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翱翔活力十公里
FEET OF FIRE 10km

香港國際機場 翱翔活力 10 公里長跑比賽

Hong Kong International Airport Feet of Fire 10 km

日期 Date : 21-11-2010 (星期日 Sunday)

時間 Time : 8:00 a.m.

賽區 Venue : 香港國際機場 東岸路

Hong Kong International Airport
East Coast Road

全程 Course : 10 km

名額 Vacancy : 2,000

報名日期 Enrollment Date : 25-8-2010

截止日期 Enrollment Deadline : 10-10-2010

報名費用 Enrollment Fee :

工聯會屬會會員及部員 F.T.U. member \$130

非會員 Non-member \$180

獎項 Awards :

- 1) 每組別前三名優勝者均可獲獎盃乙座
The top 3 runners of each category will be presented a trophy
- 2) 設全場總冠軍一名
Overall Champion

報名辦法 Enrollment

1. 報名表格可於工聯會各業餘進修中心索取，亦可於網站www.my10km.org下載；
Application form can be collected from all FTU centers or downloaded from FTU website: www.my10km.org;
2. 請填妥報名表格及附上連郵票之回郵信封，前往工聯會各業餘進修中心辦理報名手續；
Please fill in the application form and enclose a self-addressed stamped envelope. Complete the application process at any Spare Time Study Centers;
3. 參加者或可於網上報名 www.my10km.org (服務供應商每次交易收取行政費用\$15)
Online application please visit our website www.my10km.org (Administration fee \$15 will be charged on each transaction by service provider);
4. 如報名一經接納，參加者將於10月25至28日期間收到接納通知信。如未收到，必須於10月31日前與本會聯絡，並查核報名資料，否則責任自負；
Acceptance Letters will be sent by post to all successful applicants between 25 October and 28 October. If applicants do not receive the acceptance letters by 31 October, he/she should call the service hotline for assistance. If not, they will be liable for the consequence;
5. 報名一經接納，報名費將不獲發還及轉讓。逾期報名、郵寄、傳真、電郵恕不接受及比賽當天不接受現場報名。
Enrollment fee is non-refundable or transferable once application is accepted. Late application or application via mail, fax or email is not acceptable and walk-in application is not acceptable on the race day.

計時晶片及號碼布領取 Collection of Race Number & Timing Chip

1. 大會將採用一次性紀念計時晶片。參賽者可以使用個人計時晶片，但不會額外獲發紀念晶片；
The Organizer will adopt disposable Timing Chips. Runners can use their personal Timing Chip. However, disposables Timing Chip will not be distributed to these runners;
2. 如擁有個人晶片，請填寫其號碼在報名表上，否則，必須採用大會之晶片；
If runners use their personal Timing Chip, they should state on the application form. If not, they must use the Timing Chip given by the organizer;
3. 參加者需於賽前領取晶片及號碼布，詳情將於接納通知信內列出。
Runners should collect the Timing Chip and Race Number before the Race Day. Details will be listed on the acceptance letters.

查詢 Enquiry

賽事查詢 Race enquiry hotline : 3652-5735 報名查詢 Application hotline : 2712-9165

電郵 Email : youth@ftu.org.hk 網址 Website : www.my10km.org facebook : my10km.org

比賽地圖 Course



報名表 Application Form

為方便電腦輸入，請以正楷清楚填寫 Please use Block Letters to complete the form.

(A) 組別 Categories :

10公里賽事 10 km Race

男子 Male	組別 Group	編號 No.	選項 Selection
M1	(1991-1994) 16-19歲 (Ages)	NR53781	<input type="checkbox"/>
M2	(1976-1990) 20-34歲 (Ages)	NR53782	<input type="checkbox"/>
M3	(1966-1975) 35-44歲 (Ages)	NR53783	<input type="checkbox"/>
M4	(1965年或以前出生之人士) 45歲以上 (Born before 1965) over 45 age	NR53784	<input type="checkbox"/>
*AM	機場員工組 Airport Staff Cup	NR53785	<input type="checkbox"/>
#UM	工會組 Trade Unions Group	NR53786	<input type="checkbox"/>

女子 Female	組別 Group	編號 No.	選項 Selection
F1	(1991-1994) 16-19歲 (Ages)	NR53787	<input type="checkbox"/>
F2	(1976-1990) 20-34歲 (Ages)	NR53788	<input type="checkbox"/>
F3	(1966-1975) 35-44歲 (Ages)	NR53789	<input type="checkbox"/>
F4	(1965年或以前出生之人士) 45歲以上 (Born before 1965) over 45 age	NR53790	<input type="checkbox"/>
*AF	機場員工組 Airport Staff Cup	NR53791	<input type="checkbox"/>
#UF	工會組 Trade Unions Group	NR53792	<input type="checkbox"/>

3公里賽事 3 km Race

CO	最佳造型大賽 The Best Costume Award	NR53793	<input type="checkbox"/>
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請於適當空格內填 “”

Please tick in the appropriate box.

* 只限機場員工參加 Airport staff apply only.

只限工聯會屬會會員參加 F.T.U. member apply only.

(B) 參賽者資料 Information of Participant

報名費 Enrollment Fee: 工聯會屬會會員及部員 F.T.U. Member \$130 非會員 Non-Member \$180

中文姓名 Name in Chinese	英文姓名 (正楷填寫) Name in English (In block letters)
身份證號碼 HK ID Card No.	性別 Sex
出生日期 (日 / 月 / 年) Date of Birth (DD / MM / YYYY)	電郵 E-mail
緊急聯絡人姓名 Emergency Contact Person	聯絡電話 Contact No.
緊急聯絡電話 Emergency contact no.	<input type="checkbox"/> 自備個人計時晶片 Personal Timing Chip 晶片號碼 Timing Chip No. _____
工會組填寫 For Trade Unions Group use only 所屬工會 Trade Unions	<input type="checkbox"/> 使用大會紀念計時晶片 Disposable Timing Chip
會員號碼 Membership No.	機場員工組填寫 For Airport Staff Cup use only 所屬機場公司 Working Company
地址 Address	

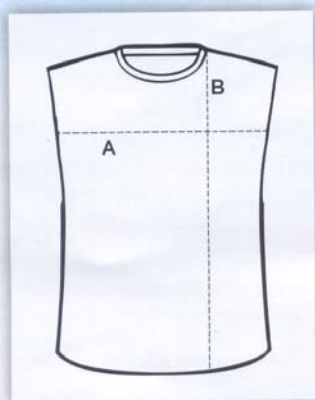
(C) 紀念品 Souvenirs

參加者均獲發紀念衣及紀念品乙份。

All participants will receive a sleeveless T-shirt and a gift pack.

紀念衣呎碼：請於適當空格內填“☑”

Size of sleeveless T-shirt, please tick in the appropriate box below.



呎碼 Size	A 胸闊 (吋) Chest (inches)	B 衫長 (吋) Shirt Length (inches)
<input type="checkbox"/> XS	18"	25"
<input type="checkbox"/> S	19"	26"
<input type="checkbox"/> M	20"	27"
<input type="checkbox"/> L	21"	28"
<input type="checkbox"/> XL	22"	30"

領取地點 Runner's Pack Collection Venue

香港工會聯合會

The Hong Kong Federation of Trade Unions

香港民用航空事業職工總會

The Staffs & Workers Union of Hong Kong Civil Airlines

香港民用航空事業職工總會

The Staffs & Workers Union of Hong Kong Civil Airlines

香港百貨商業僱員總會

Hong Kong Department Stores & Commercial Staff General Union

九龍土瓜灣馬坑涌道12號1樓

1/F, No.12 Ma Hang Chung Road, Tokwawan, Kowloon

九龍油麻地彌敦道 498-500號 泰盛大樓 2字樓

2/F, Tai Shing Commercial Building, 498-500 Nathan Road, Yau Ma Tei, Kowloon

新界東涌富東商場 202室

Flat 202, 2/F, Fu Tung Shopping Centre, Tung Chung N.T.

香港灣仔軒尼詩道397號東區商業大廈5樓

5/F, Eastern Commercial Centre, 397 Hennessy Road, Wanchai, Hong Kong

* 領取時間詳情將於接納通知信內列出

Runner's Pack Collection date and time will be listed on the Acceptance Letters

* 紀念品於比賽當天派發

Gift pack will be distributed on race day

請於適當空格內填“☑”

Please tick in the appropriate box.

聲明 Disclaimer

謹證明本人自願參加比賽，並願意承擔所有風險。本人亦謹遵守賽會之一切比賽規則及決定。本人、本人之繼承人、本人之遺囑執行人及本人之管理人謹此豁免香港工會聯合會，所有贊助商、支持是項活動之團體及任何有關團體對本人因參加是項比賽而由任何原因，包括疏忽所引致的疾病、傷亡、個人損失之任何法律責任，以及放棄任何有關之權利、索償及追究行動。本人亦同時聲明本人身體狀況良好及具備足夠訓練可完成賽事。本人願意授權予大會及傳媒在無須本人審查而可以使用本人的肖像、姓名、聲線及個人資料作為本會活動籌辦及推廣之用。

I certify that I am entering this race at my risk and responsibility. I for myself, my executors and administrators, do hereby waive and release any and all rights, claims and causes of action I have or may have against The Hong Kong Federation of Trade Unions and all sponsors, promoters, supporters and all other contributors from any and all liabilities arising from illness, injury, death, loss and economic consequences I may suffer as a result of my entry in this event from any cause whatsoever, including negligence. I certify that I am physically fit and sufficiently trained to compete for the completion of this event. I grant permission and assign all rights, title and interest to the organizer to utilize my appearance, name, voice, bio-data and likeness in connection with the race in any and all media throughout the world in perpetuity and agree to waive any rights of inspection or approval associated thereto.

(D) 個人資料 (私隱) 條例 Personal Data (Privacy) Ordinance

閣下所提供的資料只限用於本次比賽報名，以及供主辦機構和協辦者推廣康樂體育活動之用。在遞交申請表後，如欲更改或查詢已申報的個人資料可與本會聯絡。

In accordance with Personal Data (Privacy) Ordinance, the above personal data will be used for registration purpose and will be used for promoting recreational activities purpose. You have the rights to request access to and correct your personal data after submitting the application form.

參加者簽署： _____
Signature of applicant

日期： _____
Date

家長/監護人簽署： _____
Signature of parent/guardian

(18歲以下參加者適用)
For under the age of 18 only

日期： _____
Date

工聯會業餘進修中心報名地點 Spare Time Study Centers Address

1 九龍土瓜灣馬頭涌50號工人俱樂部 42-50 Ma Tau Chung Rd, To Kwa Wan, Kowloon, HK TEL : 2712 9175	18 九龍觀塘馬蹄徑3號麗裕大廈一樓B座 1/F, Block B, Lai Yue Building, No.3 Horse Shoe Lane, Kwun Tong TEL : 2797 9873
2 九龍尖沙咀金巴利道25號長利商業大廈3字樓 3/F, Cheung Lee Commercial Building, 25 Kimberley Road, Tsimshatsui, Kowloon TEL : 2739 0908	19 九龍將軍澳培成路18號海悅豪園商場UG/F, 27號舖 No.27, UG/F, Maritime Bay Shopping Centre, Pui Shing Road, Tseung Kwan O, Kowloon TEL : 2358 3289
3 九龍尖沙咀漆咸道南111-113號美華閣2字樓 (漆咸圍入口) 2/F, May Wah Court, 111-113 Chatham Road South, Tsimshatsui, Kowloon TEL : 2384 2164	20 香港香港仔舊大街82號安輝大廈2字樓 2/F, On Fai Building, No.82 Old Main Street, Aberdeen, Hong Kong TEL : 2555 0122
4 九龍尖沙咀柯士甸道118號業廣商業大廈三樓 TEL : 2736 7667	21 中環皇后大道中151-155號兆英商業中心1字樓 1/F, Siu Ying Commercial Centre, 151-155 Queen's Road, Central TEL : 2541 0470
5 九龍油麻地彌敦道498-500號泰盛商業大廈2字樓 2/F, Tai Shing Commercial Building, 498-500 Nathan Road, Yau Ma Tei, Kowloon TEL : 2156 1152	22 香港灣仔軒尼詩道213-219號軒尼詩大樓二樓 2/F Hennessy Building, 213-219 Hennessy Road, Wan Chai, Hong Kong TEL : 2519 0123
6 九龍油麻地佐敦道渡船街28號寶時商業中心5樓 5/F, Boss Commercial Centre, 28 Ferry Street, Yaumatei, Kowloon TEL : 2385 8686	23 香港銅鑼灣軒尼詩道397號 東區商業中心5字樓 5/F, Eastern Commercial Centre, 397 Hennessy Road, Causeway Bay, Hong Kong TEL : 2893 3112
7 九龍油麻地彌敦道328-342A儉德大廈2字樓 2/F, Kin Tak Building, 328-342A Nathan Road, Kowloon TEL : 2332 0799	24 香港銅鑼灣登龍街52號景隆商業大廈1字樓 1/F, Jing Long Commercial Building, 52 Tang Lung Street, Causeway Bay, Hong Kong TEL : 2892 1276
8 九龍油麻地上海街395-397安業大廈3字樓 3/F, On Yip Building, 395-397 Shanghai Street, Yaumatei, Kowloon TEL : 2332 6866	25 香港西灣河筲箕灣道234-238號福昇大廈3字樓 3/F, Fok Sing Building, 234-238 Shau Kei Wan Road, Sai Wan Ho, Hong Kong TEL : 2568 8922
9 九龍油麻地彌敦道499-501A獨立大廈1字樓 1/F, Together Building, 499-501A Nathan Road, Yaumatei, Kowloon TEL : 2770 1286	26 香港德輔道西19-25號德輔大廈2樓01室 Room 1, 2/F, Front Des Voeux Building, 19-25 Des Voeux Road West, H.K. TEL : 2914 4266
10 九龍油麻地彌敦道469號新光商業大廈6字樓 6/F, Sunbeam Commercial Building, 469 Nathan Road, Yau Ma Tei, Kowloon TEL : 2388 6119	27 荃灣大屋街18號金豐閣商場一樓 1/F, Kam Fung Court, 18 Tai Uk Street, Tsuen Wan, N.T. TEL : 2612 4321
11 九龍油麻地砵蘭街62號昌威大廈3字樓 3/F, Cheong Wai Building, 62 Portland Street, Yau Ma Tei, Kowloon TEL : 2770 3822	28 屯門澤豐花園商場2字樓 2/F, Affluence Garden Commercial Complex, 33 Tsing Chung Kwun, Tuen Mun, N.T. TEL : 2459 9171
12 九龍油麻地佐敦道37號G統一大廈2/F 2/F, Unity Building, 37 G Jordan Road, Yau Ma Tei, Kowloon TEL : 2783 9558	29 新界元朗教育路31-41號南天大廈2字樓205室 Room 205, 2/F, Nam Tin Building, 31-41 Kau Yuk Road, Yuen Long, N.T. TEL : 2476 1657
13 九龍油麻地彌敦道466號恩佳大廈1/F, C座 1/F, Block C, Yan Jia Building, 466 Nathan Road, Yau Ma Tei, Kowloon TEL : 2332 5433	30 元朗俊賢坊28號安基大廈1/F 1/F, On Ga Building, 28 Chun Yin Square, Yuen Long, N.T. TEL : 2479 1220
14 九龍旺角通菜街227-229號東威大廈2字樓 2/F, Tung Wai Building, 227-229 Tung Choi Street, Mong Kok, Kowloon TEL : 2391 0315	31 沙田大圍村南道65-69號永富樓閣樓 M/F, Wing Fu Building, 65 Tsuen Nam Road, Tai Wai, Shatin, N.T. TEL : 2606 0886
15 九龍旺角彌敦道788-790號利美大廈4字樓 4/F, Lee Mau Building, 788-790 Nathan Road, Kowloon TEL : 2787 1273	32 大埔廣福道 70-78號寶康大廈1/F 1/F, Po Hong Building, 70-78 Kwong Fuk Road, Tai Po, N.T. TEL : 2651 6556
16 九龍深水埗青山道92號豐裕閣1字樓 Abundant Court, No. 92, Castle Peak Road, Sham Shui Po, Kowloon TEL : 2728 9123	33 馬鞍山恒安邨恒安商場4樓407室 Room 407, Heng On Shopping Centre, Heng On Estate, Ma On Shan TEL : 2631 7828
17 九龍新蒲崗彩虹道30號二樓 2/F, NO.30 Choi Hung Road San Po Kong, Kowloon TEL : 2328 0951	

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免費職業心理輔導服務 • 為工作上有心理障礙的工聯屬會會員及家屬提供免費心理輔導

醫療 • 工人醫療所診症及多項服務，會員及家屬享折扣或優惠

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入會即享 • 免費免投保20萬保險保障及會員專享 600元「聯康」住院保障計劃

••• 詳情請向報名地點查詢 •••

<p>主辦機構 Organizers</p>  <p>香港民用航空 事業職工總會</p>  <p>香港工會聯合會 青年事務委員會</p>  <p>業餘進修中心</p>	<p>協辦機構 Co-organizer</p>  <p>NIKKO</p>  <p>NET TRAVEL 實惠旅遊 WORLD WIDE HOTEL EXPERIENCE CO. LTD.</p>  <p>Noble 704 利安國際有限公司 Noble World International Limited</p>	<p>冠名贊助 Presenting Sponsor</p>  <p>香港 國際機場 HONG KONG INTERNATIONAL AIRPORT</p>  <p>香港賽馬會 The Hong Kong Jockey Club</p>	<p>鑽石贊助 Diamond Sponsor</p>  <p>工聯會地區服務處</p>  <p>CHAMPIONCHIP®</p>  <p>CITYBUS 城巴 Member of the City & New Territories Buses</p>
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