

2024
11.3
(星期日)

慶祝中華人民共和國
成立75周年

Sha Tin
沙田
單車節

場地單車世界冠軍

黃金寶

沙田單車節 2024
活動大使

單車手須知 CYCLISTS' GUIDE



城市繞圈
挑戰賽

專業公路
繞圈賽

火炬傳承慶典

- 電競單車機體驗
- 定車大比拼
- BMX花式單車表演
- 兒童平衡車體驗
- 免費單車教學
- 單車文化展

Wheels Turning! Sha Tin Pedal On!

雙輪競逐 喜動沙田

- 各組個人冠軍得獎者，將獲贈「CM+ 壹棠酒店及服務式公寓」一晚住房體驗
- 成功報名及完成「沙田區議會同樂盃」挑戰賽，即送「CM+ 壹棠酒店及服務式公寓」住宿優惠券

1. 付款方式：本活動的付款將於活動前由主辦單位通知。2. 使用上：每位註冊者可獲贈一張。每人入住最多可獲贈一張。此項住宿優惠券僅供個人使用。3. 有效期間：任何註冊的有效日期由2024年11月1日起。逾期作廢。4. 其他條款：非現金支付。不可兌換現金。5. 其他條款：此項住宿優惠券僅供個人使用。6. 其他條款：此項住宿優惠券僅供個人使用。7. 其他條款：此項住宿優惠券僅供個人使用。8. 其他條款：此項住宿優惠券僅供個人使用。9. 其他條款：此項住宿優惠券僅供個人使用。10. 其他條款：此項住宿優惠券僅供個人使用。

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慶祝中華人民共和國
成立七十五周年

沙田單車節

2024 11.03



賽事簡介

INTRODUCTION

2024 沙田單車節

2024 SHATIN CYCLING FESTIVAL

為推動沙田的單車運動文化,慶祝中華人民共和國成立75周年,香港菁新交流協會與中國香港體育普及發展聯會共同舉辦的「沙田單車節2024」,旨在以單車嘉年華形式凝聚社區共識、促進運動精神及提升沙田的形象,說好沙田故事。

To promote the bicycle sports culture in Sha Tin and celebrate the 75th anniversary of the founding of the People's Republic of China, the Sha Tin Cycling Festival 2024, co-organized by the Hong Kong Flash Exchange Association and the Hong Kong China Sports Popularization and Development Association, aims to unite the community, promote the spirit of sports, and enhance the image of Sha Tin through a bicycle carnival.

活動大使

ACTIVITY AMBASSADOR



場地單車世界冠軍

黃金寶

WONG KAM-PO, SBS, MH

原香港單車代表隊運動員,兼項公路賽及場地賽,1998年曼谷亞運、2006年多哈亞運、2010年廣州亞運公路賽金牌得主,2007年西班牙馬略卡場地單車世界錦標賽在不擅長的15公里捕捉賽勇奪世界冠軍,披上彩虹戰衣,是香港首位單車運動員奪得世界冠軍頭銜。

A former Hong Kong cycling team athlete, who competed in both road and track events, won gold medals in road races at the 1998 Bangkok Asian Games, the 2006 Doha Asian Games, and the 2010 Guangzhou Asian Games. In 2007, at the Track Cycling World Championships in Mallorca, Spain, he bravely claimed the world championship title in the 15-kilometer points race, which was not his strong suit, donning the rainbow jersey. He is the first Hong Kong cyclist to win a world championship title.

賽事時間表

EVENT SCHEDULE

活動日期: 2024年11月3日 (星期日)
Event Date: 3 November 2024 (Sunday)

活動時間: 清晨06:30 - 上午11:30
Event Time: 06:30am - 11:30am

活動地點: 沙田源禾遊樂場
Event Place: Yuen Wo Playground, Sha Tin

雙輪競逐 喜動沙田

2024 沙田單車節

Wheels Turning! Sha Tin Pedal On!

06:30am	建滔集團青少年女子盃 Kingboard Youth Women's Cup	19.2km (8圈) 19.2km (8 laps)
06:30am	建滔集團青少年男子盃 Kingboard Youth Men's Cup	19.2km (8圈) 19.2km (8 laps)
06:30am	招商幸福邨精英女子盃 China Merchants Happy Community Elite Women's Cup	19.2km (8圈) 19.2km (8 laps)
07:30am	招商幸福邨精英男子盃 China Merchants Happy Community Elite Men's Cup	60km (25圈) 60km (25 laps)
07:30am	建滔集團未來之星男子盃 Kingboard Star of the Future Men Junior's Cup	60km (25圈) 60km (25 laps)
09:15am	億京慈善學界高中男子盃 Billion Charity High School Boys Cup	7.2km (3圈) 7.2km (3 laps)
09:15am	億京慈善學界初中男子盃 Billion Charity Junior High School Boys Cup	7.2km (3圈) 7.2km (3 laps)
09:40am	億京慈善學界高小男子盃 Billion Charity Primary School Boys Cup	7.2km (3圈) 7.2km (3 laps)
10:10am	深圳社團總會關愛盃 FEDERATION OF HONG KONG SHENZHEN ASSOCIATIONS Care Teams Cup	4.8km (2圈) 4.8km (2 laps)
10:40am	「菁新交流盃」大會邀請賽 Flash Exchange Cup Invitational Tournament	4.8km (2圈) 4.8km (2 laps)
11:10am	「沙田區議會同樂盃」挑戰賽 Sha Tin District Council Cup Challenge	4.8km (2圈) 4.8km (2 laps)

雙輪競逐 喜動沙田

2024 沙田單車節

Wheels Turning! Sha Tin Pedal On!

前往活動場地 GETTING TO THE VENUE



由於舉行單車賽事，源禾路一帶由**清晨4時至上午11時45分**將實施**特別改道及封路措施**，參加活動人士應提早出門，以免受交通延誤影響。下午解封後交通將恢復正常。

There will be **temporary traffic diversion and road closure from 04:00am to 11:45am** for the event. Participants are encouraged to plan and start their journey early to avoid any delay caused by road closure. The temporary traffic arrangements will be ceased in the afternoon.

以下巴士站將會暫時停止運作，受影響之巴士路線如下：

Some bus stops will be temporarily suspended. The affected bus routes are as follows:

源禾路（大圍方向）－禾峯邨站

40X / 72 / 72A / 80K / 81K / 85 / 85K / 86 / 88K / 88X / 280X / 285 / N73 / N271 / A46 / A40

源禾路（大圍方向）－瀝源邨站

40X / 48X / 72 / 72A / 80K / 81 / 81K / 85 / 85K / 86 / 88K / 88X / 89 / 269D / 280X / 285 / N73 / N271 / A46 / NA40

大涌橋路（馬鞍山方向）－麗豪酒店站

49X / 74A / 81C / 85A / 86C / 86K / 89X / 182 / 284 / 289R / 299X / N182 / N281 / A41

大涌橋路（馬鞍山方向）－富豪花園站

49X / 74A / 81C / 85A / 86C / 86K / 89X / 182 / 284 / 289R / 299X / N182 / N281 / A41



前往活動場地

GETTING TO THE VENUE



因應源禾路一帶**上午**將實施特別改道及封路措施，參加活動人士可參閱以下建議前往會場：
There will be temporary traffic diversion **in the morning** for the event. Participants may refer to the following suggestions for traveling to the venue:

善用單車徑

By Cycle Paths

可利用單車作為接駁工具，沿城門河單車徑抵達至大會場地。

Use bike as a transportation tool to reach the conference venue along the Shing Mun River Cycle Trail.

駕駛私家車

By Car

主辦單位並不提供任何停車位，駕駛人士可考慮使用於禾輦邨/瀝源邨的停車場。

No parking will be provided by the Organiser. Motorists are advised to park their cars at Wo Che Estate / Lek Yuen Estate.

電召貨車/的士

By Van / Taxi

請於禾輦街（天主教聖華學校）附近上落。

Please drop off at Wo Che Street (The Little Flower's Catholic Primary School)

或於源禾路25號（香港體育學院）附近上落，並利用單車徑前往會場。

Please drop off at 25 Yuen Wo Rd (Hong Kong Sports Institute), and use the bike path to go to the venue.

港鐵

By MTR

攜帶單車之參加者乘搭港鐵時，須將單車摺合（適用於摺合單車），或拆除單車前車輪，才可進入收費區。為免阻礙其他乘客，建議於港鐵車頭或車尾車卡登車。

Participants should fold their bikes (for folding bike) or remove the front wheel before entering the paid area of the MTR. Please be considerate and use the first or last compartment of the train.

- 建議使用港鐵沙田站 A3 出口，前往會場約1.2公里

Participants can use MTR Sha Tin Station Exit A3, which is about 1.2 km away from the venue.

前往活動場地

GETTING TO THE VENUE



經行人隧道步行前往會場 Walk to the venue via pedestrian subway

1. 經禾峯街（天主教聖華學校）側邊隧道（往城門河方向出口）進入會場
Enter the venue through the tunnel next to Wo Che Street (The Little Flower's Catholic Primary School) towards the direction of the Shing Mun River.
2. 經火炭路與源禾路十字路口隧道（往沙田運動場方向出口）進入會場
Enter the venue through the tunnel at the intersection of Fo Tan Road and Yuen Wo Road (exit towards the Sha Tin Sports Ground).



巴士 By Bus

按各巴士公司乘客規則，單車尺寸已超出限制。自攜單車人士請使用其他交通工具。
Bikes exceed the carry-on luggage size limit set by bus companies. For participants with bikes, please choose other means of transportation.

賽事流程

專業公路繞圈賽

Professional Road Lap Racing

EVENT RUNDOWN

抵達現場 Arrive

- 1/ 賽事前1小時抵達
Arrive at the venue one hour before the race
- 2/ 地點：沙田源禾遊樂場
Veune: Yuen Wo Playground, Sha Tin

選手報到 Check in

- 1/ 選手至少30分鐘前到達驗車及整理行裝
Arrive at least 30 minutes before for bike checking and prepare gear.
- 2/ 地點：公路繞圈賽集散區
Veune: Criteriums Race Gathering Area

賽事開始 Start

至起步位置 Get Ready

- 1/ 提前15分鐘到達
15 minutes before the race starts
- 2/ 跟隨工作人員指示
Follow the staff's instructions

完成賽事 Finish

- 1/ 從5號門返回至集散地
Return to the Criteriums Race Gathering Area from Gate 5

賽後安排 After Race

- 1/ 晶片歸還
Return Chip Timing
- 2/ 領取獎牌
Receive a medal
- 3/ 等待賽事公佈及頒獎典禮
Wait for competition results and award ceremony
- 4/ 地點：公路繞圈賽集散區
Veune: Criteriums Race Gathering Area

賽事公佈

Result announcement

- 1/ 位置：主舞台側、5號門、集散地
Location: Main stage side, Gate 5, Criteriums Race Gathering Area

賽事流程

EVENT RUNDOWN

專業公路繞圈賽

Professional Road Lap Racing

招商幸福邨精英女子盃

China Merchants Happy Community
Elite Women's Cup

建滔集團青少年女子盃

Kingboard Youth Women's Cup

建滔集團青少年男子盃

Kingboard Youth Men's Cup

建議到達會場時間
Suggested Arrival Time

05:30am

建議開始上線時間
Suggested Time to
Starting Point

06:15am

起步時間
Starting Time

06:30am

招商幸福邨精英男子盃

China Merchants Happy Community
Elite Men's Cup

建滔集團未來之星男子盃

Kingboard Star of the Future Men
Junior's Cup

06:30am

07:15am

07:30am

起步程序 Start Procedure

- 1/ 賽事前一小時到達比賽場地。
Arrive at the venue one hour before.
- 2/ 扣好號碼布在衣服上，號碼牌扣在單車座位下方，計時晶片扣在單車前輪最前端。
Attach the bib number to your clothing, secure the card number under the saddle and fasten the chip timing to the front end of the front wheel of the bike.
- 3/ 開賽前約30分鐘，於單車隊集散區開始召集。
Gather at the Criteriums Race Gathering Area 30 minutes before the race starts.
- 4/ 開賽前約15分鐘，跟隨工作人員指示步行至起點。
Follow the staff's instructions and walk to the starting point 15 minutes before the race starts.
- 5/ 比賽結束後，按裁判及工作人員指示到「晶片交還處」交還計時晶片。
After the race, follow the instructions of the referee and staff to return the chip to the "Chip Timing Return" booth.
- 6/ 等待比賽成績及頒獎典禮。
Waiting for competition results and award ceremony.

賽事流程 城市繞圈挑戰賽

Criterion Race

EVENT RUNDOWN

抵達現場 Arrive

- 1/ 賽事前1小時抵達
Arrive at the venue one hour before the race
- 2/ 地點：沙田源禾遊樂場
Venue: Yuen Wo Playground, Sha Tin

選手報到 Check in

- 1/ 選手至少30分鐘前到達驗車及整理行裝
Arrive at least 30 minutes before for bike checking and prepare gear.
- 2/ 地點：單車隊集散地
Venue: Cycling team distribution center
- 3/ 如需租用單車，請再預留多15分鐘到單車租借處租借
If you need to rent bicycle, please allow an extra 15 minutes to pick up at the Bike Rental Pick-up area.

賽事開始 Start

至起步位置 Get Ready

- 1/ 提前15分鐘到達
15 minutes before the race starts
- 2/ 跟隨工作人員指示
Follow the staff's instructions

完成賽事 Finish

賽後安排 After Race

- 1/ 從5號門返回至集散地
Return to the Criteriums Race Gathering Area from Gate 5

- 1/ 歸還晶片及單車
Return Chip Timing and rental bike

- 2/ 領取獎牌
Receive a medal

- 3/ 地點：公路繞圈賽集散區
Venue: Criteriums Race Gathering Area

賽事公佈 Result announcement

- 4/ 等待賽事公佈及頒獎典禮
Wait for competition results and award ceremony

- 1/ 位置：主舞台側、5號門、集散地
Location: Main stage side, Gate 5, Criteriums Race Gathering Area



賽事流程

EVENT RUNDOWN

城市繞圈挑戰賽

criterium Race

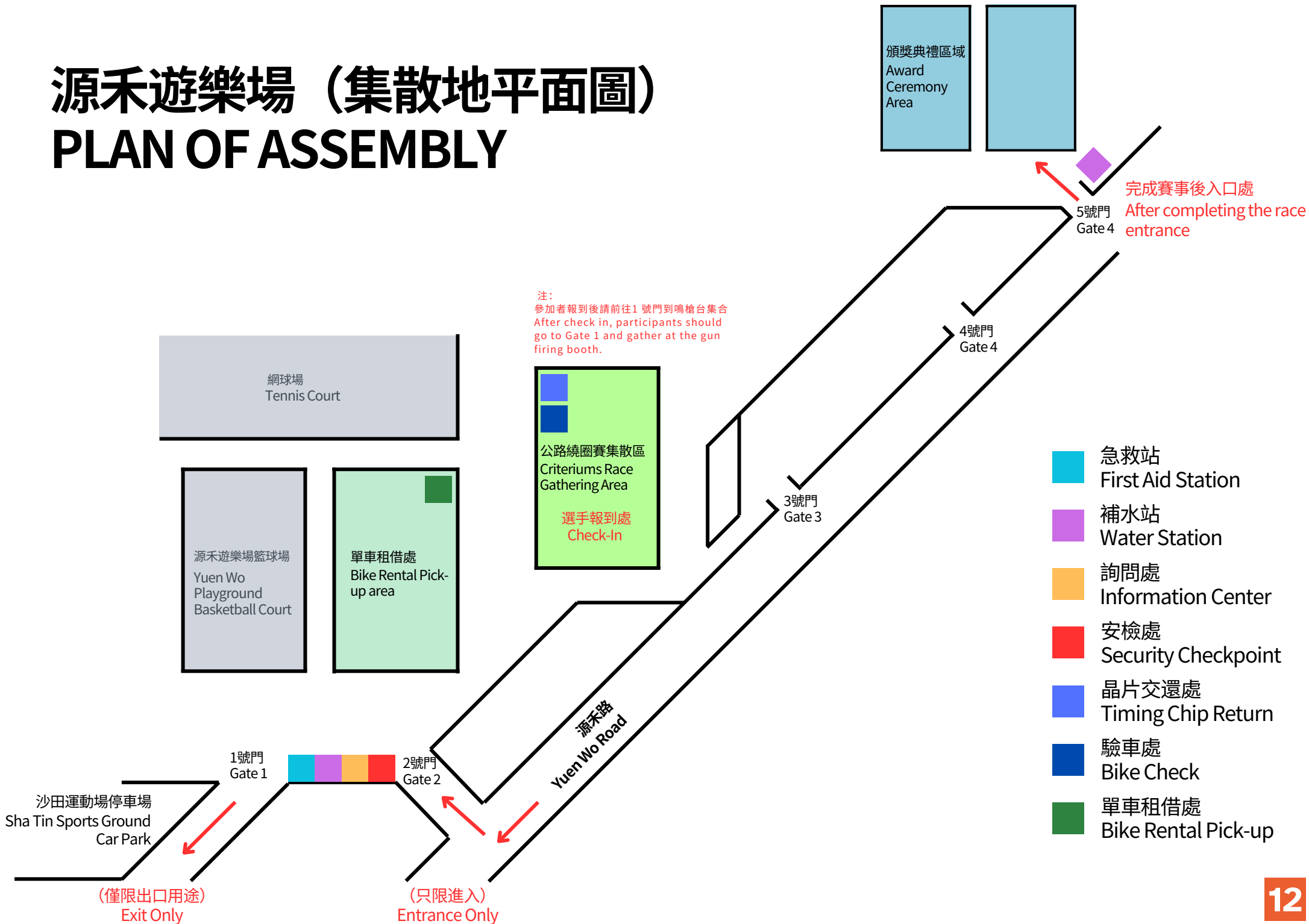
	建議到達會場時間 Suggested Arrival Time	建議開始上線時間 Suggested Time to Starting Point	起步時間 Starting Time
億京慈善學界高中男子盃 Billion Charity High School Boys Cup	08:15am	09:00am	09:15am
億京慈善學界初中男子盃 Billion Charity Junior High School Boys Cup			
億京慈善學界高小男子盃 Billion Charity Primary School Boys Cup	08:40am	09:25am	09:40am
深圳社團總會關愛盃 FEDERATION OF HONG KONG SHENZHEN ASSOCIATIONS Care Teams Cup	09:10am	09:55am	10:10am
「菁新交流盃」大會邀請賽 Flash Exchange Cup - Invitational Tournament	09:40am	10:25am	10:40am
「沙田區議會同樂盃」挑戰賽 Sha Tin District Council Cup Challenge	10:10am	10:55am	11:10am

起步程序 Start Procedure

- 1/ 賽事前一小時到達比賽場地安裝計時晶片。
Arrive at the venue one hour before and go to the Criteriums Race Gathering Area to collect the chip timing.
- 2/ 如報名時選擇了經大會租借單車服務，請預留最少15分鐘辦理手續。
If you have need to rent a bicycle through the organizing during registration, please allow at least 15 minutes to complete the necessary procedures.
- 3/ 扣好號碼布在衣服上，號碼牌扣在單車坐位下方，計時晶片扣好在前輪最前端。
Attach the bib number to your clothing, secure the card number under the saddle and fasten the chip timing to the front end of the front wheel of the bike.
- 4/ 開賽前約30分鐘，於單車隊集散區開始召集。
Gather at the Criteriums Race Gathering Area 30 minutes before the race starts.
- 5/ 開賽前約15分鐘，跟隨工作人員指示步行至起點。
Follow the staff's instructions and walk to the starting point 15 minutes before the race starts.
- 6/ 比賽結束後，按工作人員指示到「晶片交還處」交還晶片及「單車租借處」歸還單車。
After the race, follow the staff instruction to return the chip to the "Chip Timing Return" booth and return the bike to the "Bike Rental Pick-up" booth.
- 7/ 等待比賽成績及頒獎典禮。
Waiting for competition results and award ceremony.

源禾遊樂場 (集散地平面圖)

PLAN OF ASSEMBLY



檢查裝備

CHECK YOUR EQUIPMENT

活動裝備清單 Gears Checklist

請確保於活動日帶備以下物品。

Remember to bring the following items on the event day.

- 裝備：單車、號碼布、計時晶片、單車號碼牌及自備飲用水
Gears: Bike, Bib Number, Chip Timing, Bike Card Number and Water
- 衣著：單車頭盔、單車鞋/運動鞋及單車服
Clothing: Bike Helmet, Cycling Shoes / Sport Shoes and Bike Jersey

檢查裝備 Check Your Equipment

1. 所有參加者**必須**佩戴頭盔。

All participants **MUST** wear a helmet.

2. 單車規格 Bike Specification:

- 公路繞圈賽事將以國際單車聯盟(UCI)的規則進行，單車必須符合UCI的器材規格。
Criterium Race will be conducted according to the rules of the International Cycling Union (UCI), and bicycles must comply with UCI equipment specifications.
- 所有賽事/項目中不得使用計時車把及牛角把。
The use of aerobars (bar ends) is not permitted in any rides and races.

3. 出發前請檢查單車，確保性能良好及可供安全使用。

Before the ride, make sure your bike is in good condition and safe to use.

- 檢查剎車掣，確保操作正常。
Check the brakes to ensure normal operation.
- 須確保車輪性能良好，並已適量充氣。
Make sure the tires are in good condition and inflated properly.
- 選擇單車時，應調校把手及鞍座至合適高度。切勿騎乘過大或過小的單車。
The handlebar should be adjusted to the same height or slightly higher than the saddle. Do not ride a bike that is too small or too large for you.
- 雙手緊握把手後，用手指測試是否仍能輕易地完全控制兩邊的剎車掣。
Hold the handlebar tightly with both hands and check if you can fully control both brakes with your fingers easily.

檢查裝備

CHECK YOUR EQUIPMENT

號碼布、單車號碼牌及晶片

Bib Number、Bike Card Number and Chip Timing

參加者請在進入排隊區前，請於單車服後方扣上2塊號碼布，並把單車號碼牌及晶片安裝在單車上。詳情請參閱以下步驟：

Participants are reminded to pin two pieces of Bib Number at the back of the jersey and affix Bike Card Number and Chip Timing to the bike before entering to the queuing area for departure. Please refer to the following steps:

1. 請將**兩塊號碼布**平行扣在單車衣背後位置。

Please **pin two pieces of Bib Number** at the back of your bike jersey.

各組別號碼布示意圖

	建滔集團青少年女子盃 KB Grou Youth Women's Cup		億京慈善學界高中男子盃 Billion Charity High School Boys Cup
	建滔集團青少年男子盃 KB Grou Youth Men's Cup		億京慈善學界初中男子盃 Billion Charity Junior High School Boys Cup
	招商幸福邨精英女子盃 China Merchants Happy Community Elite Women's Cup		億京慈善學界高小男子盃 Billion Charity Primary School Boys Cup
	招商幸福邨精英男子盃 China Merchants Happy Community Elite Men's Cup		深圳社團總會關愛盃 Shenzhen Community Association Caring Cup
	建滔集團未來之星男子盃 KB Group Future Star Men's Cup		「菁新交流盃」大會邀請賽 Flash Exchange Cup Invitational Tournament
	「沙田區議會同樂盃」挑戰賽 Sha Tin District Council Cup Challenge		



2. 請將單車號碼牌繞過並貼在鞍座下的座桿上，數字須向後並可從側面閱讀。

Place the Bib Number under the seatpost with the number facing backward and can be read from the side.



* 請勿移除、篡改或弄皺計時晶片。

* PLEASE DO NOT REMOVE, TAMPER OR CREASE THE TIMING CHIP.

* 請按圖示安裝晶片（「菁新交流盃」大會邀請賽及「沙田區議會同樂盃」挑戰賽除外。）

* Please follow the diagram to install the chip (except for the "Flash Exchange Cup Invitational Tournament" and the "Sha Tin District Council Cup Challenge")

安全指引

SAFETY GUIDELINES

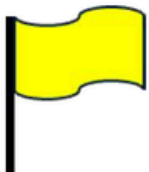
1. 每個組別之間會有大會工作車輛進入車群維持秩序，為有需要的參加者提供支援。

There will be a conference support vehicle entering the convoy between each group to maintain order and provide assistance to participants in need.



前方發生嚴重事故，裁判出示紅旗暫停騎行或終止活動

A serious accident has occurred ahead. Commissaire displays a red flag to suspend riding or terminate the event.



前方發生事故，裁判出示黃旗示意所有參加者慢駛，不得超越前方工作車輛，等待工作人員指示

An accident has occurred ahead. Commissaire displays a yellow flag to signal all participants to slow down and not overtake the support vehicles, waiting for instructions from the Marshal.



事故結束，裁判出示綠旗示意活動重新進行，參加者可以繼續騎行

The incident is resolved. Commissaire displays a green flag to indicate that the event can resume, and participants may continue riding.

2. 參加者不得進行或企圖進行任何違反香港特別行政區法律，及《香港國安法》的行為。參加者行為不得不利國家安全。參加者必須遵從活動負責人員及相關當局(如香港警務處、食物環境衛生署及康樂及文化事務署)職員所有合法指示。任何在活動路線上的活動工作人員、醫務人員、賽事總監、裁判或保安若要求參加者退出活動，參加者必須立即離開活動路線。

Participants are prohibited from committing or attempting to commit any act in violation of the laws of the HKSAR and the National Security Law governing the HKSAR. Participants' act must not be contrary to the interest of national security. Participants must obey all lawful instructions given by the staff at the event and officers of relevant authorities, such as the Hong Kong Police Force, Food and Environmental Hygiene Department and Leisure and Cultural Services Department. Participants must leave the event route immediately if requested to do so by event marshals, medical staff, race director, commissaires or security staff.

安全指引

SAFETY GUIDELINES

3. 參加者必須確保健康狀況良好，適宜參加活動。懷孕或患有任何慢性疾病，如心臟病、高血壓、哮喘、糖尿病、癲癇症、背部或關節或肌肉傷患之人士，皆不宜參加。大會如得悉或懷疑參加者不宜參加活動，有權取消其資格。

Participants must ensure that they are physically fit to join the event. Any participant who is pregnant or suffering from chronic diseases such as heart disease, high blood pressure, asthma, diabetes, epileptic seizure, bone/ joint/muscular problem or is suffering from or has any symptoms of contagious disease should not participate in the event. The Organiser has the right to disallow/disqualify any participant who is known or suspected to have any such condition. The Organiser at its sole discretion also has the right to suspend any participant who appears or is suspected to be physically unfit or suffering from or having any symptoms of contagious disease from participating in the event.

4. 參加者必須遵從活動工作人員的指示，在指定時間內前往集合點。

Participants shall follow the instructions of event marshals to arrive at the assembly area in the specified timeslot.

5. 對於作出任何行為、行徑、或展示任何標誌、標語或橫幅惹起公眾憂慮或大會視為不宜參加之任何參加者，大會有關禁止其參加/繼續參與活動。

The Organiser has the right to prohibit any participant who performs any act or displays any form of message that arouses public concern or is otherwise deemed inappropriate by the Organiser to participate in the event from joining/continuing the event.

6. 參加者須於單車節活動期間，全程遵守運輸署安全指引及大會及活動主管的指示，否則大會有關取消其資格，尤其是：

Participants shall follow the safety guidelines at all times during the event, in particular those listed below, including instructions of the Transport Department, the Organiser and staff at the event. The Organiser has the right to disqualify any participant who fails to do so.

- a) 不得酒後或藥後騎單車；
Do not ride under the influence of alcohol or drugs.
- b) 騎單車時不得使用手機、耳機、相機、錄像機或自拍桿；
Do not use a mobile phone, headset, camera, camcorder or selfie stick while cycling.
- c) 騎單車時不得載人、寵物或大型物件；
Do not carry passengers, pets or bulky goods while cycling.
- d) 不得之字形行車；
Do not ride in a zigzag manner.
- e) 活動期間，不得與另一車手並行；
Do not ride side by side with another cyclist.

安全指引

SAFETY GUIDELINES

- f) 嚴禁攜帶任何危險物品(如玻璃容器、刀、煙火、激光棒、壓縮氣體或噴劑、攻擊性武器、易燃、爆炸性物品或阻礙其他參加者之物品等)；
Dangerous goods are strictly prohibited (eg. glass containers, knives, fireworks, laser pointers, compressed gas or liquid spray, offensive weapons, flammable or explosive agents or materials/objects which may obstruct other participants).
- g) 不得丟棄垃圾；
Do not litter during cycling.
- h) 不得在所有行人路及源禾遊樂場範圍內騎單車；
Do not ride on all pavements or inside the park areas in Yuen Wo Playground.
- i) 如沒有合理原因，騎單車中途不得停下。
Do not stop without legitimate reasons along the route.
7. 參加者不得依靠、爬越或搬移活動路線沿途任何路障或設施。活動期間不論何時，不得進入緊急車輛通道，以備緊急車輛通行。
Participants must not lean on, climb over or dislocate any barrier or facility along the route. The Emergency Vehicle Access (EVA) should be kept clear at all times during the event for the use of emergency vehicles.
8. 參加者於活動當天進入活動場地之前，必須分別通過服飾／身體藝術及行李檢查。參加者不得攜帶任何危險物品（如第 5f 項所述）及不得攜帶或穿著任何內容帶有侮辱、恐嚇、歧視、宗教或政治成分的橫額、海報、標語牌、傳單、宣傳品或展示品。
Participants must go through an on-site outfit/body art check and bag check before entering the venue on the event day. Participants are prohibited from bringing any dangerous goods (as defined in Clause 5f above) and bringing or wearing any banners, posters, placards, leaflets or publicity and/or displaying materials which are considered abusive, threatening, discriminatory, religious or political.
9. 單車節活動當天，大會將不會提供行李寄存服務。
The Organiser will not provide baggage deposit service on the event day.
10. 存放於單車技術評核場地、收容車、貨車、活動區域附近或其他地方之任何財產、設備（如單車、部件）或個人物品，如有損失或損，大會概不負責。
Participants must go through an on-site outfit/body art check and bag check (max. overall size: 40cmL x 30cmW x 10cmH) before entering the venue on the event day. Participants are prohibited from bringing any dangerous goods (as defined in Clause 5f above) and bringing or wearing any banners, posters, placards, leaflets or publicity and/or displaying materials which are considered abusive, threatening, discriminatory, religious or political.
11. 活動路線沿途不設補給區。參加者應衡量自身需要，帶備充足飲品及食品。活動期間不得飲用任何含酒精的飲品。
There will be no feed zone on the route. Participants should carry sufficient fluids and food to meet their own needs. Alcoholic drinks are not allowed.

安全指引

SAFETY GUIDELINES

12. 參加者須與其他單車保持安全距離，以防前車突然剎車引致的意外。

Participants should keep a safe distance from other bicycles in order to prevent accidents caused by sudden stops.

13. 為免釀成意外，參加者切勿於起點區、活動路線範圍及終點區停留拍攝。

For safety reasons, participants are strongly advised not to stop and take photos or videos near the starting point, along the route and at the finish area.

14. 參加者必須遵守活動規則。一經發現有以下的違規行為，參加者將會被取消資格：

Closed circuit televisions will be set up along the race/ride route for monitoring purposes. Participants who commit the following offences will be disqualified:

- a) 佩戴多於1塊計時晶片參與活動；
Carrying more than one timing chip on any race/ride.
- b) 佩戴其他參加者的號碼布、偽造號碼布，或佩戴不正確的號碼布；
Wearing the number bib of another participant or a forged number bib or not wearing the correct number bib.
- c) 重複通過終點；
Crossing the finish point repeatedly.
- d) 沒有經起點區進入活動路線、或於活動中途使用捷徑或乘坐其他車輛進入活動路線；
Entering the route from places other than the start arch. Taking a shortcut or hitching a ride.
- e) 拒絕服從活動工作人員或執法人員的指示。
Refusing to follow the instructions of event marshals or any law enforcement officers on-site.

14. 大會保留權利，禁止違反本參加須知/條款及細則之人士，參加將來舉辦的單車活動。

The Organiser reserves the right to reject applications from participants who violate any of the Notice to Participants/ Terms & Conditions for all its future cycling events.

15. 對關於賽事/活動之一切事宜(包括賽事/活動程序、賽道/活動路線、條款及細則)，大會有最終決定權(包括有權更改且無須事先通知)。賽事/活動如有變動或臨時措施，以大會宣布或網站公布為準。

The Organiser has the right to the final decision (including the right to change without prior notice) in all matters pertaining to the event (including the programme, the route and the terms and conditions of the event). Any changes or contingent measures for the event announced by the Organiser or posted on the Organiser's web page shall prevail.

16. 如有爭議，以大會之決定為準且不可推翻。

In case of any dispute, the Organiser's decision shall be final and conclusive.

特別天氣及突發安排

SPECIAL WEATHER & EMERGENCY ARRANGEMENTS

因應惡劣天氣或緊急事故，大會將作出以下安排：

The following arrangements will take place in the event of severe weather or emergency incidents:

時間 Time	狀況 Condition	安排 Arrangements
活動前一天上午8時或之後 On or after 8 a.m. the day before the event	懸掛八號或以上颱風訊號 Strong Wind Signal No.8 or above Warning Signal	活動將會取消 Event will be cancelled
活動當日凌晨4時後 After 4am on the event date	懸掛三號或以上以上 / 紅色或 黑色暴雨警告 信號生效 Strong Wind Signal No.3 or above and/or Red or Black Rainstorm Warning Signal	活動將會取消賽事 Race event will be cancelled
活動進行中 Any time during the event	其他惡劣天氣警告，如雷暴警告生效 Any other severe weather warning issued / effective e.g. Thunderstorm Warning	按當時情況延遲、暫停或取消進行中的項目 The ongoing race/ride will be postponed, temporarily suspended or cancelled at the Organiser's discretion based on the actual weather conditions
活動進行中 Any time during the event	緊急事故 Emergencies	暫停或取消進行中的項目 The ongoing race/ride will be suspended or cancelled

「火炬傳承慶典」 啟動禮暨頒獎典禮 (更新)

KICK OFF AND AWARD CEREMONY (UPDATED)

活動日期
Event

2024年11月3日 (星期日)
3 November 2024 (Sunday)

活動地點
Event Place

沙田源禾遊樂場舞台位置
Stage of Yuen Wo Playground, Sha Tin

雙輪競逐 喜動沙田

2024 沙田單車節

Wheels Turning! ShaTin Pedal On!

11:20am-13:00pm

「火炬傳承慶典」 啟動儀式暨頒獎典禮

Kick Off and Award Ceremony

招商幸福邨精英女子盃

China Merchants Happy Community Elite Women's Cup

招商幸福邨精英男子盃

China Merchants Happy Community Elite Men's Cup

建滔集團青少年女子盃

Kingboard Youth Women's Cup

建滔集團青少年男子盃

Kingboard Youth Men's Cup

建滔集團未來之星男子盃

Kingboard Star of the Future Men Junior's Cup

億京慈善學界高中男子盃

Billion Charity High School Boys Cup

億京慈善學界初中男子盃

Billion Charity Junior High School Boys Cup

億京慈善學界高小男子盃

Billion Charity Primary School Boys Cup

深圳社團總會關愛盃

Shenzhen Community Association Caring Cup

雙輪競逐 喜動沙田

2024 沙田單車節

Wheels Turning! ShaTin Pedal On!

「火炬傳承慶典」節目及活動

TORCH HERITAGE CELEBRATION

活動日期
Event Date 2024年11月3日 (星期日)
3 November 2024 (Sunday)

活動時間
Event Time 活動時間: 上午11:00 - 下午05:00
Event Time: 11:00am - 05:00pm

活動地點
Event Place 沙田源禾遊樂場
Yuen Wo Playground, Sha Tin



2024 沙田單車節

Wheels Turning! Sha Tin Pedal On!

11:00am - 05:00pm	奧夢成真體適能測試站 Sports Legacy Fitness Test Station 全運會攤位遊戲 National Games Booth Games 單車文化展 Cycling Culture Exhibition 定車大比拼 Track Standing Competition
12:15pm - 05:00pm	兒童平衡車體驗 Kids Balance Bike Experience 免費單車教學 Free Cycling Teaching
11:00am - 01:00pm	「火炬傳承慶典」啟動儀式 Opening Ceremony of Torch Heritage Celebration
01:05pm - 01:25pm	BMX花式單車表演 BMX Fancy Cycling Performance
01:10pm - 01:20pm	摺車決賽 Folding Bike Competition Finals
01:25pm - 01:55pm	運動員分享會 Athletes Sharing Session
02:00pm - 05:00pm	電競單車機體驗 Cycling Esports Experience



2024 沙田單車節

Wheels Turning! Sha Tin Pedal On!

