



**Outward Bound® Multi-Race 2019**  
29 September, Sai Kung

**Application Form 報名表格**

(Please complete this form in BLOCK LETTERS 請以正楷填寫表格)

Team Name 隊名： \_\_\_\_\_  
 Open Mixed 公開混合     Open Men 公開男子     Open Ladies 公開女子     Youth 青少年  
Category 組別：  
 Master Mixed 壯年混合     Master Men 壯年男子     Master Ladies 壯年女子  
 Parent-Child (8km) 親子 (8公里)

**1. Team Captain 隊長：**

Name 姓名： \_\_\_\_\_ (中文) \_\_\_\_\_ (English)

Sex 性別：  
 M 男     F 女    T-shirt size    T 恤尺碼：(YS/YL/S/M/L/XL)

Date of Birth 出生日期： \_\_\_\_/\_\_\_\_/\_\_\_\_ (dd/mm/yy) Age 年齡： \_\_\_\_ yrs \_\_\_\_ months (計算至比賽當日)  
(On the race day)

ID no. 身份證號碼： \_\_\_\_\_ Tel 聯絡電話： \_\_\_\_\_

Address 地址： \_\_\_\_\_

I am a vegetarian     I will use my own helmet  
我是一名素食者    我會自備頭盔

E-mail 電郵： \_\_\_\_\_ Fax 傳真： \_\_\_\_\_

Guardian's signature 監護人簽名

\*A signature is required for those who are under 18  
十八歲以下人士須獲得監護人同意

How did you learn about this event? 您如何得知這個活動? \_\_\_\_\_

In case of emergency, please contact 緊急事故聯絡人：

Name 姓名： \_\_\_\_\_ Tel 電話： \_\_\_\_\_

2. Member Name 姓名： \_\_\_\_\_ (中文) \_\_\_\_\_ (English)

Sex 性別：  
 M 男     F 女    T-shirt size    T 恤尺碼：(YS/YL/S/M/L/XL)

Date of Birth 出生日期： \_\_\_\_/\_\_\_\_/\_\_\_\_ (dd/mm/yy) Age 年齡： \_\_\_\_ yrs \_\_\_\_ months (計算至比賽當日)  
(On the race day)

ID no. 身份證號碼： \_\_\_\_\_ Tel 聯絡電話： \_\_\_\_\_

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How did you learn about this event? 您如何得知這個活動? \_\_\_\_\_

In case of emergency, please contact 緊急事故聯絡人：

Name 姓名： \_\_\_\_\_ Tel 電話： \_\_\_\_\_

Your personal data will be used for the enrollment procedures and issuing receipts under this event. OBHK seeks your agreement to include your personal information in further mailings for course information and fundraising events  
你的個人資料只限於這次活動的申請手續及發出捐款收據之用。你是否同意本校使用你的個人資料作日後課程及籌款活動郵寄之用？

我/我們同意 I/We agree     我/我們不同意 I/We do not agree

## Conditions of entry 參加條件

### 1. Disclaimer/Indemnity

I/We, the undersigned, wish to enter a team for the “Outward Bound® Multi-Race 2019”. We jointly and severally confirm and agree that we shall comply to all relevant rules and regulations and other ad hoc arrangements/decisions made by the Organiser; take part in this event entirely at my/our own risks and that I / we will not hold OBHK, or any sponsors/ supporting organisations, responsible for any accident of whatever kind, resulting in death or injury, or for any damage to or loss or destruction of personal properties during the course of the event. I/We also agree to indemnify or reimburse the Organiser in respect of any additional expenses or costs incurred by the Organiser arising from or in connection with my/our participation in the event.

I grant permission to the organiser or its agents to use any photograph, video or any other record of the event for any lawful purpose.

### 1. 參加者聲明及保證

本人/我們現組隊參加「Outward Bound® Multi-Race 2019」，僅此一同聲明並作出保證，本人/我們會遵守所有有關之活動規例和主辦機構之臨時安排及倘於活動期間發生意外，包括死亡、受傷或財物損失，本人/我們將自行承擔一切責任。主辦機構、各贊助機構及支援機構無須對此作出賠償或負上任何法律責任。若本人/我們在活動期間發生事而導致主辦機構支付額外開支，本人/我們願意對主辦機構作出合理之賠償。本人亦授權予舉辦者及其代理商選用任何有關此賽事之相片，錄影帶及賽事紀錄作任何合法用途。

### 2. Undertaking to raise sponsorship

I/We, the undersigned, jointly and severally undertake that all funds raised directly or indirectly from my/our participation in the Outward Bound® Multi-Race 2019 will be paid in full to OBHK. This activity will serve as a means to raise funds to support OBHK's work.

### 2. 籌款保證

本人/我們僅此一同聲明並作出保證：所有直接或間接從參與「Outward Bound® Multi-Race 2019」所籌得的捐款，將全數給予香港外展訓練學校。

## Signature 簽名

We have read and agree to the Terms & Conditions set out here in.

本人/我們已知悉並同意遵守參加條件。

Signature 1 簽署 1: \_\_\_\_\_ ( \_\_\_\_\_ ) \_\_\_\_\_  
Name 姓名 Date 日期

Signature 2 簽署 2: \_\_\_\_\_ ( \_\_\_\_\_ ) \_\_\_\_\_  
Name 姓名 Date 日期

\*Please complete the application form and return to the Fundraising Office of the Outward Bound® Hong Kong, Tai Mong Tsai, Sai Kung, together with the registration fee (HK\$200 discount before 31 July 2019) by post or in person on or before 30 August 2019 (cheque payable to “**The Outward Bound Trust of Hong Kong Limited**”, or by cash input **HSBC A/C No: 055-001598-002** and email the slip to fundraising@outwardbound.org.hk).

請將報名表格連同報名費 (2019年7月31日前減二百元) 於2019年8月30日前寄回或親身交回西貢大網仔香港外展訓練學校籌款部 (支票抬頭請寫「香港外展訓練學校」，或以現金直接存入匯豐銀行——賬戶：055-001598-002，並電郵至 fundraising@outwardbound.org.hk)。

## CATEGORIES 組別

### Regular Route 標準路線 (about 13 km 全程約 13 公里)

Average Age 14 – 17 平均 14 – 17 歲	Youth Category 青少年組		
Average Age 18 – 39 平均 18 – 39 歲	Open Mixed 公開混合組	Open Men 公開男子組	Open Ladies 公開女子組
Average Age 40 or above 平均 40 歲或以上	Master Mixed 壯年混合組	Master Men 壯年男子組	Master Ladies 壯年女子組

### Parent-Child Route 親子路線 (about 8 km 全程約 8 公里)

1. Each team must consist of a parent and a child 每組必須由 1 名家長及 1 名小童組成
2. Age of the child must be between 8 – 14 小童的年齡為 8-14 歲
3. No gender limitation 沒有性別限制

## ENROLLMENT DETAILS 報名詳情

Fundraising is the main purpose of the Multi-Race and the proceeds would be used to sponsor underprivileged people to join Outward Bound® unique training courses. Therefore all teams are requested to raise a minimum amount for the race.

是次比賽目的為香港外展訓練學校籌款，款項將資助有需要的人士參加外展訓練課程。所以各隊伍須籌募不少於要求的贊助金額，詳情如下：

### 1. REGISTRATION FEE 登記費用

Registration Fee 登記費用	13 km 公里			8 km 公里
	Youth 青少年	Open Mixed 公開混合 Open Men 公開男子 Open Ladies 公開女子	Master Mixed 壯年混合 Master Men 壯年男子 Master Ladies 壯年女子	Parent-Child 親子路線
Register on or before 31 Jul 7 月 31 日或之前報名	\$300 per team 一隊			\$200 per team 一隊
Register after 31 Jul 7 月 31 日後報名	\$500 per team 一隊			\$400 per team 一隊

Registration fee is required upon application.

**Early bird enrolment:** Teams who submit application before **31 July 2019** could enjoy a discount of HK\$200 off the fee

All teams are required to complete the application form, together with the registration fee, return to the Fundraising Office of the Outward Bound® Hong Kong 1) by post or 2) in person or 3) email to fundraising@outwardbound.org.hk on or before **30 August 2019** (cheque payable to 'the Outward Bound Trust of Hong Kong Limited' or by cash 'bank-in' to HSBC A/C No: 055-001598-002). All applications are handled on **first-come, first-served basis**.

參賽隊伍須於報名時繳交報名費。

**早鳥優惠:** 現凡於 **2019 年 7 月 31 日** 前報名，每隊報名費可獲減收港幣 \$200

參加者須於 **2019 年 8 月 30 日** 或以前，將參加表格連報名費，一同 1) 寄回或 2) 親身或 3) 電郵至 fundraising@outwardbound.org.hk，所有申請以**先到先得方法**取錄。(支票抬頭請寫「香港外展訓練學校」或匯豐銀行存款收據 - 賬號：055-001598-002)。

### 2. SPONSORSHIP 捐款

Each team is required to raise a minimum donation 每隊必須籌得不少於：

Donation 捐款	13 km 公里			8 km 公里
	Youth 青少年	Open Mixed 公開混合 Open Men 公開男子 Open Ladies 公開女子	Master Mixed 壯年混合 Master Men 壯年男子 Master Ladies 壯年女子	Parent-Child 親子路線
Required on or before 13 Sep 9 月 13 日或之前遞交	\$1,200 per team 一隊	\$1,500 per team 一隊		\$1,000 per team 一隊

We reserve the right to disqualify any teams to participate if they fail to submit the minimum sponsorship fee before **13 September 2019**. We encourage teams to raise **extra** donations.

Tax-deductible receipts will be issued to those who donate HK\$100 or above. Receipts will be sent to the team captains.

所有善款須於 **2019年9月13日** 或以前交回，否則將會被大會取消參賽資格。

凡捐款港幣一百元或以上者，可選擇獲發收據。本校將寄出捐款收據予各隊隊長，並由他們分發給隊員或贊助人。

Upon receipt of the application and registration fee, Outward Bound® will e-mail a confirmation letter to team captains within 7 days. Call our Fundraising Office at 2554 6067 / 2554 6080 if you do not receive any response from us after that date.

Outward Bound® will e-mail the notice of the pre-race briefing to team captains 2-3 weeks before the race day.

Outward Bound® Hong Kong has absolute discretion in accepting or rejecting applications.

收到參加表格及報名費後，本校將於七天內電郵確認信給參賽各團隊隊長。若在這時段內仍未收到本校的回覆，請直接致電 2554 6067, 2554 6080 與籌款部聯絡。

大會將於比賽前兩至三星期，以電郵方式通知賽前簡布會資料給各團隊長。

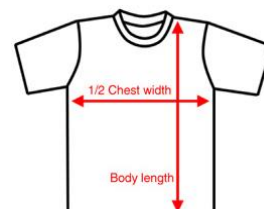
香港外展訓練學校對所有報名人士的參賽資格保留最終決定權。

## CANCELLATION POLICY

For details, please refer to the event website <https://mr.outwardbound.org.hk/>  
詳情請參考活動網站 <https://mr.outwardbound.org.hk/>

## T-SHIRT SIZE

Size Guide	Child		Adult			
	YS	YL	S	M	L	XL
Body Length	19"	21"	26"	27"	28"	29"
1/2 Chest Width	14"	16"	18"	19"	21"	22"
Sleeve Length	6"	7"	8"	8.5"	9"	9.5"



## IMPORTANT DATES TO REMEMBER 重要截止日期

31 Jul (Wed)	Early Bird Registration 早鳥優惠登記
30 Aug (Fri)	Registration 登記
13 Sep (Fri)	Submission of Minimum Donation 最低籌款額遞交
13 Sep (Fri)	Change of Team Member without Charges 免費更換隊員
11 Oct (Fri)	Submission of Sponsorship Form 贊助表格遞交