

主辦  
Organizer



東華三院

Tung Wah Group of Hospitals

冠名贊助  
Title Sponsor



香港鞋業總會  
THE ASSOCIATION OF  
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東華三院

萬聖節反轉樂園慈善跑

TWGHs Halloween Charity Run

全力支持  
Fully supported by

HONG KONG  
DISNEYLAND

November 3 (Saturday)

RUNNER'S GUIDE

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## 東華三院

# 萬聖節反轉樂園慈善跑

## TWGHs Halloween Charity Run

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# Course Map of the Charity Run





# Event Day Key Times



Start time*	4:00PM
Suggested Arrival Time at Event Center	3:00PM
Baggage Deposit Time#	3:00PM – 3:45PM
Cut-off Time	4:15PM
Time Limit	1.5 hours
Closing Time of Baggage Collection Area	6:30PM

\*Please refer to Event Center Guide Map for starting arrangement details on page 3.

# Please refer to Security Checks and Baggage Arrangement details on page 7.





# Event Center Guide Map



1. Baggage Deposit
2. Female Changing Room
3. Male Changing Room
4. Merchandise Store
5. Food & Beverage Kiosk
6. Resting Zone

7. a. Information Center  
b. TWGHs Ho Yuk Ching Educational Psychology Service Centre Booth
8. Water Station
9. Medal Redemption
10. Command Post
11. Security Check
12. First Aid Station

13. Direction Map
14. Information Board
15. Main Stage
16. Photo Area
17. Charity Run Starting Line
18. Charity Run Finishing Line

19. Mobile Toilet

- - Route Area (only for runners)
- Event Access Pathway

\* Please pay attention to announcements from the Main Stage for the latest information and starting arrangement.



# ***Event Day Notice & Gear Checklist***

## ***Weather Forecast***

Pay attention to the weather forecast from the Hong Kong Observatory at [www.hko.gov.hk](http://www.hko.gov.hk) before proceeding to the event location. Please refer to the Inclement Weather and cancellation arrangement below:

## ***Inclement Weather***

1. The Event will be cancelled if tropical cyclone warning signal no.3 or above, and/or red or black rainstorm signal is hoisted by the Hong Kong Observatory at 12:00nn on the date of the Event.
2. Please pay special attention to the weather forecast the night before the Event as it will indicate whether tropical cyclone warning signals, red or black rainstorm signals are likely to be hoisted in around the next 16-hour period.
3. The Organizer will post inclement weather arrangement at [www.tungwah.org.hk](http://www.tungwah.org.hk) if applicable, from 12:00nn onwards on event day.
4. The Organizer reserves the right to cancel the Event without compensation or refund of entry fees and donation in case of inclement weather as determined by the Organizer in its sole judgment, even though such signals are not hoisted.
5. Those donation and admission fee will donate to TWGHs Ho Yuk Ching Educational Psychology Service Centre. Upon such cancellation, each unused Event admission ticket may be exchanged for a single day admission ticket at the Guest Relation Center of the Park on or before March 31, 2019.

## ***Information Announcement on Event Day***

Check out the latest arrangement on event day at [www.tungwah.org.hk](http://www.tungwah.org.hk)

***All Runners have to bring along the runner's pack which included the following items, and they will not be distributed on the event day:***

### ***1. Hong Kong Disneyland Park Ticket, Event Wristband and Official Baggage Bag***

Each Runner will receive a Park ticket and an event wristband. Runners can only enjoy the TWGHs' exclusive activities and special offers for merchandise and food & beverage by presenting the valid event wristband. Please bring along the official baggage bag on the event day for baggage deposit.





# **Event Day Notice & Gear Checklist**

## **2. Runner Bib**

Runner should wear the number bib on their chests to enable officials to identify their runner numbers. Otherwise, the Organizer reserves the right to disqualify the runner concerned.

- Attach the four pins included in the Runner's Pack to all four corners of the number cloth on their tops, with the bib's number facing outward.
- Runner Bib are non-transferable
- To assist the Organizer and medical personnel to contact runners' relatives or friends in case of emergencies, runners are required to fill in their personal details on the back of their runner bibs (runners name, emergency contact person and phone number, etc.) with waterproof ink.

For details of Runner Bib layout and Event Time, please refer to page 2.

**Runner without a valid Runner bib for the TWGHs Halloween Charity Run will be debarred from running by officials.**

## **3. Special Design Disney T-shirt**

Runners are expected to wear the Event T-Shirt specially designed by Disney, or dress-up in Halloween costume to compete the "Best Costume Award".

## **Running Clothes Tips**

**Running Shirt** – Running Shirts made of polyester are suitable because they are light, dry quickly and can keep runners cool. Runners should avoid oversized shirts.

**Running Socks** – Running Socks are important to avoid blisters on your feet, and thus they should be light and seamless, fit the shape of your feet, sweat relieving and shock absorbing.

**Running Pants** – Make sure you do NOT choose running pants that could hinder the movement of your legs.

**Running Shoes** – Do NOT wear brand new running shoes on Event Day.

**Prevent bug bites** - To prevent bug bites, you can use DEET-containing insect repellents. Use insect repellent on exposed parts of the body and clothing.





# Event Day Notice & Gear Checklist



## Tips for Kid Runner's Parents/Guardian

**Spare clothes for your little runner** – Bring one more set of clothes for sparing to your kid after the charity run

**Preparation** – Bring some snacks (e.g. biscuit, glucose candy) and a towel for your kids. Before or after the charity run, kids are advised to have some room-temperature water.

**Training** – Parents and kids can start a gentle running practice for 20-30 minutes every day before the event. Get started with internal training that alternates running and walking to slowly work up to your target.

**Warm up** - Drink an appropriate amount of room-temperature water and do gentle stretches before and after the run.

**Prevent bug bites** - To prevent bug bites, use DEET-containing insect repellents. For children, choose a DEET-containing insect repellent with lower concentration (less than 10%). When applying an insect repellent on young children, an adult should apply it to his or her own hands first to minimize chances of allergic reaction; avoid applying to the children's hands, around their eyes or mouths, or on any cut or irritated skin. When re-application is needed, apply it on the children's clothing. Wash the children's skin where insect repellent has been applied, or bathe them after returning indoors. Also, wash the clothes that were exposed to insect repellents.

**Post-run refreshment** - Replenish with room- temperature water, have some snacks and change into clean clothes after the run. Sleep early for complete refreshment.



# Security Checks and Baggage Arrangement

## Security Checks

1. All runners and personal belongings may be subject to screening/security checks at the events entrance and also within the event center.
2. The Organizer reserves the right to not allow any bag, parcel or other items to be brought into the event center, and to deal with any unattended object in ways that we are consider appropriate.
3. The use of handheld camera or cell phone extension poles (such as selfie sticks) is not allowed at Start zone, running course and the park. Please put your selfie sticks into the official baggage bags and store at the Baggage Deposit Area accordingly.
4. Runners are advised to reserve at least 20 minutes for Security Checking to avoid congestion and possible delay.

## Baggage Arrangement

1. The Organizer will only handle the baggage with official baggage bags. No baggage bag will be provided on Event Day.
2. Please do NOT fold and tape the baggage bag before depositing your baggage.
3. Runners are advised to arrive at the Baggage Deposit Area according to the suggested time indicated on Page 2 to avoid congestion and possible delay of starting your run.
4. Baggage Deposit must be completed at least 15 minutes before start time. The Organizer reserves the right to refuse handling baggage of any late Runners.
5. Runners are advised to confirm all personal belonging put into the baggage bag at The Baggage Deposit Counter. Event Official will assist to fold and tape the baggage bag before securing a baggage tag on the bag. **Attention: If the Baggage bag is folded and taped, it cannot be re-opened.**
6. Please do NOT deposit valuable item(s). The Organizer will not be responsible for any losses or damages.



**\*Please do NOT fold  
and tape the baggage  
bag before depositing  
your baggage.**

Please refer to Event Center Guide Map on  
page 3 for location of Security Check and the  
Baggage Deposit Area.



# Security Checks and Baggage Arrangement

## Baggage Collection

1. Runners are required to present their runner bib for baggage collection upon finishing the run.
2. Runners must collect the baggage before 6:30PM on the Event Day.
3. We are not responsible and do not assume any liability for any damage to or loss of the property or belongings of any Runners, whether such damage or loss is caused by our negligence or otherwise.







# Runners Tips

It's time to put away your everyday running clothes and grab something extra special for the "TWGHs Halloween Charity Run" at Hong Kong Disneyland Resort! Please follow the below Runners Tips for a magical running experience.

## Safety Reminder

- The Event Center will be in operation at 3:00 PM to 6:30 PM on November 3 (Sat) , all persons, costumes, and bags may be subject to screening/security checks at the Event Center entrance and also within the Event Center. For details of Security Checks, please refer to page 7 – Security Check and Baggage Bag.
- Please show common courtesy to fellow Runners, Guests and our Cast Members by not using profanity or engaging in unsafe, illegal, disruptive or offensive behavior.
- For the comfort of others, smoking of tobacco, e-cigarettes or other products that produce a vapor are allowed only in designated smoking areas.
- The following items may not be brought into the park. Violators will be removed from the course and transported to the finish line area.
  - ▶ Dangerous or hazardous materials.
  - ▶ Weapons of any kind, or objects that may give the appearance or impression of being weapons or toy guns.
  - ▶ Alcoholic beverages or any illegal substance.
  - ▶ Cans or glass containers.
  - ▶ Pets or other animals, except approved service animals (e.g. guide dogs).
  - ▶ Large tripods, folding chairs and stools.
  - ▶ Recreational devices with wheels, including but not limited to skateboards, scooters, inline skates, shoes with built-in wheels.
  - ▶ Other items that we determine may be harmful, disruptive, and offensive or may impede the operation of the event or any associated facility.
- The following activities are not allowed. Violators will be removed from the course and transported to the finish line area.
  - ▶ The use of handheld camera or cell phone extension poles (such as selfie sticks) at Start zone, running course and the park.
  - ▶ The sale of goods or services or the display of goods or services for sale.
  - ▶ The distribution of printed or recorded materials of any kind.
  - ▶ Unauthorized events, demonstrations or speeches, or the usage of any flag, banner or sign, or to incite a crowd, and other unauthorized public gatherings.
  - ▶ Playing with kites or remote-controlled flying devices.
  - ▶ Photography, videotaping, recording of any kind except for personal use.
  - ▶ Engaging in any unsafe act or other act that may impede the operation of the Park or any associated facility.
- Event Official will not responsible for any lost, damaged, or stolen items

# Runners Tips

- Do not leave any belongings unattended, and if you noted suspicious item(s) or personnel(s), please report to Event Official, Security Personnel or Law Enforcement Officer.

## Direction Signs

All Runners should follow and pay attention for all Direction Signs, to be displayed. Lead bicycles will be arranged to lead runners along the route. Officials and signs will also indicate the direction. For Course Map details please refer to page 1 - Course Map.

## Water stations and First Aid Stations

For replenishing water during your run, Water Stations can be found along the course. First Aid Stations are also located along the course. For the locations of Water Stations and First Aid Stations, please refer to page 1 - Course Map.

Water Stations will be available at Start, Finish Area, along the course and First Aid Stations. For detailed location of Water Stations and First Aid Stations, please refer to page 1 - Course Map.

## Restroom Facilities

We recommend you go to the toilet before the run. Portable restroom facilities will be available in the Event Centre and along the course. For details on the locations of the Portable restroom, please refer to page 3 - Event Center Floor Plan on Start Area Arrangement. Restroom Facilities will also be available in Park, please ask a Cast Member for further assistance.

## Running Rules

Cut off point will be set up at different locations along the course. Runners who fail to reach the designated cut off points at a specific time will be asked by the Event Officials to retire from the course.

For safety reasons, and as a courtesy to others, please line up in the proper Start Zone 30 minutes prior to the run start. In addition, upon crossing the finishing line, runners are advised not to stay at the finishing area. Please be courteous and make room for others.





# Post-Run Information

## Commemorative Medal

Every runner who completes TWGHs Halloween Charity Run will receive a commemorative medal upon finishing the run.

## Park Buyout Event Time

Date	Operating Hour *Event Wristband is Required
November 3 (Sat)	4:00PM – 9:30PM

\* Runners can re-enter the Park after the Run, and enjoy the TWGHs' exclusive activities and special offers till 9:30PM upon presenting the valid Park tickets and Event wristband.

For more Park Information, please refer to the Event Guide. Event Guide to be distributed to guests upon park entry at 4:00pm at turnstiles.

Park hours and information subject to change without notice

## Ways to Recover After the Run

**Stretching** – Do not stop immediately after crossing the finish line, runners should keep walking and have stretching to relax the muscles of entire body.

**Replenishment** – Runners should replenish lost fluids, electrolytes, carbohydrates and proteins. Bananas are a good choice other than sport drinks.

**Ice Water Bath** – After finishing a long run, immerse sore muscles in cool water (10 – 15 °C) for 10 – 15 minutes to help them recover.

**Sleep or Massage** – A 10-minute doze on bus / MTR or a 45 minutes sleep at home could bring complete refreshment. Runners may consider using massage cream on their legs as it can enhance blood circulation and ease muscle pain after the run.

**Recovery** – The week after the run, runners may begin a recovery run of around 20 to 30 minutes. Keep it at a moderate speed as jogging can enhance blood circulation and remove the lactic acid accumulated in your body, as well as feelings of fatigue. Low intensity cross training can be an option for recovery training.

