration Run (See Remark 2)	1.6 K	Anyone (Family, People with physical disabilities or leisure walking are welcome)	10:10AM	Finish within 25 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 Integration Run can submit walking data.			

- Remark 1: ➤ Relay: 4 to 5 people sign up, 4 people compete with at least 1 person in the team in opposite sex. Each person leg runs 2.5K and the total distance is 10K.
- Remark 2 ➤ Family: At least one adult and one child 3 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)
- Winner, runner-up and second runner-up for Team Mixed relay group.
- 9.3 Participants must compete in person; any form of proxy running is strictly prohibited. If a proxy runner wins an award, the event organizers will revoke the winning qualification. Award winners must present valid identification documents to verify their eligibility. If any discrepancies are found, the award will be canceled.
- 9.4 Please arrive at the venue half an hour before the run to store your belongings and to warm up.
- 9.5 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.
- 9.6 This event is for charitable causes. Please pay special attention to your physical conditions and do not attempt to exceed your physical capacity.
- 9.7 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 Scan the QR Code and complete the enrolment form by mobile phone and upload the deposit slip. We will reply to you by SMS to confirm upon receipt.
- 10.3 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
A. Centro de Serviços Integrados de Apoio à Família- Fonte de Alegria e de Energia	1/F, Riviera Macau, 75-87 R. do Dr. Lourenco Pereira Marques	Mon to Sun 9:00~20:00	28934109
B. Biblioteca da Caritas	Rua Pedro Coutinho, No. 64, Cave Edf. Tong Fong Garden	Mon to Sun 12:00~22:00	28713270
C. 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
D. 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, 2871 3270, 2884 2577

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