



The University of Hong Kong

2017 HKU Distance Running Training Course

Description :

The 2017 HKU Distance Running Training Course (DRTC) is an all year round training course for distance running. People of all running levels are welcome to join our program. The upcoming course for September, October and November is now open for application. Interested parties please complete and send the attached entry form to Ms. Michelle Ng at nhytsang@hku.hk.

Coaches:

Head coach: Mr. Kar Lun (1993 HKAAA Athlete of the Year, PB in marathon: 2:27')

Coach : Mr. Ka Wai Chan (PB in marathon : 2:38')

Course details :

Course code: E1703W (elementary), S1703W (intermediate)

Dates : (all Wednesdays) Sept. 6, 13, 20, 27; Oct 4, 11, 18, 25; Nov 1, 8, 15, 22, 29 (13 days in total)

Time: 1930 – 2130

Venue: Aberdeen Sportsground

Course Fee: HK\$1,300

Course code: E1703S (elementary), S1703S (intermediate)

Dates: (all Saturdays) Sept 2, 9, 16, 23, 30; Oct 7, 14, 21, 28; Nov 4, 11, 18, 25 (13 days in total)

Time : 0800 – 1000

Venue : Happy Valley Sportsground

Course Fee: HK\$1,300

For enrollment and enquiries:

please contact Ms. Michelle Ng at 2817 9846 or send email to nhytsang@hku.hk



The University of Hong Kong

2017 港大長跑訓練班（第三期）

由香港大學田徑會主辦的 2017 長跑訓練班（第三期），在 9 月至 11 月，為各位長跑愛好者安排一系列的訓練班。教授一眾跑友有關長跑的知識及技術！訓練班分為初級班及中級班，適合新手或長跑愛好者參與。

訓練內容：

初級班：熱身和冷卻伸展動作、跑步基本動作、呼吸方法、體能、大步跑等

中級班：熱身和冷卻伸展動作、大步快速跑、體能、營養補充等

主教練： 李嘉綸先生 全程馬拉松最佳時間：2:27' 香港業餘田徑總會一級教練 1993 年香港業餘田徑總會最佳運動員	教練： 陳嘉威先生 全程馬拉松最佳時間：2:38' 國際田徑聯會二級教練
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初級班 E1703W 及中級班 S1703W

日期：2017 年 9 月 6, 13, 20, 27; 10 月 4, 11, 18, 25; 11 月 1, 8, 15, 22, 29 (逢星期三, 共十三堂)

時間：19:30 至 21:30

地點：香港仔運動場

費用：初級班 E1703W：港幣\$ 1,300 中級班 S1703W：港幣\$ 1,300

初級班 E1703S 及中級班 S1703S

日期：2017 年 9 月 2, 9, 16, 23, 30; 10 月 7, 14, 21, 28; 11 月 4, 11, 18, 25 (逢星期六, 共十三堂)

時間：08:00 至 10:00

地點：香港跑馬地遊樂場

費用：初級班 E1703S：港幣\$ 1,300 中級班 S1703S：港幣\$ 1,300

報名方法：

有興趣的跑友可填妥報名表格，請於開課前一星期將報名表電郵到 nhytsang@hku.hk 或郵寄至香港薄扶林道 113 號香港大學何世光夫人體育中心(伍小姐收)。我們會透過電郵確認開班，請於第一堂上課時交現金給教練。

備註：如星期三晚上 18:00 之前或星期六早天 06:00 之前，天文台懸掛八號風球或以上、紅雨或黑雨，當日的練習將會取消。

查詢電話：2817 9846 伍小姐 電郵：nhytsang@hku.hk



The University of Hong Kong

2017 HKU Distance Running Training Course 2017 港大長跑訓練班 (第三期)

Entry Form 報名表格

Course/s: E1703W 初級班(費用\$1,300) / S1703W 中級班(費用\$1,300) /
E1703S 初級班(費用\$1,300) / S1703S 中級班(費用\$1,300)

(Please print)

Title (Mr/Mrs/Ms/Miss/Dr.) Surname: _____ Frist Name(s) : _____
中文姓名: _____ (if any)

Gender: _____ Date of Birth: _____ (DD/MM/YYYY) H.K.I.D.: _____ ()

Mobile Tel. no. : _____ Email Address : _____

Emergency Contact person: Mr./Ms.: _____ (Mobile: _____) Relationship : _____

References for participants of Intermediate course 參加中級班人士參考水平:

	Time references (ability to run below the following time references)	
	Male	Female
10km	55 min	65 min
Half-marathon	2 hr	2 hr 30 min
Marathon	4 hr 30 min	5 hr

Declaration

I certify that I am physically fit and I understand that I am entering this course at my own risk and responsibility. I herewith expressly agree to abide by all rules and conditions of the organization. I hereby discharge the organizer and any other individual or organization connected directly or indirectly with this course 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 course. I grant permission and assign all rights, title and interest to the organizer to utilize my appearance, name, voice, bio-data and likeness in connection with the event in any and all media throughout the world in perpetuity and agree to waive any right of inspection or approval associated thereto.

Signature 簽署: _____ Date 日期: _____