

7th Hong Kong Games' Vitality Run to open for enrolment on January 10 (with photos)

The Vitality Run of the 7th Hong Kong Games (HKG) will be held on March 10 (Sunday) for members of the public to share the fun of running and show support for athletes who are gearing up for the HKG competitions. Enrolment will begin on January 10 (Thursday).

The event has received overwhelming responses from the public since it was first held in 2015. This year's Vitality Run, being the third one to be staged by the HKG, will increase the quotas once again to allow more people to take part in this community participation programme. The Hong Kong Jockey Club will continue to be the title sponsor of the Vitality Run.

The Vitality Run is scheduled for the morning of March 10 and will be held alongside the Shing Mun River in Sha Tin. Enrolment quotas of 4 100 and 1 200 are available for the about-3-kilometre run (open to all ages) and the 10km run (for those aged 16 or above) respectively.

Members of the public can register free of charge and each participant will get a souvenir T-shirt and a gift pack. Those who complete the run within the time limit will also receive a certificate and a souvenir medal. To add more fun to the event, participants can dress up and compete for the Most Creative Costume Prize and the Overall Best Team Costume Prize.

The about-3km run will begin at 9am. The route will start at Yuen Wo Road (near Sha Tin Sports Ground), proceeding to Sha Tin Rural Committee Road, Tai Chung Kiu Road, Fo Tan Road and Yuen Wo Road and finishing at Sha Tin Sports Ground.

The 10km run will commence at 8.30am, also from Yuen Wo Road (near Sha Tin Sports Ground), proceeding to Sha Tin Rural Committee Road, Tai Chung Kiu Road and Fo Tan Road, and then heading back to Yuen Wo Road. After arriving at Yuen Wo Road Sports Centre, participants will switch to the jogging and cycling tracks alongside the Shing Mun River via the Hong Kong Sports Institute campus and sports ground, then turn around before the Sha Tin Sewage Treatment Works (without entering the Hong Kong Sports Institute) and finish at Sha Tin Sports Ground.

Enrolment will start at 8.30am on January 10 on a first-come, first-served basis through the following methods:

1. in person at any District Leisure Services Office (DLSO) or any leisure venue with Leisure Link Services of the Leisure and Cultural Services Department (LCSD);

2. online via the Leisure Link Internet Booking System (leisurelink.lcsd.gov.hk); or
3. through any Leisure Link Self-service Kiosk.

The prospectus and enrolment form are available at the 7th HKG dedicated website (www.hongkonggames.hk), DLSOs, leisure venues with Leisure Link Services and LCSD sports grounds.

On the event day, activities including stage performances, game booths, a family area and a photo corner will be held at Yuen Wo Playground so that participants and members of the public can enjoy the fun of sports and greet the upcoming 7th HKG.

The HKG is a territory-wide major multi-sports event held biennially with the 18 District Councils (DCs) as the participating units. The inter-district sports competitions of the 7th HKG will be held between April 28 and June 2 this year, covering eight sports competitions, namely athletics, badminton, basketball, futsal, swimming, table tennis, tennis and volleyball.

Apart from sports competitions, a wide range of activities are also organised for the public to participate in. The 18 Districts' Pledging cum Cheering Team Competition will be held on February 24 at Queen Elizabeth Stadium. The pledging ceremony will show the full support of relevant organisations and the readiness of athletes from 18 districts to strive for success in the Games, while the cheering team competition aims at encouraging members of the public to give active support to the athletes and creating a cheerful atmosphere for the games.

Other community participation programmes include voting and guessing activities, a photo contest, the Grand Opening and the Closing cum Prize Presentation Ceremony.

The 7th HKG is organised by the Sports Commission and co-ordinated by the Community Sports Committee along with the 18 DCs; the LCSD; the Sports Federation & Olympic Committee of Hong Kong, China; and relevant National Sports Associations as co-organisers. The Hong Kong Jockey Club is recognised as the Principal Contributor.

Details about the 7th HKG are available at the [dedicated website](#).

