

Commemoration of the 70th Anniversary of Caritas Macau

2021 Charity Run of Caritas

Rules and Regulations

- 1、**Organizer:** Caritas 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. It is 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 elderly services.
- 3、**Date:** 17th October 2021 (Sunday)
- 4、**Time:** 7:15a.m. to 11:00a.m.
- 5、**Location:** University of Macau, Guia Hill or Leisure Area on Taipa Waterfront
(Cycle Track)
- 6、**Enrolment period:** 7th August 2021 to 27th September 2021
- 7、**No. of participants:** 1,600 participants for Open Category A and B, 400 participants for Family Category, 200 participants for Rehabilitation Category, 200 participants for Exercise Walking Category and unlimited for Virtual Running Category
- 8、**Important Notice for Enrollment:**
 - 8.1 entry fee for each participant in Open Category, Rehabilitation Category, Exercise Walking Category, and Virtual Running Category 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 of each group for Commemoration of the 70th Anniversary-Group Virtual Running Category is MOP700 and the entry fee of each participant for Individual Virtual Running Category is MOP100. Participants are welcomed to invite friends or family members to sponsor and support this meaningful event together. (For example, participant A is required to pay an entry fee of MOP160. B is A's friend or family member who is willing to sponsor A for MOP50. Then the entry fee of A would be MOP160, while the other MOP50 is extra donation, etc.)

Category	Challenge Distance	Participants	Assembling Time	Challenge Time
Location: University of Macau				
Open Category A	10Km	15 years old or above	7:15	Completed within 90 mins.
Open Category B	3Km	15 years old or above	8:45	Completed within 30 mins.
Family Category (Remark 1)	2Km	Children of 4 years old or above Child /Adolescent and accompanied by at least 1 family member	9:30	Completed within 30 mins.
Location: Guia Hill or Leisure Area on Taipa Waterfront(Cycle Track)				
Rehabilitation Category (Remark 2)	1.7Km	People with or without physical disabilities	8:30	Completed within 30 mins.
Exercise Walking Category (Remark 3)	1.7Km	People engaging in leisure walking	8:30	Completed within 30 mins.
Location: Any Venue				
Virtual Running Category (Remark 4)	3Km or above	15 years old or above	Unlimited	Completed on 17th Oct 2021 (anytime)
Commemoration of the 70 th Anniversary -Group Virtual Running Category	70Km	Not exceeding 7 participants with aged 15 years or above in each group	Unlimited	Accumulatively completed 70Km in anyone day during the period from 1 st to 17 th Oct 2021
Commemoration of the 70 th Anniversary -Individual Virtual Running Category	70Km	15 years old or above	Unlimited	Completed 70Km during the period from 1 st to 20 th Oct 2021

Remark 1: Family Category: At least 2 persons in a group

Remark 2: Rehabilitation Category: 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.

Remark 3: Exercise Walking Category: Suitable for people who enjoy leisure walking. Elderly are encouraged to participate.

Remark 4: Virtual Running: Challenge yourself to complete the specified distance within the specified date. You are not required to be present at the activity venue. Please submit photo(s) for proof by running app, running watch, running device, screen on the treadmill etc. to collect the souvenir.

- 8.2 Trophy and prize shall be awarded to the winner, runner-up, and second runner-up for Men and Women respectively in the Open Category A and B. In order to encourage more people to join this event, participants who join more than one category can only be entitled to receive one trophy and prize only.
- 8.3 Please arrive at the venue half an hour before the run to store your belongings and to warm up.
- 8.4 Participants of Commemoration of the 70th Anniversary-Virtual Running will be awarded with the 70th anniversary commemorative finishing medal and souvenir after completion. Participants in other categories can get a commemorative T-shirt from the organizer and those who are able to complete the required distance within the time limit will be awarded with finishing medal and a towel.
- 8.5 This event is for charitable causes and not a contest. Please pay special attention to your physical conditions and do not attempt to exceed your physical capacity.
- 8.6 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.
- 8.7 In consideration of the uncertain epidemic situation this year, on the day of the event and depending on the individual circumstances, participants may choose to go to the University of Macau to take part in the event or through virtual running (within one month after completion, participants shall proceed to the place of the enrolment and submit photo (s) for proof to collect the souvenir). No winner, runner-up and second runner-up awards shall be awarded for virtual running category.

9. Enrolment Method

- 1) Fill in the enrolment form, enclose the entry fee with the form and submit them to the following locations.

Location	Address	Office Hour	Contact Number
Caritas Macau	Largo de Sto. Agostinho No. 1-A,	Mon to Sat 9:00~18:00	28937596
University of Macau (Only accept the bank deposit slip. Cash payment is not accepted)	UM Sports Complex (N8)	Mon to Fri 9:00~13:00 14:00~17:30	88224931
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 Longevidade	Rua de Braganca, Jardins da Nova Taipa, Bloco 28, Edif. Crisantemo, R/C e Sobreloja, Taipa	Mon to Sat 9:00-18:00	28842577

2). Through ATM or bank deposit of Bank of China 1801-012-078618-87 (MOP)

Luso International Banking Ltd 10212-100237-7 (MOP)

Please complete the enrolment form, enclose it with the ATM or bank deposit slip and fax to: 28554049 or email to: charityruncm@gmail.com. We will reply by SMS to confirm upon receipt.

3). Scan QR Code and complete the enrolment form by mobile phone, upload the ATM or bank deposit slip, or pay by Mpay (not required to upload captured image of deposit slip). We will reply by SMS to confirm upon receipt.

For enquiries: 2893 7596, 2871 3270

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



Caritas Macau's Facebook



Mobile Enrolment



Mpay