



公益慈善馬拉松  
THE COMMUNITY CHEST CORPORATE CHALLENGE  
半馬拉松及十公里賽 Half Marathon & 10 Km Run  
18-1-2009 星期日 Sunday



起跑時間 : 上午八時正 (半馬拉松)  
上午八時三十分 (十公里賽)

Starting Time : 8:00 am (Half Marathon)  
8:30 am (10 Km Run)

起點 : 西貢北潭涌郊野公園

Start Point : Sai Kung Pak Tam Chung Country Park

賽道 : 兩項賽事的起點及終點均於西貢北潭涌，沿萬宜淡水湖賽道進行。

Course : Both events will start and finish at Pak Tam Chung, Sai Kung. Hilly course on service roads in the beautiful Country Park around the High Island Reservoir.

設施 : 行李寄存區設於保良局北潭涌渡假營(參加者需自行負責安全); 掛有號碼牌的跑手亦可使用營內的洗手間及更衣設施。賽道沿途設有救護站; 約每五公里設有水站和里數牌。

Facilities : Bag Drop (at own risk) for runners at Po Leung Kuk Pak Tam Chung Holiday Camp. Runners (with number cloth) are welcome to use the toilet and changing facilities inside the Camp. First aid en route. Water stations and distance markers at about 5 Km intervals.

交通安排 : 大會將提供免費接駁巴士服務並將於當日上午六時四十五分於下列地點開出:

Transportation : Free shuttle bus services to start point will depart at **6:45 am SHARP** at

1. 中環愛丁堡廣場大會堂巴士總站
2. 九龍塘根德道  
(九龍塘港鐵站附近)

1. Bus Terminus, Edinburgh Place, Central
2. Kent Road, Kowloon Tong  
(near Kowloon Tong MTR station)

所有車輛不得進入西貢北潭涌郊野公園範圍內(持有許可證者除外)。

北潭涌公眾停車場只設有少量車位。

No cars are permitted inside the Country Park without a restricted road permit. Limited parking is available at Pak Tam Chung.