



新聞稿

2008 年 10 月 13 日

渣打馬拉松 2009 – 馬拉松訓練課程
你準備好未?
是時候為你的長跑旅程做好準備

一年一度的渣打馬拉松又來臨，是時候讓一班熱愛長跑的運動健將大顯身手。向來參賽者喜歡在比賽道路上盡領風騷，但單憑滿腔熱誠是不足夠完成漫長的旅途。長跑是講求耐力與策略的配合，體能訓練和適當的運用策略是非常重要的。有見及此，香港業餘田徑總會將聯同香港理工大學康復治療科學系運動物理治療中心、New Balance、屈臣氏蒸餾水及 PURE Fitness 舉辦全新一期的「馬拉松訓練課程」，熱愛長跑運動的您，敬請萬勿錯過！

今年我們將以由香港理工大學康復治療科學系運動物理治療中心的專業理療師緊貼跑手的訓練日誌，並為配合不同健兒的學習程度需要，特設初班及進階班兩個組別，每組各自劃分三個階段。初班是專為新加入長跑系列的跑手而設，而進階班主要針對已有長跑經驗的跑手。不論初班或進階班，跑手都必須跟從理療師因應跑手的體質、心肺負荷及機能狀況而度身訂造的個人訓練計劃，目的是要先讓跑手對自己的身體有充分了解，繼而能夠適應長跑訓練。當中，大會亦會安排田總註冊教練，為跑手指出正確的姿勢、如何避免運動創傷及正確的賽前預備功夫。New Balance 及屈臣氏蒸餾水會派出專業人員為跑手講解合適的跑鞋及水份於比賽前以至途中所需的份量。跑手更可於進行個人訓練的時候，到大會健身設施贊助商 PURE Fitness 享用健身設施及參與其課程，並於比賽完成後，將會由理療師為跑手跟進整個課程能否達到預期的目標，跑出更好的時間。

相信大部份人都懂「跑步」，但姿勢是否正確、跑鞋是否適合自己、如何應付一項長跑賽事，往往被跑手遺忘。不要猶疑，在還距離「渣打馬拉松」的大日子尚有四個月請立即報名參加馬拉松訓練課程。

馬拉松訓練課程現已接受報名，而截止報名日期為 10 月 25 日，由於名額有限，不要錯過機會盡快申請。跑手只須繳付港幣 300 元報讀初班或 600 元報讀進階班，費用將包括一系列的身體機能測試及化驗。報名表格可於香港業餘田徑總會辦事處(地址：香港銅鑼灣掃桿埔大球場徑 1 號奧運大樓 2015 室)、New Balance 門市部、康樂及文化事務署核下的運動場、香港理工大學康復治療科學系運動物理治療中心及 PURE Fitness 健身中心索取。詳情請瀏覽渣打馬拉松網頁 www.hkmarathon.com。如有垂詢，請致電渣打馬拉松熱線：3690 1050。

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Press Release

ARE YOU READY?

Standard Chartered Hong Kong Marathon Clinic

Brand New Course

For Both Beginners and Intermediate Runners

The Marathon Clinic, organized by The Hong Kong Amateur Athletic Association, will be conducted to train long distance runners. We are proud to work with the Department of Rehabilitation Sciences of The Hong Kong Polytechnic University (PolyU), New Balance Athletic Shoes (Hong Kong) Limited, Watsons Water and PURE Fitness this year and offer a brand new course for the beginners and intermediate runners to be well prepared for this long distance challenge. Beginners will be suitable for 10km, Half Marathon and new distance runners while the Intermediate is more suitable for longer distance challenge and skills improvement.

This year, we have a brand new package for the runners. Our physiotherapists of PolyU will base on the assessment test results and custom-made a personal training profile for each runner. First, the course will divide into 3 sections including an assessment test, our HKAAA registered coaches will instruct the runners about the correct running position, strategy to prepare the race, ways to avoid injuries and know more about the body load.

Inside the package, New Balance and Watsons Water will have specialists to explain the importance and how to choose a pair of suitable running shoes to afford a long distance running, also, the importance of water before, during and after the race. Runners can also enjoy a 7 consecutive days to use the fitness facilities and attend classes at PURE fitness. We target our course can conclude both technical and physical training. Physiotherapists will follow up each runner's training profile until the race ends.

We believe we all can "run", but are we running correctly? Are the shoes can fully protect our feet? How is our body to afford a long distance journey? No more hesitation and join now! Get well prepared for the Standard Chartered Hong Kong Marathon.

Marathon Clinic is opened for Registration until 25 October 2008. The cost of the Beginners and Intermediate is HK\$300 and HK\$600 respectively. Entry forms are available at the HKAAA offices (Room 2015, Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong), outlets of New Balance Athletics Shoes (Hong Kong) Limited, Sports Grounds of the Leisure & Cultural Services Department and the Department of Rehabilitation Sciences of The Hong Kong Polytechnic



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University. Runners can also download and send the entry forms to us at the official website at www.hkmarathon.com. For more information, please visit the official website or call the official hotline on 3690 1050.

For more information please contact:

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