



樂施會
OXFAM

無窮世界
World
Without
Poverty



OXFAM TOWERRUN 2021 - Virtual Run

Notes to Runners

*** Please read the Notes before taking part in the event. ***

Runner's Pack Collection: 10 & 11 Oct

Event date: 10 - 17 Oct

Medal Collection: 17 Oct

澳門樂施會 澳門宋玉生廣場258號建興龍廣場18樓F室

Oxfam in Macau Alameda Dr. Carlos d'Assumpção, No.258, Praça Kin Heng Long, 18 Andar F, Macau.

電話 Tel: (853) 2875 7750 傳真 Fax: (853) 2875 7667 澳門免費查詢熱線 Toll Free Hotline: 0800 809

網址 Website: www.oxfam.org.hk



樂施會
OXFAM

無窮世界
World
Without
Poverty

1. Notes before the event

(1) Required documents

Participants who do not register online must sign our Declaration Form before the event and return it to Oxfam in Macau by email, fax or post on or before 11 October 2021 (see 'Contact us' on the last page for further details). The Declaration Form can be downloaded from the Oxfam TowerRun (OTR) webpage: <https://www.oxfam.org.hk/en/join-our-events/oxfam-towerrun/DI-tab>

(2) Donations

Participants will need to contribute a minimum donation before enrolling in the event:

Category	Minimum Donation Amount
Individual Challenge (Full Race – 61 levels)	HKD/MOP 500
Individual Challenge (Half Race – 31 levels)	HKD/MOP 500
Team Relay Challenge (Teams of 4 – 61 levels)	HKD/MOP 5,000

Participants are also encouraged to make donations after the event. Donation receipts will be mailed to runners or contact persons within two months after the event.

In light of the 11th anniversary of our Principal Sponsor AIA's listing on the Hong Kong Stock Exchange this month, AIA will make an additional donation of HK\$100 for each runner who completes the designated number of steps $1,299 \times 11 = 14,289$ to support the Oxfam's poverty alleviation work worldwide.



樂施會
OXFAM

無窮世界
World
Without
Poverty

(3) Collecting your Runners' Pack

Date & Time	10 - 11 October 2021 (Sunday and Monday), 10:00 - 19:00 (lunch hour inclusive)
Location	Oxfam in Macau office (Address: Alameda Dr. Carlos d'Assumpção, No.258, Praça Kin Heng Long, 18 Andar F, Macau)
Runners' Pack	Runners' bib, souvenirs, event t-shirt
Remarks	Participants can authorise their relatives or friends to collect the pack on their behalf. Relatives and friends must present the authorisation letter when they come to collect the pack. The authorisation form can be downloaded from the event webpage: https://www.oxfam.org.hk/en/join-our-events/oxfam-towerrun/DI-ta-b

Participants' runner bibs will be distributed when they collect their Runners' Pack.
Participants are advised to put on their bibs during the virtual run.



2. Event details

1. Event Information

- Eligibility: Registered participants of OTR 2021.
- Date: Sunday, 10 October - Sunday, 17 October 2021
- Venue: Runners are free to choose where they would like to complete the virtual run.

Runners can choose their own time (within the period mentioned) and place to complete the virtual run and choose one of the following 3 options (A, B or C) to complete the event.

Please note that participants are advised to put on their bibs during the virtual run. Upon completion, participants must take a screenshot of the virtual run results and collect their medals from the Macau Tower on 17 October.

<u>Full Race</u>	A. 61 Floors (183 m elevation) B. 10 km C. 14,289 steps* (The above options must be completed within one day)
<u>Half Race</u>	A. 31 Floors (93 m elevation) B. 5 km C. 7,000 steps (The above options must be completed within one day)
<u>Team Relay</u>	The letters 'A', 'B' 'C' and 'D' will be printed on runners' bibs for the Team Relay Challenge to indicate the order in which each team member runs. The four runners must work together to complete one of the following options: A. 61 Floors (183 m elevation) B. 10 km C. 14,289 steps* (The above options must be completed within one day)



樂施會
OXFAM

無窮世界
World
Without
Poverty

* In light of the 11th anniversary of our Principal Sponsor AIA's listing on the Hong Kong Stock Exchange this month, AIA will make an additional donation of HK\$100 for each runner who completes the designated number of steps $1,299 \times 11 = 14,289$ to support the Oxfam's poverty alleviation work worldwide.



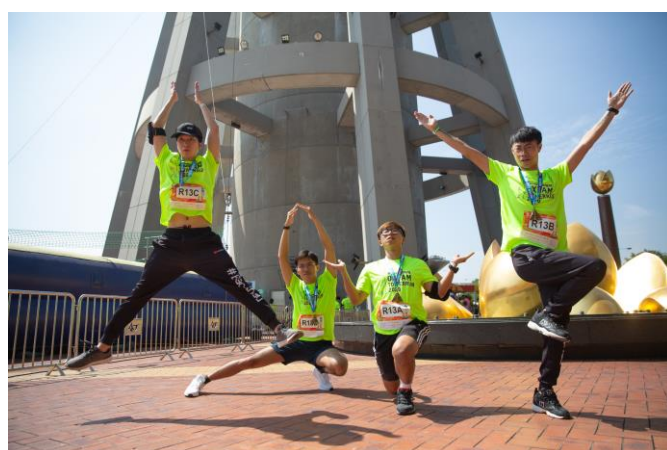
樂施會
OXFAM

無窮世界
World
Without
Poverty

3. Medal collection

Date & Time	17 October 2021 (Sunday), 09:00 - 15:00
Location	Macau Tower, Outdoor Plaza
Details	<ul style="list-style-type: none">● Runners can choose their own time and place to complete the event and collect their medals at the Macau Tower at the designated time on 17 October.● An 'Oxfam TowerRun 2021 – Virtual Run' certificate will be sent out to runners who have completed the event via email after the event.
Remarks	If you are unable to collect your medal in person on 17 October, please send a screenshot of the virtual run results to towerrun@oxfam.org.hk and collect it from the Oxfam in Macau office (Room F, 18/F, Kin Heng Long Plaza, 258 Sung Lok Seng Square) during office hours before 31 October.

Medals will be distributed at the outdoor plaza of the Macau Tower on 17 October 2021 between 09:00 and 15:00. There will also be a photobooth and props for participants to take photos.



澳門樂施會 澳門宋玉生廣場258號建興龍廣場18樓F室

Oxfam in Macau Alameda Dr. Carlos d'Assumpção, No.258, Praça Kin Heng Long, 18 Andar F, Macau.

電話 Tel: (853) 2875 7750 傳真 Fax: (853) 2875 7667 澳門免費查詢熱線 Toll Free Hotline: 0800 809

網址 Website: www.oxfam.org.hk



樂施會
OXFAM

無窮世界
World
Without
Poverty

4. How to record running distance

Runners can choose an app/software that records how far they have run in kilometres and steps. If you would like to record the number of flights of stairs you have climbed, you can refer to the following apps:

- Nike Run Club

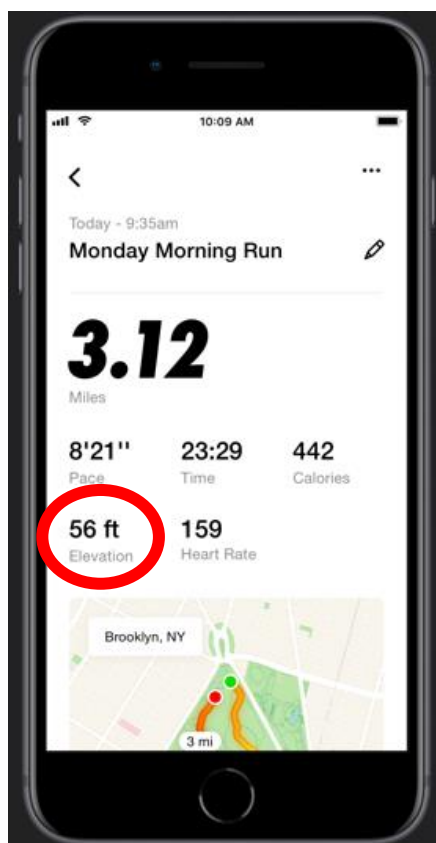


Download iOS version

<https://apps.apple.com/mo/app/nike-running/id387771637>

Download Android version

<https://play.google.com/store/apps/details?id=com.nike.plusgps>

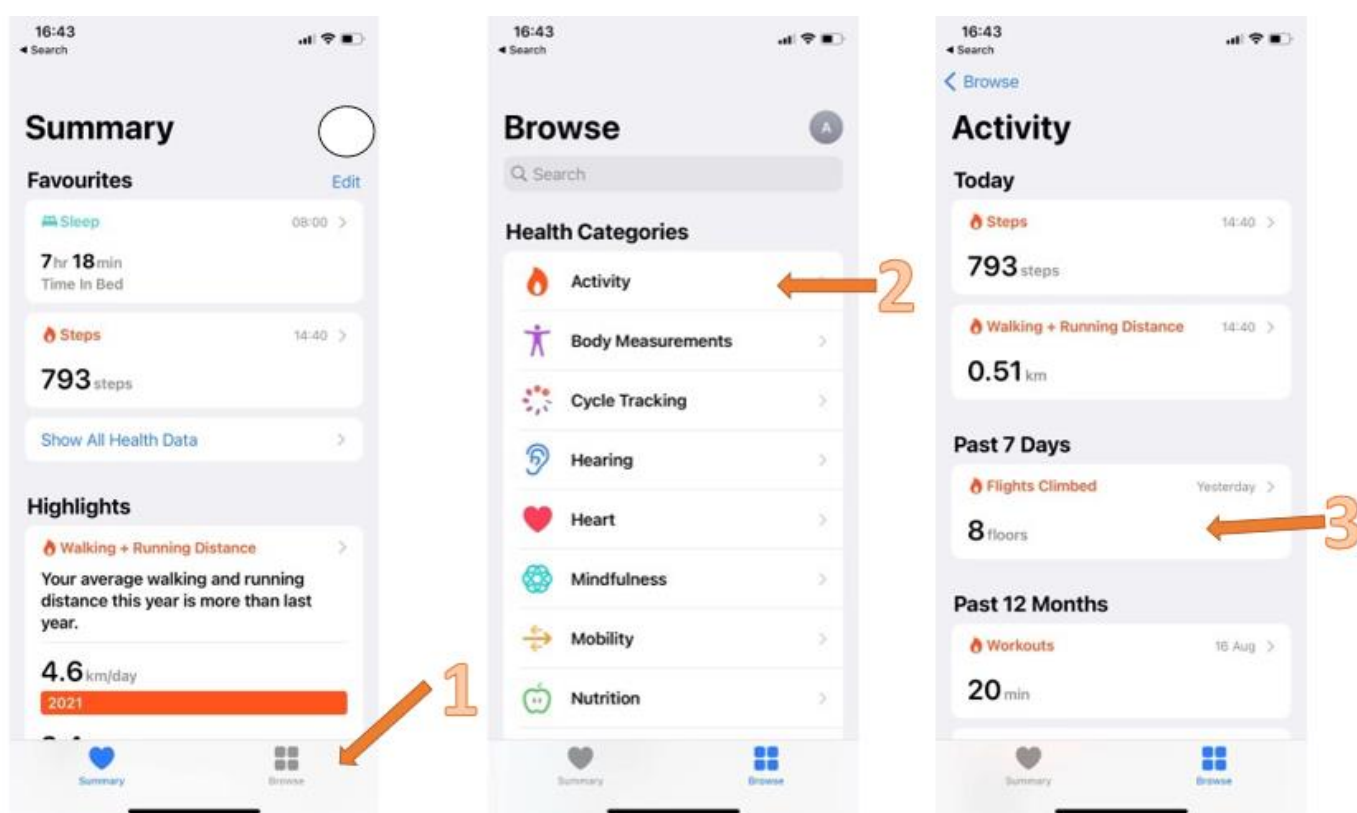




- iPhone Health app



How to record flights climbed





樂施會
OXFAM

無窮世界
World
Without
Poverty

5. Special measures

We encourage participants to follow the following special measures in accordance with the Centre for Disease Control and Prevention's 'Special webpage against Epidemics':

1. Perform hand hygiene frequently, especially before touching your mouth, nose or eyes, after touching items/surfaces frequently touched by others (e.g. doorknobs), or when hands are contaminated by respiratory secretion after coughing or sneezing.
2. Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry. If hand washing facilities are not available, or when hands are not visibly soiled, use an alcohol-based hand rub with at least 70 to 80 per cent alcohol.
3. Cover your nose and mouth with tissue paper when sneezing or coughing. Do not spit or litter. If you must spit, please spit into a tissue. Dispose of the soiled tissues in a lidded rubbish bin and wash your hands thoroughly.
4. Bring surgical masks, tissue paper and an alcohol-based hand sanitiser (with at least 70 to 80 per cent alcohol) with you.
5. If you have a fever or respiratory symptoms, do not participate in the event and seek medical advice promptly.
6. Buy an insurance plan that covers COVID-19 if needed, and thoroughly read through the terms and conditions.
7. We will ensure crowd control when participants collect their medals. We will limit the number of visitors to 50 per cent or less than the capacity of the venue. The entrance will be closed to reduce crowds inside the Macau Tower. Participants will be asked to line up in an open area and will need to keep at least one arm's length away from others.
8. Everyone who enters the venue to collect their medal should have their temperature checked as they walk through the temperature detection area and present their Macau health code; our staff will also use handheld infrared thermometers when necessary.
9. Masks and hand sanitizer will be provided at the entrance for participants to use.
10. It is mandatory for participants and staff to wear masks throughout the medal



樂施會
OXFAM

無窮世界
World
Without
Poverty

collection process at the venue. Please try to stay at least one metre apart from others to keep a safe distance.

11. If participants show COVID-19 symptoms, such as a fever, they may be asked to leave the venue.
12. If a large number of participants or staff show symptoms of COVID-19, we will notify the Centre for Disease Control and Prevention. For guidelines on the matter, please refer to: <https://www.ssm.gov.mo/PreventCOVID-19>.

6. Inclement weather arrangements

At 6 o'clock in the morning, if typhoon No. 8 signal or black rainstorm signal is hoisted, the medal collection event will be cancelled. Participants should pay attention to the announcement on event webpage and our Facebook page (Oxfam in Macau).

Event webpage:

<https://www.oxfam.org.hk/en/join-our-events/oxfam-towerrun>

Oxfam in Macau Facebook page: <https://www.facebook.com/oxfaminmacau/>

7. Contact us

Macau

Alameda Dr. Carlos d'Assumpção No.258, Praça Kin Heng Long, 18 Andar F, Macau

Tel: (853) 2875 7750

Fax: (853) 2875 7667

Email: towerrun@oxfam.org.hk

Website: www.oxfam.org.hk/towerrun

Enquiry on the day of the event: (853) 2875 7750