



全城無煙跑

主辦機構 Organizer : 香港吸煙與健康委員會
Hong Kong Council on Smoking and Health
日期 Date : 2026 年 2 月 14 日(星期六) 14 February 2026 (Saturday)
地點 Venue : 香港科學園 Hong Kong Science Park

報名表格

Enrollment Form

* 必須填寫 *Mandatory fields

請在適當位置填上☑號 Please ☑ the appropriate box

報名截止日期 : 2026 年 1 月 23 日

Enrollment Cut-off Date : 23 January 2026

報名資料 Enrolment Details

參賽組別 Categories *	參賽年齡 Age	參賽費用 Registration Fee	每隊人數 No. of Team Members
<input type="checkbox"/> 10 公里個人組 10KM Individual	16 歲或以上 Aged 16 or above	港幣 150 元 HK\$150	1
<input type="checkbox"/> 3 公里個人組 3KM Individual	12 歲或以上 Aged 12 or above	港幣 100 元 HK\$100	
<input type="checkbox"/> 1 公里個人組 1KM Individual	8-11 歲 Aged 8-11	港幣 75 元 HK\$75	
<input type="checkbox"/> 10 公里學校組 10KM School Team	16 歲或以上 Aged 16 or above	每隊港幣 300 元 HK\$300 per team	4
<input type="checkbox"/> 3 公里學校組 3KM School Team	12 歲或以上 Aged 12 or above		
<input type="checkbox"/> 10 公里機構組 10KM Corporate Team	18 歲或以上 Aged 18 or above	每隊港幣 300 元 HK\$300 per team	
<input type="checkbox"/> 3 公里機構組 3KM Corporate Team			
<input type="checkbox"/> 10 公里無煙夥伴組 10KM Smoke-free Buddy *	18 歲或以上 Aged 18 or above	每隊港幣 150 元 HK\$150 per team	2
<input type="checkbox"/> 3 公里無煙夥伴組 3KM Smoke-free Buddy *			
<input type="checkbox"/> 800 米無煙家庭組 (非競賽) 800M Smoke-free Family Team (Non-Race)	18 歲或以上成人及 4-10 歲小童各一名 An adult aged 18 or above & a child aged 4-10	每隊港幣 150 元 HK\$150 per team	2

* 無煙夥伴組其中 1 人須為吸煙者/現正戒煙者。主辦機構有權要求參加者接受一氧化碳呼氣測試/可的寧口水測試以核實身份。如有虛報資料將會被取消參賽資格。

At least one of the members of the Smoke-free Buddy must be a smoker/current quitter. The Organizer reserves the right to undertake the exhaled carbon monoxide test and/or saliva cotinine test after enrollment. Any person who provides invalid personal data or false details will be disqualified (if applicable).

隊伍資料 (只適用隊際組別) Team Details (For Team Only)

學校/機構名稱 (如適用) School / Organization Name (If applicable)	
隊名 (建議加入無煙信息)* Team Name (smoke-free messages are suggested to be included)*	

參賽者資料 Participant Details	參賽者 1 (聯絡代表) Participant 1 (Team Coordinator)	參賽者 2 Participant 2	參賽者 3 Participant 3	參賽者 4 Participant 4
姓 (英)* Surname (must be the same as shown on the HKID card) *				
名 (英)* Given Name (must be the same as shown on the HKID card) *				
中文姓名 Chinese Name (must be the same as shown on the HKID card)				
身份證或護照號碼 (首 4 個數字)* HKID/Passport No. (First 4 digits)*				
性別* Gender*	<input type="checkbox"/> 男 Male <input type="checkbox"/> 女 Female	<input type="checkbox"/> 男 Male <input type="checkbox"/> 女 Female	<input type="checkbox"/> 男 Male <input type="checkbox"/> 女 Female	<input type="checkbox"/> 男 Male <input type="checkbox"/> 女 Female
出生年份 Year of Birth*				
地址 Address				
手提電話* (只限香港號碼) Mobile No.* (Hong Kong number only)				
電郵地址* Email Address*				
緊急聯絡人* Emergency Contact Person*				

緊急聯絡電話* Emergency Contact No.*				
T 恤尺碼* (請參閱背頁尺碼表) T-Shirt Size* (Refer to size chart overleaf)				

未滿 18 歲參賽者需由家長 / 監護人同意參賽
Parent / guardian's agreement for participant aged below 18

家長 / 監護人姓名* Name of Parent / Guardian*				
與參賽者關係* Relationship with Participant*				
家長 / 監護人簽署* Parent / Guardian's Signature*				
日期 Date*				

聲明 Disclaimer

謹證明本人 / 我們是自願參加比賽，並願意自行承擔所有責任。本人 / 我們亦謹遵守比賽規則及決定，並不會於活動期間吸煙(包括全城無煙跑 2026 及嘉年華)。本人 / 我們一旦因在往返比賽場地或比賽中，受到任何財物損失、受傷或致死亡，主辦機構及其他有關合辦機構均毋須負上任何責任。本人 / 我們願意授權予大會及傳媒，在毋須本人審查而可使用本人的肖像、姓名、聲線及個人資料作為活動及推廣之用。 I / We certify that I am physically fit and I understand that I am / we are entering this race at my / our own risk and responsibility. I / We herewith expressly agree to abide by all rules and conditions of the Organizer, and not to smoke/vape during Smoke-free Run 2026 and Carnival. I / We hereby discharge the Organizer and any other individual or organization connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as consequence of or while traveling to or from the race. I / We grant permission and assign of rights, title and interest to the Organizer to utilize my appearance, name, voice, bio-dare and likeness in connection with the event in any and all media throughout the Organizer would in perpetuity and agree to waive any right of inspection or approval associated thereto.

我(們)已閱讀及同意以上條文及後頁的參賽者須知及比賽規則。*
I / We have read and agree to the Terms and Conditions set out herein and the rules and regulations overleaf.*

參賽者簽署* Participant's Signature*				
日期 Date*				

付款方法 Payment Methods

<input type="checkbox"/> 支票 Cheque (支票號碼 Cheque No.: _____)	<input type="checkbox"/> 銀行入帳 Bank-in 中國銀行帳號 Bank of China 012-676-0-010493-8
抬頭請寫「運動版圖有限公司」 A crossed cheque made payable to "Sportsoho Media Limited"	帳戶名稱：運動版圖有限公司 Account Name: Sportsoho Media Limited

請填妥報名表格連同報名費 (劃線支票或存款通知書正或副本)，於 2026 年 1 月 23 日下午 6 時或之前寄回香港九龍新蒲崗六合街 9 號 Trium Hub 5 樓收，信封面請註明「全城無煙跑 2026」。

Please mail the completed Enrollment Form and the Cheque or Bank-in Slip (original or copy) to "5/F, Trium Hub, 9 Luk Hop Street, San Po Kong, Kowloon, Hong Kong", titled "Smoke-free Run 2026" **on or before 6pm of 23 January 2026.**

問卷調查 Survey

第一部份 Part 1

- 你從何得知「全城無煙跑」? How did you know about Smoke-free Run?
 社交媒體 Social media (Facebook/Instagram) 戒煙服務機構 Smoking cessation organizations
 運動相關網站 (如: 運動版圖) 網上宣傳短片 Online promotional videos
Sports-related website (e.g. SPORTSOHO)
 其他 Others (請註明 Please specify: _____)
- 你知道跑步有助戒煙嗎? Do you know running can help quitting smoking?
 知道 Yes 不知道 No
- 你是否曾經吸煙? Have you ever smoke?
 是 Yes 否 No (請去第三部份 Please go to Part 3)
- 你是否吸煙者或現正戒煙者? Are you a smoker / a current quitter?
 是 Yes (請去第二部份 Please go to Part 2) 否 No (請去第三部份 Please go to Part 3)

第二部份 Part 2

- 你開始每星期吸煙的年齡是? How old did you start smoking?
_____ 歲 Years old
- 你在過去七日平均每日吸多少支煙? How many cigarettes did you smoke per day in past 7 days on average?
_____ 支 Stick(s)
- 你早上起床後多久才會吸第一支煙? When will you smoke the first cigarette after waking up in the morning?
 5 分鐘內 Within 5 minutes 6-30 分鐘內 6-30 minutes
 31-60 分鐘內 31-60 minutes 60 分鐘後 After 60 minutes
- 你會否考慮戒煙? Will you consider quitting smoking?
 是 Yes (請去第 9 題 Please go to Q10) 否 No (請去第三部份 Please go to Part 3)
- 你是否正在戒煙? Are you quitting smoking now?
 是 Yes (請去第 10 題 Please go to Q11) 否 No (請去第三部份 Please go to Part 3)
- 你這次戒煙維持了多久? How long have you quitted smoking this time?
_____ 日 Day(s)
- 你有沒有尋求任何戒煙輔導服務? Have you sought for any smoking cessation services before?
 有 Yes (請註明戒煙服務機構 Please state the service provider: _____)
(請去第三部份 Please go to Part 3)
 沒有 No
- 你是否同意由委員會轉介予其他戒煙服務機構跟進? Do you agree to be referred to other smoking cessation service by COSH for further follow up?
 同意 Agree 不同意 Disagree

第三部份 Part 3

本人確定以上所提供的資料無誤，並同意香港吸煙與健康委員會使用以上資料作統計及研究之用。I hereby declare that the information I provided above is correct and allow Hong Kong Council on Smoking and Health (COSH) to use the information for statistical and research purposes.

簽署 Signature: _____

日期 Date: _____

*香港吸煙與健康委員會將以問卷所收集的資料作統計及研究之用。

*The information collected from the survey by Hong Kong Council on Smoking and Health will be used for statistical and research purposes.

T 恤尺碼 T-Shirt Size

尺碼 Size	成人尺碼 Adult Size					小童尺碼 Child Size		
	S	M	L	XL	XXL	YS	YM	YL
衣長 (厘米) Length (cm)	62	64	68	70	72	44	48	52
肩寬(厘米) Shoulder Width (cm)	39	40	43	46	48	/	/	/
胸圍 (厘米) Chest Width (cm)	43	46	50	52	54	34	38	42
參考身高 (厘米) Height (cm)	160	165	170	175	180	100	120	140

T 恤尺碼誤差為±2 厘米。Tolerance ±2 cm for T-shirt size.

大會不保證能提供所選擇之尺碼，尺碼分配需視乎成功報名之先後次序及貨量而定，所有尺碼先到先得。一經報名，所有尺碼不設更改。

T-shirt size availability is provided on a first come first serve basis and subject to stock condition during enrollment period. The Organizer does not warrant the provision of T-shirt in particular size. No amendment on T-shirt size can be made after enrollment.

參賽者須知及比賽規則 Rules and Regulations

報名 Registration

- 參加者必須仔細閱讀以下事項。報名申請一經遞交，即代表參加者確認及同意接受一切活動的規則、條款和安排。

Participants must study the rules and regulations listed below carefully. Participants who completed the registration process agreed to be abided by the rules and regulations of the event that has been signed up.

- 成功報名的參加者將會收到一封確認電郵。假如您於登記後十個工作天未有收到確認電郵，請聯絡我們 (電郵: smokefreerun@sportsoho.com; 電話: (852) 2117 1650)。

A confirmation email will be sent to the participants upon successful registration. If you do not receive the confirmation email after your registration within 10 working days, please contact us by email smokefreerun@sportsoho.com or call (852) 2117 1650 for assistance.

- 參加資格一經接納，報名費將不獲退還及不可轉讓。

Once the entry is accepted, entry fee are non-refundable & non-transferable.

- 重複的報名，將被算作一個單一的報名。額外的報名費不予退還，並不能轉移到其他申請人或其他賽事。提交的報名資料將不予退還。

Repeated entries will be counted as a single entry. The extra fee is non-refundable and cannot be transferred to another applicant or other race. Also, the submitted form and information will not be returned.

- 是次活動所收集之個人資料，將儲存於運動版圖有限公司的伺服器內，並只限作是次活動之聯絡用途，資料絕對保密，並在完成相關用途之後一個月內將相關個人資料銷毀。欲知更多詳情，可瀏覽其私隱說明 (http://www.sportsoho.com/mod/sh_zl/policy.php)。

The personal data collected Smoke Free Run 2026 will be stored on SPORTSOHO media Limited's server and used solely for contact purposes related to this event. The information will be kept strictly confidential and will be destroyed within one month after it has served its purpose. For more details, please refer to the Privacy Policy Statement (http://www.sportsoho.com/mod/sh_zl/policy.php).

- 不接受現場及逾期報名。

Late or on-site enrollment will not be accepted.

- 資料不全者，恕不接受報名。

Incomplete enrollment will not be accepted.

活動選手包 Race Pack

- 有關選手包的領取通知將於活動前兩星期以電郵方式通知參加者。

An email notice regarding collection of race pack will be sent to the registered participants two weeks before the event day.

- 參加者需攜同通知電郵列印本或出示有關通知電郵以領取活動物資。

Participants show either the printout or electronic version of the notification email to our staff to collect the event materials.

健康與安全提示 Health and Safety Advice

- 參加者必須確保其身體狀況適宜參加比賽。如有疑問，請先諮詢醫生的意見。

Participants should make sure their health conditions are suitable for the strenuous race. In cases of doubt, please seek medical advice in advance.

- 參加者須清楚明白活動內容及活動性質，並知道此活動需要消耗體力，同時確定健康情況適宜參與是次活動。主辦機構建議所有參賽者於活動時自行留意個人的身體狀況是否良好及是否適合參與活動。於活動期間如有不適，請立即停止活動及向現場工作人員求助。

Participants should understand the event content and nature and participating in this event requires physical exertion. Participants should be in sound medical condition capable of participating in the event. The Organizer suggests all participants to monitor their own physical conditions deemed fit and capable for participating in the event. In case you are feeling sick during the event, you should immediately stop the activity and seek help from the onsite race officials.

- 參加者請自行進行防曬措施，例如自備防曬用品、配戴帽子及多喝水。

Participants should take protective measures against UV, such as applying sunscreen, wearing caps and drinking water.

- 任何懷孕或患有慢性疾病如心臟病及高血壓的人士，皆不應參加是次活動。

People who are pregnant or with chronic diseases, like heart disease and high blood pressure, are not recommended to participate in the event.

- 主辦機構在得悉或懷疑的情況下，將保留權利取消任何不適宜參加是次活動之參加者的資格。

The Organizer reserves the right to disqualify any participants deemed inappropriate to attend the event upon suspicion.

- 主辦機構已就是次活動購置公眾責任保險，參賽者同時需要注意，有關保險不同個人意外保險，參賽者可自行評估應否購買個人保險產品，以保障自身風險。

Public liability insurance is covered by the Organizer of the Event. Participants should note that such insurance is not the same as Personal Accident Insurance. Participants are advised to purchase their own personal accident insurance and other relevant insurance according to their needs.

- 主辦單位保留更改大會條款及細則之權利。本活動所引發的任何爭議 (包括任何參加規則的解釋和行使)，主辦單位將擁有最終的決定權。

The Organizer reserves the right to amend the program of the rules and regulations. Should there be disputes, the Organizer reserves the right to the final decision.

惡劣天氣 Severe Weather

- 如於活動前一天上午八時或之後懸掛八號或以上颱風訊號、紅色或黑色暴雨警告訊號、或其他原因而需改期補賽，參賽者之報名將直接轉往補賽日。如參賽者不能出席補賽日，報名費將不獲任何退款安排或轉讓給其他人。
If Typhoon Signal No.8 or above, red or black rainstorm signal is hoisted at any time from 8:00 a.m. or any other reason requires the event to be postponed, the participant's registration will be automatically transferred to the rescheduled date. The enrollment fee will not be refunded even if the participant cannot participate on the rescheduled day, and the entry is non-transferable to another participant. .
- 如活動進行中天氣惡劣或懸掛上述任何警告，活動總監有權改變活動路線或取消正在進行的活動。報名費將不獲退還。
If the above Inclement Weather/Condition Warnings are hoisted after the commencement of race, the Event Director has the right to change the event route, event arrangement or to cancel the event. Enrollment Fee will not be refunded
- 大會建議參加者於活動早上致電或瀏覽香港天文台查詢有關天氣情況。(電話：1878200)
Please check the weather on the event day from Hong Kong Observatory (Tel : 1878200).
- 請留意運動版圖有限公司的 Facebook 及此活動網頁的最新消息。
Please stay tuned with the updates on this event website and Facebook page of Sportsoho Media Limited.

其他事宜 Others

- 如因場地問題而取消活動，將因應當時情況公佈相關資訊。
If the event is canceled due to venue issues, the information will be announced according to the circumstances.
- 參加者的個人物件可存放於大會提供之行李寄存區。切勿攜帶貴重物品，如有損毀或遺失，大會將不會負任何責任及作出任何賠償。參加者一旦使用此安排，已被假定接受此條款。
Baggage storage will be provided. Please do not bring any valuable items. The Organizer is not responsible for the lost or damage of the baggage stored with us.
- 如活動過程中須向大會查詢及要求協助，請到詢問處與工作人員聯絡。
Should there be any emergencies or assistance needed during the event, participants shall contact the officials at the information centre.
- 所有禮品不可兌換現金。
All prizes are not redeemable for cash.
- 大會擁有修改及解釋以上規則的權利。
The Organizer reserves the right to amend or clarify the above race rules.

私隱政策聲明 Privacy Policy Statement

- 是次活動所收集之個人資料，將儲存於運動版圖有限公司的伺服器內，資料絕對保密並只限作是次活動之用途，用途如下：
The personal information collected in Smoke-free Run 2026 will be stored in Sportsoho Media Limited's server. The information will be kept strictly confidential and will only be used for contact purposes of this event.
- 組織活動與項目及為此而傳達有關資訊；
Organizing and delivering information about events and activities;
- 跟進及處理參與活動與項目的申請和登記；
Following up and processing application or registration for events and activities;
- 進行調查、分析及研究並蒐集統計資料；
Carrying out surveys, analysis and research and collating statistical information;
- 促進和維持聯絡；
Facilitating and maintaining communication;
- 跟進及處理投訴及查詢；
Following up and handling complaints and enquiries;
- 根據適用法律、規則及規例所作的披露；及按《收集個人資料聲明》訂明的其他用途。
Making such disclosures as required by applicable laws, rules and regulations; and such other purposes as specified in the PICS.
- 閣下所提供的個人資料將嚴格保密。惟我們將因應上文「個人資料的使用」提及的任何用途的需要，按照「需要知道」的原則向下列人士提供閣下的個人資料。
The Personal Data provided by you herein will be kept confidential but may be made available, on a need-to-know basis, to the following parties as necessary for any of the purposes stated in the 'Use of Personal Data' section above.
- 香港吸煙與健康委員會、我們的僱員及由我們經營的營運部門
Any member of the Hong Kong Council on Smoking and Health, our employees and the operating units operated by us;
- 就我們的運作向我們提供行政、電訊、電腦、資訊科技、支付或其他服務的任何代理、承辦商或第三方服務供應商；
Any agent, contractor or third-party service provider who provides administrative, telecommunications, computer, information technology, payment or other services to us in connection with its operation;
- 任何對我們有保密責任的人士，包括我們的核數師、法律顧問或其他專業顧問。
Any person under a duty of confidentiality to us, including our accountants, legal advisers or other professional advisers. .

活動查詢 Enquiry 電話 Hotline: 21171650 電郵 Email: smokefreerun@sportsoho.com 活動網頁 Webpage: exercise.smokefree.hk