



Ride for Water



Let's Ride along TaiWan Horizon!

| | HK Gear Up Ride (Training) | LanTau Ride | | Taiwan Horizon* | |
|--|---|---|----------------------|--|--|
| | | Camp Ride | Sunday Ride | Tough Ride 1000 | Fun Ride 300 |
| Date | 3 rd July–20 th Nov | 10 th & 11 th Sep | 11 th Sep | 26 th Nov–7 th Dec | 10 th –16 th Dec |
| Riding Distance | 10km – 80km | 55km | 35km | 1,000km | 300km |
| No. of Days | 12 Sessions | 2 Days | 1 Days | 12 Days | 7 Days |
| Activity Fee (Extra Charge for single room) | HK\$1,000 | HK\$480 | HK\$200 | HK\$14,800 (HK\$3,800) | HK\$9,800 (HK\$2,300) |
| Places Available | 40 PAX | 70 PAX | 70 PAX | 20-30 PAX | 50-60 PAX |
| Application Deadline | 27 th August, 2011 | 27 th August, 2011 | | 29th Oct, 2011 | |
| Minimum Fundraising Amount | HK\$500 | / | | HK6,500 | |

*Participants applied the Tai Wan Horizon Cycling Trip on or before 30th September will have HK\$300 air-ticket discount.

TaiWan Horizon Itinerary Tough Ride 1000



-  **Day 1** Hong Kong → TaiPei (*Asia Pacific Hotel*)  **30km**
- Day 2** DanShui → HsinChu (*Howard Plaza Hotel*)  **88km**
- Day 3** HsinChu → visit the famous bicycle manufacture factory  **GIANT** → LuKang (*Leader House*)  **115km**
- Day 4** LuKang → ChiaYi (*Maison De Chine Hotel*)  **80km**
- Day 5** ChiaYi → KaoShiung (*Toong Mao Hotel*)  **125km**
- Day 6** KaoShiung → PengTung (*YoHo Bike Hotel*)  **110km**
- Day 7** PingTung → TaiTung (*Hot Spring Hotel*)  **125km**
- Day 8** TaiTung → AnTong (*Hot Spring Hotel*)  **93km**
- Day 9** AnTong → YiLan (*Yoai Hotel*)  **90km**
- Day 10** YiLan → KeeLung (*Evergreen Laurel Hotel*)  **85km**
- Day 11** KeeLung → DanShui (*Asia Pacific Hotel*)  **59km**
- Day 12** TaiPei → Hong Kong 

Fun Ride 300

- Day 1** Hong Kong → TaiPei (*Asia Pacific Hotel*) **30km**
- Day 2** DanShui → HsinChu (*Howard Plaza Hotel*) **60km**
- Day 3** HsinChu → visit the famous bicycle manufacture factory **GIANT** → TaiChung (*In One City Inn*) **60km**
- Day 4** TaiChung → Sun Moon Lake → KaoShiung (*Howard Plaza Hotel*) **53km**
- Day 5** KaoShiung → TaiTung (*Hot Spring Hotel*) **62km**
- Day 6** TaiTung → KenTing → PengTung-Sharing (*YoHo Bike Hotel*) **40km**
- Day 7** KaoShiung → Hong Kong 

Ride for Water

Bicycle Facilities of ‘Ride for Water along Taiwan Horizon’

A. Tough Ride 1000 (Riding Distance: 1,000km)

Bicycle arrangement: Participants can bring their own bicycles to join “Tough Ride 1000”, or use bicycles provided by “Giant”

For those who choose to bring their own bicycles:

- a. Participants have to be responsible for the consignment costs as bicycle considered as oversize baggage (estimated of HK\$1,000).
- b. Participants should take their own risks for any damage to bicycles and parts. Participants are responsible for any repair and replacement costs if needed.
- c. If the own bikes suffered from damage and cannot be used, “Giant” or us may not be able to provide extra bicycle immediately for participants.
- d. Tour fee will not be reduced if participants choose to bring their own bicycles.

B. Fun Ride 300 (Riding Distance: 300km)

- a. Participants must use bicycles which provided by “Giant”, maintenance service will be also provided by “Giant”.

1. Tour Fee of ‘Ride for Water along Taiwan Horizon’ including

- A. Return air ticket from Hong Kong to Taiwan
- B. Accommodation & meals arrangement
- C. Support car service in Taiwan
- D. Rental fee of bicycles and maintenance (participants are responsible maintenance costs for bringing their own bicycles)

2. Application guidelines and detail for application:

- A. Fund raised from ‘Ride for Water along Taiwan Horizon’ & ‘Gear-up Ride’ will be reserved to build water reservoir and cellars for poverty in North West China.
- B. For those would like to participate in the “Gear-up Ride” Beginner Course, please apply through LLCS. There are 40 vacancies only, just on first come first served basis.
- C. Basic requirement for taking part in the Intermediate Course:
 - a. Complete the Beginner Course and assessed by the responsible coach or
 - b. Those have good biking experience and do not participate in any training courses, should pass the technical test by the responsible coach for approval.
- D. For safety reasons, those would like to participate in the ‘Ride for Water along Taiwan Horizon’, must pass the technical test (biking skills and endurance). We reserved all rights to join the tour if failure or absence of the test.
- E. Participants have paid for the training fees and donations will be enrolled to insurance coverage for training in Hong Kong (limit to ‘Gear-up Ride’ in Hong Kong). Coverage only limited to the insured policy which provided by LLCS. No insurance covered for those participants have not paid for the training fee & donation.



Bicycle Facilities of ‘Ride for Water along Taiwan Horizon’

C. Tough Ride 1000 (Riding Distance: 1,000km)

Bicycle arrangement: Participants can bring their own bicycles to join “Tough Ride 1000”, or use bicycles provided by “Giant”

For those who choose to bring their own bicycles:

- e. Participants have to be responsible for the consignment costs as bicycle considered as oversize baggage (estimated of HK\$1,000).
- f. Participants should take their own risks for any damage to bicycles and parts. Participants are responsible for any repair and replacement costs if needed.
- g. If the own bikes suffered from damage and cannot be used, “Giant” or us may not be able to provide extra bicycle immediately for participants.
- h. Tour fee will not be reduced if participants choose to bring their own bicycles.

D. Fun Ride 300 (Riding Distance: 300km)

- b. Participants must use bicycles which provided by “Giant”, maintenance service will be also provided by “Giant”.

3. Tour Fee of ‘Ride for Water along Taiwan Horizon’ including

- E. Return air ticket from Hong Kong to Taiwan
- F. Accommodation & meals arrangement
- G. Support car service in Taiwan
- H. Rental fee of bicycles and maintenance (participants are responsible maintenance costs for bringing their own bicycles)

4. Application guidelines and detail for application:

- F. Fund raised from ‘Ride for Water along Taiwan Horizon’ & ‘Gear-up Ride’ will be reserved to build water reservoir and cellars for poverty in North West China.
- G. For those would like to participate in the “Gear-up Ride” Beginner Course, please apply through LLCS. There are 40 vacancies only, just on first come first served basis.
- H. Basic requirement for taking part in the Intermediate Course:
 - c. Complete the Beginner Course and assessed by the responsible coach or
 - d. Those have good biking experience and do not participate in any training courses, should pass the technical test by the responsible coach for approval.
- I. For safety reasons, those would like to participate in the ‘Ride for Water along Taiwan Horizon’, must pass the technical test (biking skills and endurance). We reserved all rights to join the tour if failure or absence of the test.
- J. Participants have paid for the training fees and donations will be enrolled to insurance coverage for training in Hong Kong (limit to ‘Gear-up Ride’ in Hong Kong). Coverage only limited to the insured policy which provided by LLCS. No insurance covered for those participants have not paid for the training fee & donation.

2011點滴鎮洋單車環台 - 報名表格

Ride for Water along TaiWan Horizon - Application Form

點滴鎮洋單車環台-洗滌之旅

我想參加:

善行300 (HKD9,800 - 300km, 12月10-16日) 競毅1000 (HKD14,800 - 1,000km, 11月26日至12月7日)

及

香港單車大特訓 (訓練學費及捐款 HKD1,500)*

Ride for Water along TaiWan Horizon

I will join:

Fun Ride 300 (HK\$9,800, 300km ride, 10-16 Dec) Tough Ride 1000 (HKD14,800, 1000km ride, 26 Nov-7 Dec)

And

Gear-up Ride (Cycling Training Fee & Donation: HKD1,500, HKD500 Tax Exempt)*

* 參加『點滴鎮洋單車環台-洗滌之旅』和『香港單車大特訓』的朋友, 本會將HKD500作為『點滴鎮洋單車環台-洗滌之旅』基本善款

*For those joining "Ride for Water along Taiwan Horizon" & "Gear-up Ride", HKD500 donation fee will claimed as minimum fundraising amount.

我只想參加:

香港單車大特訓 (訓練學費及捐款 HKD1,500, HKD500可作申請扣稅之用)

I only join:

Gear-up Ride (Biking Training Fee and Donation: HK\$1,500, HK\$500 Tax Exempt)

參加者資料 Applicant Information

| | |
|---|---|
| 中文姓名 Chinese Name | 英文姓名 English Name |
| 性別 Gender | 出生日期 Date Of Birth |
| <input type="checkbox"/> 男 Male | <input type="checkbox"/> 女 Female |
| 國籍 Nationality | 身份證號碼: I.D. No. |
| 護照號碼* Passport No.* | 到期日 Expiry Date |
| 聯絡電話 Contact No. | 手提電話 Mobile No. |
| 電郵地址 Email | 職業 Occupation |
| 地址 Address | |
| <input type="checkbox"/> 香港 (H.K.) | <input type="checkbox"/> 九龍 (KLN) |
| <input type="checkbox"/> 新界 (N.T.) | <input type="checkbox"/> 其他: Others: |
| 特別安排* Special Arrangement* | <input type="checkbox"/> 單人房 Single Room |
| <input type="checkbox"/> 競毅1000需加HKD3,800 / 善行300需加HKD2,300 <input type="checkbox"/> HKD3,800 extra on Tough Ride 1000 / HKD2,300 extra on Fun I | <input type="checkbox"/> 素食 Vegetarian |
| *適合於參加單車環台 *Only fill in for joining Taiwan Cycling Trip | |

緊急聯絡資料 Emergency Contact Information

| | |
|-------------|------------------------|
| 姓名 Name | 聯絡電話 Contact No. |
| 電郵 Email | 與參加者關係 Relationship |


健康狀況 Health Condition 如出現以下病徵, 請在方格內✓ Please put a ✓ if you have any illness shown below

| | | | | | |
|--|---|---|--|--|---|
| <input type="checkbox"/> 膽固醇 High Cholesterol | <input type="checkbox"/> 高血壓 High Blood Pressure | <input type="checkbox"/> 頭暈 Dizzieless | <input type="checkbox"/> 夜盲症 / 色盲 Color Blindness | <input type="checkbox"/> 骨折 Bone Fracture | <input type="checkbox"/> 曾做手術(需註明) Any operation conducted in the pass |
| <input type="checkbox"/> 流鼻血 Epistaxis | <input type="checkbox"/> 心臟病 Heart Disease | <input type="checkbox"/> 哮喘 Asthma | <input type="checkbox"/> 鼻敏感(花粉症) Allergic Rhinitis | <input type="checkbox"/> 貧血 Anemia | <input type="checkbox"/> 長期服藥(需註明) Chronic |
| <input type="checkbox"/> 其它 Others | | | | | |

騎行經驗 Cycling Experience 請回答以下問題 Please answer the following questions

| | | |
|---|--|--|
| 1. 懂得騎單車? Do you know how to bike? | <input type="checkbox"/> 是 Yes | <input type="checkbox"/> 否 No |
| 2. 過去一個月有否騎單車? Have you bike on the previous month? | <input type="checkbox"/> 有, 次數: _____ Yes, _____ times | <input type="checkbox"/> 否 No |
| 3. 每次平均騎行時間 Average biking time | <input type="checkbox"/> 30 Mins | <input type="checkbox"/> 1 Hour |
| | <input type="checkbox"/> 2 Hours | <input type="checkbox"/> 3 Hours or More |
| 4. 有否參與過單車比賽或活動 Have you participated in any bike racing? | <input type="checkbox"/> 有, 次數: _____ Yes, _____ times | 活動名稱: _____ Event Name: _____ |
| | | <input type="checkbox"/> 否 No |
| 5. 我訓練時需要租單車 I need to rent a bicycle for training | <input type="checkbox"/> 是 Yes | <input type="checkbox"/> 否 No |
| 6. 我會自攜單車到台灣 (只適用於騎行"競毅1000") I will bring my own bicycle to Taiwan (only fill in if joining "Tough Ride1000") | <input type="checkbox"/> 是, 型號: _____ Yes, model: _____ | <input type="checkbox"/> 否 No |

單車黨服及頭盔 Jersey & Helment

| | | | | |
|---|---------------------|---|---|---|
| 顏色 Color <input type="checkbox"/> 藍色 Blue <input type="checkbox"/> 粉紅色 Pink <input type="checkbox"/> 綠色 Green | 單車黨服 Jersey Size | Chest Width (inches) 胸闊 (英寸) XS <input type="checkbox"/> 36-38" S <input type="checkbox"/> 38-40" M <input type="checkbox"/> 40-42" L <input type="checkbox"/> 42-44" XL <input type="checkbox"/> 44-46" | 頭盔尺碼 Helmet Size | Head Circumference (CM) 頭圍 (厘米) SM <input type="checkbox"/> 57-59cm ML <input type="checkbox"/> 60-62cm |
| | | |  | |

身高(米) Height (m)

體重(公斤) Weight (KG)

*參加者可獲黨服1件及頭盔1個, 各款單車黨服顏色及尺碼數量有限, 先到先得

*Each participant will have 1 jersey & 1 helmet. First come first serve system will be executed as all jersey and helmet are limit supplied

我從以下途徑得知...

I know this activity via...

網址 Website

宣傳小冊子 Leaflet

親友 Relatives & Friends

U-Magazine

運動版圖 Sport Soho

其他 Others: _____

Yahoo!

新假期 News Weekly

Facebook

聲明DECLARATION

我已詳細閱讀及清楚明白所有資料, 並願意參加點滴鎮洋單車環台或香港單車大特訓及遵守所訂之規則。我謹代表我本人、我的繼承人、遺囑執行人及遺囑管理人表明願意受法律約束: 如果點滴是生命接受我的參與活動中因任何原因(包括疏忽)而受傷、死亡、蒙受損失及須承擔經濟後果, 該會、其所有贊助商、推廣人、支持者及其他所有工作人員均無須負任何責任。我證明自己體格適合參與是次活動。另外, 我准許大會相用
Having read in detail and understood all the information provided, I agree to enter the Ride For Water along TaiWan Horizon or HK GearUp Ride voluntarily and abide by the rules. In consideration of LLCS accepting my entry, I intend to be legally bound for myself, my heirs, my executors and administrators, do hereby release and discharge LLCS and all its sponsors, promoters, supporters, and all other contributors from any and all liability arising from injury, death, loss and economic consequences I may suffer as a result of my entry in this event from any cause whatsoever, including negligence. I certify that I am physically fit to participate in this event. Further, I grant permission to the organizer or its agents to use photographs, video or any other record of the event for any lawful purpose.

個人資料(私隱)條例: 你所提供的資料只限用於本活動報名, 以及供本會日後宣傳及推廣用。如不想在日後收到有關之宣傳品, 請與本會聯絡。

Personal Data (Privacy) Ordinance: The information provided by you will only be used for the entry and promotion activities organized by Lotus Light Charity Society HK. If you do not wish to receive other promotion in the future, please contact LLCS HK.

報名者簽署:

Signature of Applicant: _____

日期:

Date: _____

繳交善款及訓練方法 Donation & Training Payment Method (請選其中一項, Please choose the following payment method)

| | | |
|---|--|----------------------|
| <input type="checkbox"/> 支票(抬頭請寫: 點滴是生命有限公司)* Cheque (Payable to: LLCS H.K. LTD.)* | 支票號碼 Cheque No.: _____ | 金額: Amount: _____ |
| <input type="checkbox"/> 本人已將善款存入* Bank Transfer* | <input type="checkbox"/> 滙豐銀行(HSBC) 144-271-491-001 <input type="checkbox"/> 中國銀行(Bank Of China) 012-616-00005938 <input type="checkbox"/> 東亞銀行(Bank of East Asia) 015-220-404000998 | |

*選擇以上方法, 請連同表格及支票善款或銀行入數收據正本郵寄本會: 九龍尖沙咀星光行1915室

*Please mail your application form and the cheque or ORIGINAL bank transfer statement to: Rm 1915, Star House, T.S.T., Kowloon

| | | |
|--|---|---------------------|
| <input type="checkbox"/> 信用卡(至少兩個月有效) Credit Card (Must be at least 2 Months Valid) | <input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>  | 金額 Amount: _____ |
| 信用卡號碼 Credit Card No.: _____ - _____ - _____ - _____ | 有效期至 Expiry Date: _____ Month _____ Year | 年 |
| 信用卡姓名 Card Holder's Name: _____ | 簽署 Signature: _____ | |