

## **Commemoration of the 70<sup>th</sup> Anniversary of Caritas Macau**

### **2021 Charity Run of Caritas**

### **Virtual Running Category 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、**Enrolment period:** From now onwards until enrollments reach maximum limit
- 4、**No. of participants:** 2000 participants for Open Category, Exercise Walking Category and Rehabilitation Category; 500 participants for Family Category, 500 participants for Commemoration of 70<sup>th</sup> Anniversary Virtual Running Category

#### **5、Important Notice for Enrollment:**

- 5.1 All participants shall join through virtual running. The entry fee for each participant in Open Category, Rehabilitation Category and Exercise Walking 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 70<sup>th</sup> 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	Date of Virtual Running
Open Category A	10Km	15 years old or above	14 <sup>th</sup> November 2021 within 24 hours at any venue completed the specified distance
Open Category B	3Km	15 years old or above	
Family Category (Remark 1)	2Km	Children of 4 years old or above Child /Adolescent and accompanied by at least 1 family member	
Exercise Walking Category (Remark 2)	1.7Km	People engaging in leisure walking	
Rehabilitation Category (Remark 3)	1.7Km	People with or without physical disabilities	
Commemoration of the 70 <sup>th</sup> Anniversary -Group Virtual Running Category (Remark 4)	70Km	Not exceeding 7 participants with aged 15 years or above in each group	Accumulatively completed 70Km in anyone day during the period from 1 <sup>st</sup> Oct to 14 <sup>th</sup> Nov 2021
Commemoration of the 70 <sup>th</sup> Anniversary -Individual Virtual Running Category	70Km	15 years old or above	Completed 70Km within 20 days during the period from 1 <sup>st</sup> Oct to 14 <sup>th</sup> Nov 2021

**Virtual Running:** All participants shall complete the required challenge distance within the specified date and provide photo(s) for proof by running app, running watch or running device, screen on the treadmill etc. to collect the souvenir. Family Category, Exercise Walking Category and Rehabilitation Category can submit walking data.

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

**Remark 2:** Exercise Walking Category: Suitable for people who enjoy leisure walking. Elderly are encouraged to participate.

**Remark 3:** 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.

5.2 Participants of Commemoration of the 70<sup>th</sup> Anniversary-Virtual Running will be awarded with the 70<sup>th</sup> 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.

5.3 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.

- 5.4 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.

## 6. 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 <b>(Only accept the bank deposit slip. Cash payment is not accepted)</b>	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](mailto: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

7. 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