

苗圃行動簡介

「苗圃行動」於 1992 年 9 月在香港註冊成立(稅局檔號:91/3859), 是一個非宗教、非政治、非牟利的慈善機構。我們的宗旨是促進中國教育, 透過實際的行動來幫助中國貧困學生完成學業、興建安全合格校舍和提高教師素質。我們謹守「實地考察、直接資助、長期跟進」的工作守則, 務求有效地運用善款。截至 2009 年 3 月底, 我們已重建超過 1,100 所中、小學和學生宿舍, 資助逾 25 萬人次的中小學生繼續學業及 8,500 名教師接受培訓, 總資助金額接近 2.5 億萬元人民幣。曾舉行之大型籌款項目包括「苗圃行路上廣州」、「苗圃助學長征」、「苗圃茶馬古道」及「苗圃挑戰 12 小時」等。

Sowers Action

“Sowers Action” is a non-religious, non-political and non-profit-making charity organization established in Hong Kong in September 1992 (IRD Ref: 91/3859), with a vision to improve education in China. We take concrete actions to help students of poor families to pursue and complete education. We finance building safe and proper school premises. We also facilitate teaching quality enhancement. We maintain the working principles of “on-site assessment, direct sponsorship and long-term follow-up” to ensure that the donation is appropriately utilized. By the end of March, 2009 Sowers Action has financed the construction over 1,100 school buildings and subsidized over 250,000 school places and subsidized 8,500 teachers to enhance their teaching skills, with cumulative funding nearly RMB 2.5 billion. Our well-known fund raising events include “Walk to Guangzhou”, “Long March For Education”, “Ancient Tea Horse Route” and “Challenging 12 Hours”.

苗圃挑戰 12 小時緣起

內地山區部份學生為了求學問, 每天步行一、兩小時的山路到學校上課, 這種求學精神, 感動了苗圃行動的義工, 所以他們於 2000 年發起「苗圃挑戰 12 小時」步行籌款活動, 進一步推廣助學籌款工作予社會大眾。時至今日, 參賽者不單可以在此活動中挑戰自己的體能, 在 12 小時內走畢衛奕信徑其中幾段, 也藉此體驗山區學生為求學問, 不怕艱辛的精神; 同時亦為山區學生們籌募助學善款, 幫助貧困學生完成學業, 以知識創造未來。

Sowers Action Challenging 12 Hours

In the rural mountainous regions of China, some children have to walk 1-2 hours every day to go to school. Their eagerness to pursue knowledge touches the hearts of the Sowers Action volunteers. Thus in 2000, Sowers Action organized the first “Challenging 12 Hours”, a charity walk with the aim to promote education in rural regions. Today, our participants challenge their physical abilities by completing the designated sections of the Wilson Trail within 12 hours. In doing so, they experience the hardship of the children of the rural mountainous regions. At the same time, participants are required to raise fund to help the poor students to complete their education for a better life in the future.

苗圃挑戰 12 小時 2009

Sowers Action Challenging 12 Hours 2009

比賽日期：2009 年 11 月 1 日 (星期日)

Event Date : 1st November 2009 (Sunday)

主辦機構



策略伙伴



全年贊助



大會指定健康飲品



大會指定計時



大會指定條碼技術供應商



大會指定網頁贊助



大會指定雜誌



大會指定攝影



金贊助



銀贊助



支援機構



苗圃挑戰 12 小時 2009 - 2009 年 11 月 1 日 (星期日)
Sowers Action Challenging 12 Hours 2009 - 1st November 2009 (Sunday)

42 公里 / KM		衛奕信徑 3-8 段 Wilson Trail Section 3-8				
起點/終點 Start / Finish		油塘三家村遊樂場 / 大埔佛教慧遠中學 Sam Ka Tsuen Recreation Ground, Yau Tong / Buddhist Hui Yuan College, Tai Po				
盃賽 / 組別 Categories / Divisions		出發時間 Starting	挑戰小時 Time Limit	報名費[#] Enrollment Fee[#]		最低籌款額 Min. Donation
				9 月 1 日或之前* On or before 1 st Sep*	9 月 2-16 日 2-16 Sep	
個人 Individual	公開盃/男、女 Open Cup / Men, Women	08:15	12	HK\$150	HK\$250	HK\$800
	精英盃/男、女 Elite Cup / Men, Women	08:00	7	HK\$150	HK\$250	HK\$800
隊際(4 人) Team (4-persons)	精英盃 Elite Cup			HK\$600	HK\$1,000	HK\$4,000
	公開盃 Open Cup	08:45	12	HK\$600	HK\$1,000	HK\$4,000
	工商盃 Corporation Cup			HK\$600	HK\$1,000	HK\$8,000

10 公里 / KM		城門水塘至大埔 Sheung Mun Reservoir to Tai Po				
起點/終點 Start / Finish		城門水塘賞蝶園 / 大埔佛教慧遠中學 Sheung Dip Yuen, Sheung Mun Reservoir / Buddhist Hui Yuan College, Tai Po				
盃賽 / 組別 Categories / Divisions		出發時間 Starting	挑戰小時 Time Limit	報名費[#] Enrollment Fee[#]		最低籌款額 Min. Donation
				9 月 1 日或之前* On or before 1 st Sep*	9 月 2-16 日 2-16 Sep	
個人 Individual	公開盃/男、女 Open Cup / Men, Women	11:00	6	HK\$150	HK\$250	HK\$800
	隊際(4 人) Team (4-persons)			公開盃 Open Cup	HK\$600	HK\$1,000
工商盃 Corporation Cup				HK\$600	HK\$1,000	HK\$8,000

豆丁挑戰 2 小時 Little Giant Challenging 2 Hours		城門水塘 Sheung Mun Reservoir				
起點/終點 Start / Finish		城門水塘賞蝶園 / 城門水塘賞蝶園 Sheung Dip Yuen / Sheung Dip Yuen				
組別 Division		出發時間 Starting	挑戰小時 Time Limit	報名費[#] Enrollment Fee[#]		最低籌款額 Min. Donation
				9 月 1 日或之前* On or before 1 st Sep*	9 月 2-16 日 2-16 Sep	
個人 Individual	六歲或以上 Age Over 6	13:00	2	HK\$150	HK\$250	HK\$350

[#] 凡使用信用卡、繳費聆或網上直接付款者，將附加總金額的 3.5% 作為手續費，以減輕活動行政支出。

* 以本會收妥參加者所有報名資料、報名費及最低籌款額為準。

[#] To reduce our administration expenses, a 3.5% handling charge will be charged for every payment settled by credit card, pps and on-line payment.

* **FAILURE TO** provide full enrollment details/pay enrollment fee/pay minimum sponsorship **BY THE DEADLINE** shall be deemed as **UNSUCCESSFUL** enrollments.

新增 - 豆丁挑戰 2 小時

行山活動在香港日漸普遍，甚至成為了家庭假日消閒活動之一，但是在內地的偏遠山區，大部小學生每天步行約 2 公里上學是十分普遍的。

為了讓參加者體驗山區學生步行實況，本屆增設了親子體驗行，由賞蝶園出發，經菠蘿壩小巴士站、菠蘿壩教育徑、蝴蝶園，然後折返賞蝶園，全程約 2.3 公里，當中有水泥路、泥路，有上坡、下坡。情況跟山區學生上學的路面情況相若。當然，跟山區的路況相比，還是相對地比較好。為了增加活動的意義，大會將會在行進期間，加插有些富教育性的遊戲，參加者可自由選擇參與。

* **HK\$350 已可以幫助一名初中學生一年的生活學習費**

New Route - Little Giant Challenging 2 Hours

Hiking becomes one of the popular events in Hong Kong nowadays, it is also a family event during the holidays, but in the remote areas of China, most of the primary students need to walk approx. 2km back to school every day.

Now you may experience the daily life of students in remote areas of China by joining the Little Giant Challenging 2 Hours, the route starting at Sheung Dip Yuen through Pineapple Dam mini bus station, Pineapple Dam Trail, Butterfly Garden then return to Sheung Dip Yuen, this journey is around 2.3km, you need to walk uphill and downhill, on the cement road and the wood path. Of course the road condition is much better than in the remote areas. We will insert some educational games during the journey, participants are encourage to join the games.

* **HK\$350 can subsidy one junior secondary student one year living and schooling expenses ***

報名辦法	Enrollment Methods
<ol style="list-style-type: none"> 截止報名日期：2009 年 9 月 16 日。 提早報名優惠期至 2009 年 9 月 1 日為止。 網上報名：於活動官方網站登記 www.challenging12hours.org 後，可即時透過信用卡或繳費聆付款，如以其他方式付款者，則必須於於登記後一星期內完成付款手續。 傳真 / 郵寄 / 親身遞交：填妥報名表格及付款表格，連同劃線支票或銀行收據交回本會；本會只接受付款表格中所列付款方法，恕不接受現金及期票。 贊助表格可連同報名表格一同遞交，亦可稍後補上，但必須確保跟已付的款項吻合。額外的文件可以傳真 / 郵寄 / 親身方式遞交外，亦可電郵至 info@challenging12hours.org；如付款表格填上信用卡資料，請不要使用電郵。 如參加者於 2009 年 9 月 26 日仍未收到確認信，請致電 25974739 或電郵 info@challenging12hours.org 查詢。 報名表格及贊助表格可影印使用。贊助表格及捐款提交本會後，本會將根據所提供之贊助人名稱發出收據。如參加者未能於 2009 年 12 月 31 日前提交贊助名單，本會將以：「贊助 XXX 參與苗圃挑戰 12 小時 2009」發出正式收據。 參加者可登入 www.challenging12hours.org 下載所需表格。 	<ol style="list-style-type: none"> Deadline for Enrollment: 16th September 2009 Deadline for early bird discount: 1st September 2009 On-line enrollment: Participant may do the on-line enrollment via our official website www.challenging12hours.org, the required payment can be settled on-line by credit card or PPS at the same time. Other payment methods should be settled within one week after registration. By fax / post or in-person: Complete the enrollment form and payment form and send to the office of Sowers Action together with a cheque or cash deposit slip. Only payment methods mentioned in the payment form will be accepted. Cash or post-dated cheque will not be accepted. Completed Sponsorship Form can be submitted together with the enrollment form, or submitted later. Please make sure the sponsorship information matches with the amount paid. Additional Sponsorship Forms can be submitted by fax, post, in-person, or by email to info@challenging12hours.org. DO NOT email payment form that includes credit card information. If you have not received your Confirmation Letter by 26th September 2009, please contact us at 2597 4739, or send email to info@challenging12hours.org. The Enrollment and Sponsorship Forms can be photocopied. Receipts will only be issued after receipt of the sponsorship list with name(s) of sponsor(s). Sowers Action will issue receipt "Sponsor XXX participated in "Sowers Action Challenging 12 Hours 2009" for submission of the Sponsorship Forms later than 31st December, 2009. All forms can be downloaded from www.challenging12hours.org.

報名詳情及須知	Enrollment details and requirements
<ol style="list-style-type: none"> 每人只可參加其中一個組別。大會保留提早截止報名日期的權利，而不作另行通知； 隊際須由 4 人組成，不論男女； 42 公里各組別之參加者必須在 2009 年 11 月 1 日或之前年滿 18 歲；參加名額合共 1,700 名(包括精英盃 250 名)，先到先得，額滿即止； 10 公里各組別之參加者必須在 2009 年 11 月 1 日或之前年滿 15 歲。18 歲以下之參加者，必須由家長或監護人陪同才可參加；參加名額合共 600 名，先到先得，額滿即止； 豆丁挑戰 2 小時之參加者必須在 2009 年 11 月 1 日或之前年滿 6 歲。18 歲以下之參加者，必須由家長或監護人陪同才可參加；參加名額合共 400 名，先到先得，額滿即止； 工商盃(42 公里/10 公里)：祇接受以機構名義(包括政府部門、公司及註冊社團)參加之隊伍，大會將在活動網頁上公佈參加名單及於活動當天致送紀念品； 精英盃：參加者必須於 7 小時內完成 42 公里賽程(需提供證明文件)，方可參加精英盃。所有組別之總名額為 250 名，先到先得，額滿後之精英盃申請轉為報名公開盃； 參加者必須提供正確之個人資料，包括身份證/護照號碼；大會可能會核對參加者個人資料並有措施保護個人私穩； 參加者必須在報名表填上一位緊急聯絡人，此人不得是本屆活動的參加者。 	<ol style="list-style-type: none"> Each person can only participate in ONE division. The Organizer reserves the right to close entries before the deadline without prior notice; Teams must have exactly 4 team members, no gender restriction. Participants in 42KM divisions must be 18 years old or above on or before 1st November, 2009. Max. No. of participants is 1,700 (250 for Elite Cup included). Enrollment is on a first come first served basis; Participants in 10KM divisions must be over 15 years old on or before 1st November, 2009. Age under 18 must be accompanied by a parent/guardian. Max. No. of participants is 600, first come first served.; Participants in Little Giant Challenging 2 Hours division must be over 6 years old on or before 1st November, 2009. Age under 18 must be accompanied by a parent/guardian. Max. No. of participants is 400, first come first served; Corporation Cup (42KM/10KM): Only for teams representing their organizations (including government departments, corporations and registered organizations). Team name of participant will be posted on web and newspaper acknowledgement advertisement after the event , a souvenir will be presented on the event day; Elite Cup: For participants who able to finish the 42KM race within 7 hours (must provide documents for certification). Max. No. of participants is 250, first come first served. When the number of enrollments has reached the max., excess Elite Cup enrollments will be categorized under Open Divisions; Participants must provide correct personal particulars, including ID/passport number. The Organizer may verify participants' details and will take appropriate actions to protect participants' privacy; Each participant must provide information of an emergency contact person on the enrollment form. This person MUST NOT a participant in the event.

注意事項	Important Notes
<ol style="list-style-type: none"> 「苗圃挑戰 12 小時」是一項富挑戰性之活動，各參加者必須有足夠的訓練，並熟習比賽路線及作出所需之支援及保險安排。 「豆丁挑戰 2 小時」各參加者必須於活動當天按大會指示前進，並需照顧同行的長者或小孩。 在任何情況下(額滿情況除外)，已提交的報名費及捐款均不獲退回。 參加者必須攜同大會發出之「確認信」正本，親臨或授權他人於指定之時間及地點領取參加物資及紀念品，逾期將不受理。 更換隊員：必須填寫「更換隊員表格」，表格可於網頁下載或透過電郵、傳真索取，填妥後以電郵或傳真本會。 <ol style="list-style-type: none"> 隊長為參加隊伍與主辦單位聯絡的代表，所以不得更換； 在 2009 年 9 月 16 日或之前可免費更換隊員一次； 在 2009 年 9 月 17-24 日期間更換隊員，將收取每人每次港幣\$100 手續費； 由 2009 年 9 月 25 日起，不接受任何隊員更改。 42 公里新增賽例： <ol style="list-style-type: none"> 42 公里參加者必須於下午五時到達城門水塘檢查站(CP4)，並於起步後 12 小時內到達大埔終點站，未能在指定時間到達城門水塘檢查站(CP4)或大埔終點站，將被終止參加資格； 大會將於衛奕信徑標距柱 W77 增設檢查站，大會工作人員將會在 42 公里參加者號碼布上蓋印證明，如參加者到達終點站時號碼布沒有此站印章，將被取消參加資格。 如受到惡劣天氣或其他不可預計之因素影響，引致活動無法如期進行，大會有權終止或取消活動，並不會延期。 	<ol style="list-style-type: none"> "Sowers Action Challenging 12 Hours" is a very physically demanding event. Participants should be well trained for the race and familiarize themselves with the routes. If necessary, suitable support and insurance should be arranged. All participants in Little Giant Challenging 2 Hours division must follow the instruction of The Organizer during the walk and must take of the elderly and children. Except that the maximum no. of participants has been reached, under no circumstances shall the enrollment fee and the received sponsorship be refunded. Successful participants MUST collect their Participant Packs and souvenir at the designated time and venue (in person or by an authorized person) by presenting the ORIGINAL Confirmation Letters. No Participant Packs will be distributed after the designated day. Change of Team Member: For those who wish to change team member MUST submit the "Change Team Member Form". This form can be downloaded from our website or requested by email/fax. Completed forms must be returned via email/ fax. <ol style="list-style-type: none"> Team leader is a key person of any team, therefore changes is not acceptable. No additional charges will be applied for changing one member of the team(s) before 16th Sept 2009. HK\$100 will be charge as administrative fee for changing one team member between 17th to 24th September, 2009. No change of team member is allowed from 25th September, 2009. New Rules for 42KM: <ol style="list-style-type: none"> 42KM participants must arrive at the Shing Mun Reservoir Checkpoint (CP4) on or before 17:00 and complete the race at Tai Po Finishing Point within 12 hours after start, participants who cannot reach the Shing Mun Reservoir Checkpoint (CP4) and Tai Po Finishing Point within the specified time limits will be disqualified; A new Checkpoint will set up at Wilson Trail mile pole W77 of 42KM race, a stamp will chopped on the participant's number cloth for verification, participants who arrive the Finishing Point without this stamp on the number cloth will be disqualified. The Organizer reserves the right to terminate or cancel the event with no postponement in consideration of adverse weather conditions and / or other unpredictable factors.

獎項及紀念品	Prizes and Souvenirs
<p>42 公里及 10 公里</p> <ol style="list-style-type: none"> 42 公里及 10 公里首 100 名被大會確認參加資格的參加者將獲頒由 Monlite 送出的電筒乙份。得獎者必須帶同大會發出的確認信件於大會指定的時間及地點領取此紀念品； 所有參加者均可獲 T-恤，水樽及毛巾等紀念品乙份*； 各組別的參加總人數少於 10 人/隊則只設冠軍獎盃 <ol style="list-style-type: none"> 獎盃：各組別之冠、亞、季軍可獲獎品及獎盃乙座； 禮品：各組別之冠、亞、季軍將獲由 The Overlander 送出的精美禮品乙份； 優異獎牌：各組別由第四名開始，將每人獲頒優異紀念獎牌乙個，得獎名額為各組別參加總人數的 20%； 證書：所有於指定時間內完成比賽的參加者，可即場獲頒發證書，以茲證明及鼓勵。必須在比賽當天於終點站領取，如因個人理由，不能於終點站領取證書者，必須即場捐出港幣 \$20 元作為助學捐款，大會將於比賽後以郵遞方式寄上。 <p>豆丁挑戰 2 小時</p> <ol style="list-style-type: none"> 所有參加者均可獲 T-恤，水樽及毛巾等紀念品乙份*； 證書：所有完成活動的參加者，可即場獲頒發證書乙張，以茲證明及鼓勵。如因個人理由，不能於終點站領取證書者，必須即場捐出港幣 \$20 元作為助學捐款，大會將於比賽後以郵遞方式寄上。 <p>* 紀念品種類將因能否覺得贊助而有所增減，參加者必須於指定時間及地點(親身或派代表)憑大會發出的回條領取紀念品。</p>	<p>42KM and 10KM</p> <ol style="list-style-type: none"> The first 100 Successful participants will be awarded a torch which sponsored by Monlite. Successful participant MUST collect this souvenir at the designated time and venue (in person or by an authorized person) by presenting the ORIGINAL confirmation letter. Each participant will be given a T-shirt, a water bottle and a towel etc. as souvenir*. Trophy will be only entitled to the Champion for those categories with total no. of participants under 10 individual/teams <ol style="list-style-type: none"> Trophies: The first three winners in each category entitled to have a trophy; Gifts: The first three winners in each category entitled to have a gift sponsored by The Overlander ; Medals: Participants of each category ranking from number 4 entitled to have a medal, the total number of winners will be 20% of total enrollment Certificate: will be awarded at the Finishing Point to participants who finish within the time limits. Under any circumstances, participant who wishes the Organizer to send the certificate by post MUST make a donation HK\$20 as Education Fund at the Finishing Point. <p>Little Giant Challenging 2 Hours</p> <ol style="list-style-type: none"> Each participant will be given a T-shirt, a water bottle and a towel etc. as souvenir*. Certificate: A special designed certificate will be awarded at the Finishing Point to participants who finish within the time limits. Under any circumstances, participant who wishes the Organizer to send the certificate by post MUST make a donation HK\$20 as Education Fund at the Finishing Point. <p>* The varieties of souvenirs will depend on sponsorships; participants must collect this souvenir at the designated time and venue (in person or by an authorized person) by presenting the Reply Slip.</p>

紀念 T-恤 尺碼

紀念 T-恤的尺碼，僅供參考，大會將儘量按所填報的尺碼送贈，但如在缺碼的情況下，敬請接受大會安排。

Size of Souvenirs T-shirt

Participant may not be able to get the size of the T-shirt requested due to limited stock.

尺碼 Size	100	110	120	XS	S	M	L	XL
胸圍 Chest	64cm	68cm	72cm	76cm	88cm	96cm	108cm	116cm

籌款獎**Fund Raising Awards**

為鼓勵參賽者於活動後繼續籌款，支持發展中國教育，於 2009 年 12 月 31 日或以前，籌款額達以下目標，可獲下列獎項：

To encourage participants to continue to support the education development in China by raising money after the activity, the Organizer offers the Fund Raising Awards to those who have raised a specific amount of donations on or before 31st December, 2009.

獎項 Award	金腳獎 Golden Foot	銀腳獎 Silver Foot	銅腳獎 Bronze Foot
個人 Individual	HK\$ 5,000 或以上 or above	HK\$ 3,000 – HK \$4,999	HK\$ 1,500 -HK\$ 2,999
隊際 Team (4 人 persons)	HK\$ 20,000 或以上 or above	HK\$ 12,000 - HK\$ 19,999	HK\$ 9,000 - HK\$ 11,999

最高籌款獎： 籌款總額最高的參加者(以個人計算)，將獲得由**鴻星集團**送出的「鴻星 20 周年全包宴套餐」乙席，價值 HK\$2,680，如有多於一個個人及隊伍達到同一指標則以抽籤決定。

籌款成績優異獎： 個人籌款成績優異者，將獲得由**精工錶**送出的手錶乙隻(名額容後公布)。

豆丁成績優異獎： 籌款總額最高之首三名之豆丁挑戰 2 小時參加者，各獲得獎盃乙隻，如有多於一個人到達同一指標則以抽籤決定。

The Highest Fund Raising Award : will be given to the highest fund raising amount of all (by each participant). Winner entitled to have one set of “Super Star Group 20th Anniversary Feast” (HK\$2,680) which sponsored by **Super Star Group**, should there be more than one individual or team with the same highest amount, a random draw will be conducted.

Best Fund Raising Awards : will be given to the best fund raising achievers. Winners are entitled to have a watch which sponsored by **SEIKO**. (No. of winners to be confirmed)

Little Giant Raising Awards : will be given to the highest fund raising amount of Top 3 participants of Little Giant Challenging 2 Hours. Winners are entitled to have a trophy, should there be more than one with the same highest amount, a random draw will be conducted.

參加者聲明 (凡未滿 18 歲之參加者，必須由監護人簽名同意)

- 本人/我們已清楚明白有關資料，包括本活動的《報名須知》，並同意參與及遵守[苗圃行動](主辦機構)及本活動所有有關之守則和主辦機構之臨時安排。
- 本人/我們謹此聲明並作出保證，本人/我們倘於活動期間發生意外，包括死亡、受傷或財物損失，本人/我們將自行承擔一切責任。主辦機構、贊助機構及支援機構毋須對此作出任何賠償或負上任何法律責任。
- 若本人/我們在活動進行期間，因自願或任何原因未能於主辦機構指定時間內到達指定地點，本人/我們將自行負責和安排離開會場。若本人/我們在活動期間發生事故而導致主辦機構支付額外開支，本人/我們願意支付所需費用。
- 本人/ 我們謹此一同聲明並作出保證：所有直接或間接從參與本活動所得捐款，將悉數捐予「苗圃行動」，作為改善中國教育用途。亦保證不得以本活動作為其他機構的捐款用途。
- 主辦機構將在活動進行期間(包括簡介會、活動當天，籌款頒獎禮及其他相關活動)，由主辦機構委任的攝影隊、錄影隊進行拍攝、錄音及錄像工作，所得的照片、影片、錄影帶、錄音帶或各類影音製品，在毋須諮詢任何人或取得任何人批准，亦毋須就此向任何人支付任何款項而使用該等影音製品作為推廣苗圃行動及其宣傳籌款活動用途

註: (i) 所有活動參加者都必須簽署此文件。**參加者聲明**將以郵寄方式送呈參加者，參加者必須在指定時間及方式交回主辦機構。

(ii) 活動期包括正式活動前或後，任何有關之活動，包括但不限於簡介會，領取物資，訓練，籌募，頒獎會和慶功宴。

(iii) 此文件以中文版本為準，主辦機構有全部解釋權，並會不時更新。

Disclaimer and Indemnity (Guardian's signature is required for participants under the age of 18)

- I/We, the undersigned, wish to participate in this event organized by Sowers Action (the Organizer). I/We jointly and severally confirm and agree that I/we shall comply with all relevant rules & regulations and other ad-hoc arrangements made by the Organizer and shall take part in this event entirely at my/our own risks and that I/we shall not hold the Organizer, or any sponsors / supporting organizations, responsible for any accident of whatsoever kind, resulting in death or injury, or for any damage to or loss or destruction of personal properties during the course of this event.
- In case I/We withdraw from this event of my/our own accord or I am/we are disqualified by the Organizer because of my/our failure to reach the specified location within the time limits specified by the Organizer, I/we shall arrange my/our transportation to leave the venue. I/We also agree to indemnify or reimburse the Organizer in respect of any additional expenses or costs incurred by the Organizer arising from or in connection with my/our participation in this event.
- I/We, the undersigned, jointly and severally undertake that all funds raised directly or indirectly by my/our participation in this event will be paid in full to the Sowers Action. I/We will not raise funds for other charities by participating in this event.
- I/We, the undersigned, hereby acknowledge and agree that the Organizer may (without reference to, and without the prior approval of, or any payment to, any person) use, in any publicity material connected with this event (including but not limited to any of this event and the Organizer's websites) or in connection with any of the Organizer's promotional or fundraising activities, any photograph, film, videotape, record or other reproduction of the image and/or voice of me, my teammates or members of my support team who take part in this event and its related activities.

Remarks:

- All participants of events organized by the Organizer must agree and sign the Disclaimer and Indemnity. The Disclaimer and Indemnity will send to participant by post, all participants must be signed and returned to the Organizer in designated method and time.
- Event period includes but not limited to major event days, introductory meeting, material collection, training, fund raising, trophy presentation and celebration.
- The Chinese version of this Disclaimer and Indemnity has precedence over other versions. The Organizer has all the rights to interpret and make the amendment

「苗圃挑戰 12 小時 2009」報名表格

Sowers Action Challenging 12 Hours 2009 ENROLLMENT FORM

填寫報名表前請先細閱活動及報名詳情

Please read details of the event carefully before filling in the enrollment form.

組別 (請在適當方格加上☑號) / Divisions (please mark ☑ in the appropriate box)

參加號碼 Team ID :

(職員專用 Official use only)

☐ 42 公里 KM

精英盃 Elite Cup	<input type="checkbox"/> 男子 Men	<input type="checkbox"/> 女子 Women	<input type="checkbox"/> 隊際 Team	隊名 Team Name :
公開盃 Open Cup	<input type="checkbox"/> 男子 Men	<input type="checkbox"/> 女子 Women	<input type="checkbox"/> 隊際 Team	隊名 Team Name :
工商盃 Corporation Cup	<input type="checkbox"/> 隊際 Team 隊名 Team Name :			

☐ 10 公里 KM

公開盃 Open Cup	<input type="checkbox"/> 男子 Men	<input type="checkbox"/> 女子 Women	<input type="checkbox"/> 隊際 Team	隊名 Team Name :
工商盃 Corporation Cup	<input type="checkbox"/> 隊際 Team 隊名 Team Name :			

☐ 豆丁挑戰 2 小時 Little Giant Challenging 2 Hours

請以**正楷**填寫所有資料，所有賽員必須指定一位緊急聯絡人，如有遺漏，恕不受理。

Please fill in all the required information in **BLOCK LETTERS**. All participants must nominate an emergency contact person. The Organizer will not accept entry if the Enrolment Form is Incomplete.

(A) 隊長 / 個人 Team Leader / Individual

英文姓名 Name in English	Surname	First Name	中文姓名 Name in Chinese	姓	名	身份證/護照號碼 ID/Passport No.
出生日期 Date of Birth		性別 Gender	<input type="checkbox"/> 男 Male	聯絡電話 Contact No.		電郵 Email
日 Day / 月 Month/ 年 Year		<input type="checkbox"/> 女 Female				
地址 Address				緊急聯絡 / 監護人 Emergency contact / Guardian 姓名 Name 電話 Tel.		
T-恤 T-shirt : <input type="checkbox"/> 100 <input type="checkbox"/> 110 <input type="checkbox"/> 120 <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL						
本人已了解及同意遵守在「 參加者聲明 」中所述內容。 I understand and agree to be bound by the content of the “ Disclaimer and Indemnity ” section				18 歲以下人士須由監護人簽名 Guardian’s approval for applicant under age 18:		
申請人簽名 Applicant’s Signature :						

(B) 隊員 Member

英文姓名 Name in English	Surname	First Name	中文姓名 Name in Chinese	姓	名	身份證/護照號碼 ID/Passport No.
出生日期 Date of Birth		性別 Gender	<input type="checkbox"/> 男 Male	聯絡電話 Contact No.		電郵 Email
日 Day / 月 Month/ 年 Year		<input type="checkbox"/> 女 Female				
地址 Address				緊急聯絡 / 監護人 Emergency contact / Guardian 姓名 Name 電話 Tel.		
T-恤 T-shirt : <input type="checkbox"/> 100 <input type="checkbox"/> 110 <input type="checkbox"/> 120 <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL						
本人已了解及同意遵守在「 參加者聲明 」中所述內容。 I understand and agree to be bound by the content of the “ Disclaimer and Indemnity ” section				18 歲以下人士須由監護人簽名 Guardian’s approval for applicant under age 18:		
申請人簽名 Applicant’s Signature :						

(C) 隊員 Member

英文姓名 Name in English	Surname	First Name	中文姓名 Name in Chinese	姓	名	身份證/護照號碼 ID/Passport No.
出生日期 Date of Birth	日 Day	月 Month	年 Year	性別 Gender	聯絡電話 Telephone	電郵 Email
				<input type="checkbox"/> 男 Male <input type="checkbox"/> 女 Female		
地址 Address				緊急聯絡 / 監護人 Emergency contact / Guardian 姓名 Name 電話 Tel.		
T-恤 T-shirt : <input type="checkbox"/> 100 <input type="checkbox"/> 110 <input type="checkbox"/> 120 <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL						
本人已了解及同意遵守在「 參加者聲明 」中所述內容。 I understand and agree to be bound by the content of the “ Disclaimer and Indemnity ” section				18 歲以下人士須由監護人簽名 Guardian’s approval for applicant under age 18:		
申請人簽名 Applicant’s Signature :						

(D) 隊員 Member

英文姓名 Name in English	Surname	First Name	中文姓名 Name in Chinese	姓	名	身份證/護照號碼 ID/Passport No.
出生日期 Date of Birth	日 Day	月 Month	年 Year	性別 Gender	聯絡電話 Telephone	電郵 Email
				<input type="checkbox"/> 男 Male <input type="checkbox"/> 女 Female		
地址 Address				緊急聯絡 / 監護人 Emergency contact / Guardian 姓名 Name 電話 Tel.		
T-恤 T-shirt : <input type="checkbox"/> 100 <input type="checkbox"/> 110 <input type="checkbox"/> 120 <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL						
本人已了解及同意遵守在「 參加者聲明 」中所述內容。 I understand and agree to be bound by the content of the “ Disclaimer and Indemnity ” section				18 歲以下人士須由監護人簽名 Guardian’s approval for applicant under age 18:		
申請人簽名 Applicant’s Signature :						

苗圃挑戰 12 小時 2009 付款表格 Sowers Action Challenging 12 Hours 2009 Payment Form

參加編號 Team ID:	隊長/參加者姓名 Name of Team Leader/Participant:	聯絡電話 Contact No.:
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*信用卡付款 By Credit Card : Visa Master American Express

為節省本會行政支出，本會將收取以信用卡付款者，每單交易 3.5%。

To reduce our administration expenses, a 3.5% handling charge will be charged for every payment paid by credit card

付款金額 Amount:	(A) 報名費 Enrollment Fee:	+ (B) 捐款 Donation:	+ *手續費 *Handling Charge: (A) + (B) x 0.035	= 總數 Total: HK\$
	HK\$	HK\$	HK\$	HK\$

例如：參與公開盃個人組 (9 月 2 日至 9 月 16 日報名) e.g. : Participant in Division Individual (Apply between 2nd to 16th Sept)

(A) 報名費 Enrollment Fee:	+ (B) 捐款 Donation:	+ *手續費 *Handling Charge: (A) + (B) x 0.035	= 總數 Total: HK\$1,086.75
HK\$ 250	HK\$ 800	HK\$36.75	

信用卡號碼： Credit Card No.	有效日期： Expiry Date
_____	_____ / _____
持卡人姓名 Card Holder's Name :	持卡人電話 Card Holder's Tel. No.:
_____	_____
持卡人簽名 Card Holder's Signature :	日期 Date:
_____	_____

現金存款 Cash Deposit : 中國銀行帳戶 **Bank of China Account 012-875-1144-6785**

請註明隊長/參賽者姓名及聯絡電話 Please give name and contact telephone No. of Team Leader/Participant

報名費 Enrollment Fee	+	捐款 Donation	=	總數 Total
HK\$		HK\$		HK\$

支票付款 By Cheque

支票抬頭：「苗圃行動」並須於背面寫上隊長/參賽者姓名及聯絡電話

Payable to "Sowers Action", please write name and contact telephone No. of Team Leader/individual competitor on the back of cheque.

支票號碼 Cheque No.:	銀行名稱 Name of Bank:	_____
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苗圃挑戰 12 小時 2009 贊助表格 Sowers Action Challenging 12 Hours 2009 Sponsorship Form

參加編號 Team ID:	隊長/參加者姓名 Name of Team Leader/Participant:	聯絡電話 Contact No.:
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此表格可影印。請於 2009 年 12 月 31 日前提交贊助表格，如未能如期提交，本會將以：「贊助 XXX 參與苗圃挑戰 12 小時 2009」發出正式收據。為免收據資料出錯，請以**正楷**書寫。

This form can be photocopied. Please submit your Sponsorship Form before 31st December, 2009, otherwise Sowers Action will issue receipt "Sponsor XXX participated in "Sowers Action Challenging 12 Hours 2009". To avoid any error on the Official receipts, all information MUST be completed in BLOCK LETTERS.

1.	贊助人性名 Name of Sponsor	贊助金額 Amount (HK\$)	本會專用欄 Official Use Only	7.	贊助人性名 Name of Sponsor	贊助金額 Amount (HK\$)	本會專用欄 Official Use Only
2.				8.			
3.				9.			
4.				10.			
5.				11.			
6.				12.			
小計 Sub-Total :				小計 Sub-Total :			
				贊助總額 Total Amount :			

1. 額外贊助表格及善款須於 **2009 年 12 月 31 日**或之前交回苗圃行動，作為計算籌款比賽之用；
2. 捐款港幣 100 元或以上者，本會將會發出收據，捐款人可憑「苗圃行動」收據申請退稅。
3. 為節省本會行政支出，未滿港幣 100 元之捐款，恕不發出收據

1. The deadline for submitting additional sponsorship forms and donations for the "Best Fund-raising Awards" is **31st December, 2009**;
2. All donations over HK\$100 are tax deductible and official receipts will be issued by Sowers Action;
3. To reduce our administration expenses, no receipt will be issued for any donation under HK\$100.