

主辦機構 Organiser:



著綠狂奔

GREEN RUN

2026.03.07

香港科學園及白石角海濱長廊

3 km 跑步賽 Running

10 km 跑步賽 Running

個人 / 親子 / 企業團體賽 Individual / Family / Corporate Team Race

跑手指南

RUNNER'S GUIDE



著綠狂奔支持可持續發展目標 Green Run Supports Sustainable Development Goals



健康與福祉



負責任消費與生產



氣候行動

減碳生活 無限 RUN

會場地圖

Venue Floor Map

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科學園及白石角海濱長廊
Science Park & Pak Shek Kok Promenade



行李寄存
Baggage Drop-off



行李領取
Baggage Pick-up



號碼布領取處
Bib Collection



VIP 專區
VIP Booth



打卡區
Photo Booth



遊戲區
Game Booths



回收站
Recycling Station



完成獎牌換領處
Finisher Medal Booth



成績及大會詢問處
Result & Information Booth



急救站
First-Aid



大會水站 (10公里賽道另設水站)
Water Station
(Extra water station is set up along the 10km course.)

賽事配速員

Pacer



為支持跑手突破自己最佳時間，今屆著綠狂奔10公里賽事，將設有由香港本地運動服裝品牌AKIV全力支持的「著綠配速員」！助你穩定配速，創造佳績！跟隨配速員時，緊記留意賽道狀況，以免阻礙其他跑手，配速如下：



To support runners in breaking their personal best, this year's Green Run 10km race features 'Green Pacers' sponsored by the local Hong Kong sportswear brand AKIV! The 'Green Pacers' will help you maintain a steady pace and achieve your personal best! When following the pacers, please be remember to pay attention to the race conditions to avoid obstructing other runners. The pacing details are as follows:



著綠挑戰

Mini Challenge

豐富獎品等緊你!
Great Prizes Wait For You!

1 Green Count「數」

Green Count 'Soul'

玩法：挑戰於計時器按中目標秒數 2.50秒
How to play: Challenge to stop the timer exactly at 2.50 seconds



2 耐「綠」肌

Green Endurance

玩法：挑戰平板支撐最長時間
How to play: Challenge the longest plank time



3 「綠」YEAH 仙 JUMP

Jumping Green

玩法：挑戰波比跳最多次數
How to play: Whoever can do the most burpees



4 至型著綠大獎

Greenest Outfit Award

玩法：打扮最具綠色環保創意元素
How to play: The most creative outfit with Green Element



時間表

Rundown



時間	位置	活動
7:15am – 10:00am	號碼布領取處 Bib Collection	領取號碼布及選手包 Bib and Runner Pack 10km: 7:15am – 08:00am 3km: 8:45am – 09:30am
7:15am – 12:00nn	行李寄存點 Baggage Area	行李寄存開放 Storage Booths Open
8:00am – 8:10am	舞台 Stage	台上集體熱身 Warm-up Session on Stage
8:30am	跑道起點 Starting Point	1公里組邀請賽起跑 1km Race Start 10公里組別賽事起跑 (個人、親子及團體) 10km Race Start (Individual, Family & Team)
9:00am – 12:00nn	攤位 Booth	攤位開放 Booth Start
9:45am – 10:30am	舞台 Stage	頒獎禮 (10公里賽事 – 個人) Awards Ceremony (10km Race – Individual)
10:00am	跑道起點 Starting Point	3公里組別賽事起跑 (個人、親子及團體) 3km Race Start (Individual, Family & Team)
11:00am – 11:40am	舞台 Stage	表演及頒獎禮 Performance & Awards Ceremony
12:00nn		著綠狂奔2026圓滿結束 End of Green Run 2026

路線圖

Race Route

著綠狂奔
GREEN RUN
 2026.03.07
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交通方法

Transportation



請參考香港科學園網站：

www.hkstp.org/zh-hk/visit/transportation

Please refer to Hong Kong Science Park Website：

www.hkstp.org/en/visit/transportation

賽事聲明

Declarations

謹此聲明本人參加著綠狂奔2026一切有關活動(「該活動」)及確認願意遵守由環保促進會(「大會」)所訂的條文及規則，並同意以下所列：

1. 本人是自願參加該活動和願意承擔自身的意外風險及責任，並無權及豁免向該大會，其它有關機構及公司對本人在訓練中、往返活動場地途中、活動中發生或其引致之自身意外、各類傳染性病毒病或疾病感染、死亡或任何形式的損失索償或追討責任。
2. 本人聲明本人身體健康及有能力參加該活動，並經由執業醫生確認本人之體能適合參加該活動。

As a condition of my being permitted to compete in Green Run 2026 and any ancillary event or function (collectively “Event”), I confirm and declare to the Green Council (“the Organiser”) as follows:

1. I understand that by participating in the Event there are risks of injury, death, catching any contagious disease and / or loss. I am entering the Event entirely at my own risk and responsibility. I hereby discharge the Organiser and any other individual, organisation or company connected directly or indirectly with the Event or providing services or advices to me from any responsibility or liability in the event of my injury, death or loss of property sustained or incurred or contracting any contagious disease during my training for the Event, during the Event, or as a consequence of or while traveling to or from the Event.
2. I am and will be physically fit and capable of participating in and completing the Event, and I have been advised by a qualified medical practitioner that I can so participate.

比賽規則

Rules and Regulations



參賽者必須及自力走或跑畢全程。

Participants must wear the runner bib and complete the marked course on foot under their own power.

參賽者必須佩戴選手號碼布，沒有佩戴或遺失選手號碼布，大會將不作補發及不會為參賽者記錄比賽時間。

Participants must wear the runner bib. If participant do not wear it or lose it, the organiser will not issue a replacement and will not record the race time.

若參賽者沒有按照其指定參加之組別及時間起步，大會將取消其參賽資格，有關參賽者亦不會獲發成績。

Participants will be disqualified if they do not start at the designated race category and start time assigned by Green Council. No result will be issued to those participants.

優勝者獲得之任何獎品均不得轉讓，亦不可兌換現金或其他獎品。

Prizes are non-transferrable and non-redeemable for cash.

比賽之優勝者將會於當天即時公佈，大會及評判團擁有最終及不可推翻的決定權，參加者不得異議。

On the race day, the winner's list will be announced on-site. The judge has the final decision of the result. No appeal is allowed.

禁止任何寵物，或任何形式的輪運物體的交通工具，如輪椅、自行車、滾軸溜冰鞋、手推車、內置或附加在鞋的轆等進入賽道範圍。

No pets or any form of wheel-run objects of transport, e.g. wheelchairs, bicycles, skates, trolleys, shoes with built-in or attached rollers, etc., are allowed on the course.

參賽者不能攜帶任何構成危險或阻礙比賽進行的物品（例如攻擊性武器、易燃、爆炸性物品或阻礙其他參賽者之物品等）進入比賽範圍，違例者將會被即時要求離開賽道及可能交由執法人員跟進。

Dangerous goods (i.e. offensive weapons, flammable, explosive agents or materials/ objects which obstruct other participants, etc.) are strictly prohibited. Those who violate this rule will be asked to leave the course immediately, and such cases might be reported to Law Enforcement Agency.

任何在賽道上的工作人員、醫務人員、賽道總監、裁判或保安若要求參賽者退出比賽，參賽者必須立即停止比賽及離開賽道。

Participants must leave the racecourse immediately if requested to do so by any member of the race official, medical staff, race director, referees or security staff.

主辦機構保留酌情修改比賽規則、路線及/或其他安排的權利。

Green Council reserves the right to make changes to the event rules and requirements, routes and/or other arrangements as they deem appropriate.

比賽時限 Time Limits :

10 公里個人賽 / 親子賽 / 企業團體賽 : 120分鐘

10K Individual / Family / Corporate Team Race — 120 minutes

3 公里個人賽 / 親子賽 / 企業團體賽 : 60分鐘

注意事項

Important Notice



健康與安全提示 Health and Safety Advice

參賽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.

保險 Insurance

大會將為賽事購買第三者保險，參加者之個人意外保險須自行負責。

Green Council will cover Public Liability Insurance only. Runners should be responsible for their own Personal Accident Insurance.

惡劣天氣比賽安排 Weather and Cancellation Policy

如比賽當天早上 5 時後懸掛紅色暴雨、黑色暴雨或3號風球或以上，賽事將會取消。如是次比賽因天氣惡劣或懸掛上述任何警告而取消，將不設補賽，而參賽者之報名費一概不作退款。

If Red / Black Rainstorm or Typhoon Signal No.3 or above is hoisted at 5:00 am, the race will be cancelled. Should the above Inclement Weather Warnings be hoisted, the race will be cancelled and without a fallback date. All paid fee will not be refunded.

請在比賽當天早上致電香港天文台查詢有關天氣情況 (電話：1878200)。

Please check the race day weather from the Hong Kong Observatory (Tel: 1878200).

行李擺放 Baggage Storage

集合點將設行李擺放區，大會建議運動員輕便出行並不要攜帶貴重物品到場，如有個人財物遺失，大會概不負責。

A Baggage Storage Area will be provided. Green Council advise participants to travel light and not to bring valuable items to the venue. Green Council will not be responsible for any loss of personal property.

其他 Others

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.

大會擁有修改及解釋以上規則的權利。

Green Council reserves the right to amend or clarify the above terms and conditions.

參賽企業隊伍

Corporate Team

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排名不分先後
In no particular order



CHOW TAI FOOK

CLP 中電 | 125



著綠狂奔 GREEN RUN 2026.03.07

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主辦機構 Organiser:



金贊助 Gold Sponsor:



銀贊助 Silver Sponsor:



大會指定航空公司 Official Airline:



銅贊助 Bronze Sponsor:



綠贊助 Green Sponsor:



媒體贊助 Media Sponsor:



全力支持 Supported by:



支持機構 Supporting Organisation:



鳴謝 Acknowledgement:

