



Outward Bound Multi Race 2019 29 September (Sunday), Sai Kung

Volunteers Recruitment Form

Today's Youth for Hong Kong's Tomorrow!

Dear Outward Bound Supporter,

It is our great pleasure to announce the Outward Bound Multi Race 2019 will be held on 29 September (Sunday) in Sai Kung, New Territories. The Race aims to provide an opportunity for teams to challenge themselves by utilising problem-solving, communication and teamwork skills while helping those in need. Our target for this year is to recruit 120 teams with the proceeds over HK\$300,000.

The Race has two route options to offer - 13 km or 8 km and require teams of two. The start point is located at Pak Tam Chung while the finish point is at Outward Bound's Tai Mong Tsai Headquarters, it will include the usual trail running, orienteering, kayaking and swimming and some unexpected challenges.

We are now recruiting voluntary helpers for on-site support for this meaningful event and we will be extremely grateful if you could join us and be part of the team. Please see the details as follows:

Race Details:

Date : 29 September 2019 (Sunday)

Time : 07:00 – 13:30

Location : Start at Outward Bound Hong Kong (Tai Mong Tsai, Sai Kung), then travel to designated checkpoints by transportation

Duty : Checkpoint marshals to distribute materials and refreshments to racers, Ushers, Game assistants, Logistics assistants, Cheer team

Remarks : We can provide overnight accommodation at Outward Bound Hong Kong the night before if necessary. Please inform the Fundraising Office together with your application.

Interested parties please complete the form and return to Outward Bound by fax to (852) 2554 6033 or send your personal particulars to fundraising@outwardbound.org.hk. You also can get more race details from <https://mr.outwardbound.org.hk>.

For enquiries, please call (852) 2554 6067 or 2554 6080. Thank you for your support.

Fundraising Office, Outward Bound Hong Kong

I would like to register as a voluntary helper for the **Outward Bound Multi Race 2019**

(Application Deadline: 30 August 2019, on first-come, first-served basis)

Name: _____ (_____) Gender: M / F *
In Chinese

Address: _____

Mobile No.: _____ Email: _____

Signature: _____ Date: _____

** Tick the box when appropriate*

Expertise / skills: First Aid Lifesaving Kayak _____ Star Award Mountain craft _____ Level
 Photography

Accommodation required at Outward Bound Hong Kong Yes No

** Accommodation details for 28 September will be provided in due course.*