



聚首一堂

Let's Celebrate Together!!!

運動筆記誠邀各位好朋友一齊跑步賀新年，再一齊開心食盆菜，祝大家新一年都行運一條龍！

同時歡迎參加者帶同其他朋友出席。除了又跑又食，亦歡迎只食不跑，總之是開開心心過一日。

Running Biji invites everybody to run and celebrate the Chinese New Year. You may join the 19km run, the 3.8km fun run, or just the banquet. Let's enjoy a fun run and the traditional Poon Choi together.

報名確認及活動須知

Confirmation of Registration and Notices to Participants

親愛的參加者你好：

Dear Participant,

感謝你參加盆菜跑 2024，這將會是一個最有新年氣氛的賀年跑步活動。每一位完成 19 公里 和 3.8 公里的參加者，均可獲得幸運福袋乙份。在宴會期間 (2:00pm)，所有在席上的參加者，不論是不是跑手，均可參加幸運大抽獎。請勿錯過機會。

Thanks for Joining Poon Choi Run 2024. It will be an amazing way to celebrate Chinese New Year for runners. Every Finisher of 19km and 3.8km can get a CNY fortune pack. In the banquet (2:00pm), all the participants, whether they are runners or non-runners, can join our lucky draw. Don't miss the chance.

如何如朋加同坐一桌

How to sit with friends on the same table

假若你希望與你的親朋好友同坐一桌，請你們到訪 [RunnerReg.com](https://my.runnerreg.com) (<https://my.runnerreg.com/team-name>)，你在「我的履歷」中的「跑步俱樂部/團隊名稱」新增/更改名稱，確保你與你想坐在同一圍的親友輸入相同的隊伍名稱（* 今次活動並非比賽，也不設隊際獎項）。

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If you and your friend would like to sit on the same table, please visit [RunnerReg.com](https://my.runnerreg.com) (<https://my.runnerreg.com/team-name>) and update the SAME team name under your profile. (* this event is not a race. No team prize will be offered)

無杯政策

No Cup Policy

為響應環保減少製造垃圾，是次活動將不提供任何餐具，包括及不限杯、碗、筷子。請各位參加者自行準備餐具

To reduce the amount of trash and be environmentally friendly, we don't provide cups, bowls, chopsticks and cutlery. Please help to prepare yourself.

研究路線

Study the Route

雖然路線並不長，請花點時間閱讀地圖。

Although the routes are not long, please spend some time to read the map.

19km : <https://www.poonchoirun.com/19km>

3.8km : <https://www.poonchoirun.com/3-8km>

以下是賽事的重要資訊：

Here is the event info :

日期 Date : 2024-3-3

時間 Period : 7:30 am 至 3:30pm

網址 Website : <https://www.poonchoirun.com/>

Facebook : <https://www.facebook.com/poonchoirun>

越野跑活動 Trail Running Event

	19 km	3.8 km
起點 Start Point	荃灣寶豐路漢民上村引水道 Hon Man Upper Village, Tsuen Wan (https://shorturl.at/vAFT1)	元朗大堂山路大棠燒烤場地一號 Tai Tong BBQ Area Site No.1 Yeun Long (https://shorturl.at/xRVX0)
終點 Finish Point	元朗大堂山路大棠燒烤場地一號 Tai Tong BBQ Area Site No.1 Yeun Long (https://shorturl.at/xRVX0)	
起步 Start	8:30am	10:30am
關閘 Close	12:30pm	12:30pm
行李寄存 Bagdrop	7:30am to 12:30pm	9:30am to 12:30pm

盆菜宴 Poon Choi Banquet

地點 Venue	元朗大堂山路大棠燒烤場地一號 Tai Tong BBQ Area Site No.1 Yeun Long (https://shorturl.at/xRVX0)
時間 Time	12:30pm – 3:30pm
幸運大抽獎 Lucky Draw	2:00pm
飲品 Drinks	汽水, 啤酒, 水 Soft Drinks, Beer, Water
每檯人數 Participants per Table	10 to 12

祝大家新年快樂! 長跑長有! 行運一條龍

Happy New Year and wish you all have a very lucky year

運動筆記全人慶賀

Sportsnote

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<https://my.runnerreg.com/poon-choi-run>