



HONG KONG
DisneyLAND

PRESENTED BY
AIA Vitality
健康程式

10K WEEKEND
20TH ANNIVERSARY PARTY EDITION

RUNNER'S GUIDE

10K 5K

3K 3K JUNIOR RACES

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Message



Welcome, runners and Disney fans!

As Hong Kong Disneyland Resort launches its year-long 20th anniversary celebration, The Most Magical Party of All!, I am thrilled to announce the return of the 10K Weekend — with an exciting twist: the “20th Anniversary Party Edition.” We are delighted to have you join us in sharing the joy of this milestone celebration! As the flagship tourism destination in Hong Kong and the region, HKDL presents the most magical fun run yet — a celebration of community spirit that unites runners of all ages and abilities from around the world in a spectacular showcase of party and play.

In close collaboration with AIA Vitality again this year, we welcome over 20,000 runners and Disney fans from around the globe to the “Hong Kong Disneyland 10K Weekend – 20th Anniversary Party Edition – Presented by AIA Vitality.” Thank you all for your support, which has helped the 10K Weekend remain the second-largest running event in Hong Kong and made the 20th Anniversary Party even more vibrant and spectacular.

This year’s expanded lineup ensures that there’s something for everyone. For the first time ever, young runners can dash through the park in the “Mickey & Friends Junior Races.” The newly themed “Zootopia 5K” adds even more excitement to this year’s event. Additionally, the “Disney-Style Runway Awards” return to spotlight the most creative Disney-inspired outfits, with special awards for our youngest runners in the “Mickey & Friends Junior Races.” Before stepping onto the starting line, remember to wrap yourself in magic with a uniquely Disney-inspired party outfit—you could win big at the awards!

To show consideration for our planet, the 10K Weekend takes steps to be environmentally conscious by reducing plastic and other waste and promoting the recycling of materials. We have collaborated with green organizations since the first edition in 2016 on various initiatives. We will provide water dispensers along the routes, along with an on-site recycling program for paper cups, plastic bottles, bib pins, baggage tags, paper and plastic packaging, banana peels, and other recyclable items. Moreover, reusable cups will be provided in event center and activity zone in Tomorrowland. We are further reducing our plastic use by minimizing individual packaging from the procurement stage. With your help to minimize waste, we can make this run even greener.

Additionally, we will donate a portion of the event proceeds to the Sports Legacy of the SF&OC’s “Disney All-Star Sports Academy” and the Hong Kong Federation of Handicapped Youth’s “HKFHY Momentum Academy,” aiming to cultivate the athletic potential of children and youth while fostering inclusion among diverse groups. The event will also continue to feature an Inclusive 3K Run, inviting participants with disabilities to join alongside others. Our team has ensured that the event follows environmentally friendly practices.

I would like to thank AIA Vitality again for their continued support and close relationship since the first edition in 2016, helping us host Hong Kong’s biggest fun run and making it a huge success over the years. Together, we inspire healthy living with a Disney touch. Our sincerest thanks also go out to the Hong Kong, China Association of Athletics Affiliates for co-organizing the 10K Weekend with us. And, of course, credit goes to all our cast members—their creativity and dedication make this event truly magical.

I look forward to seeing you on the race route—have fun, stay safe, and enjoy the 20th Anniversary Party!

Michael Moriarty

Managing Director
Hong Kong Disneyland Resort

Message



Time flies, Hong Kong Disneyland Resort has been a beloved part of Hong Kong for 20 years. The Hong Kong, China Association of Athletics Affiliates is delighted to celebrate this significant milestone with Hong Kong Disneyland by jointly organizing the “Hong Kong Disneyland 10K Weekend - 20th Anniversary Party Edition”. As the sports association to promote local athletics, HKAAA are committed to support Hong Kong Disneyland in hosting this event, allowing more adults and children to experience the joy of running and join the running community.

The “Hong Kong Disneyland 10K Weekend”, which began in 2016, is one of Hong Kong's most distinctive long-distance running events. Participants can race through the various themed areas of Hong Kong Disneyland, cheered on by beloved Disney characters, and receive commemorative Disney collectibles to cherish.

This year's event will take place from 1 and 2 November 2025, at the Hong Kong Disneyland Resort. In addition to the traditional 10km, 5km, and 3km runs, allowing participants to join different categories based on their abilities. This year are introducing the “Junior Races”, providing a personalized running experience.

To support this event, HKAAA will continue to provide professional course planning and event support, ensuring that runners can compete in a safe environment. Additionally, the results of the 5km and 10km categories will continue to be included in the Hong Kong rankings. We hope all runners enjoy this event. See you at Hong Kong Disneyland!

Kwan Kee

Chairman of the Hong Kong, China Association of Athletics Affiliates

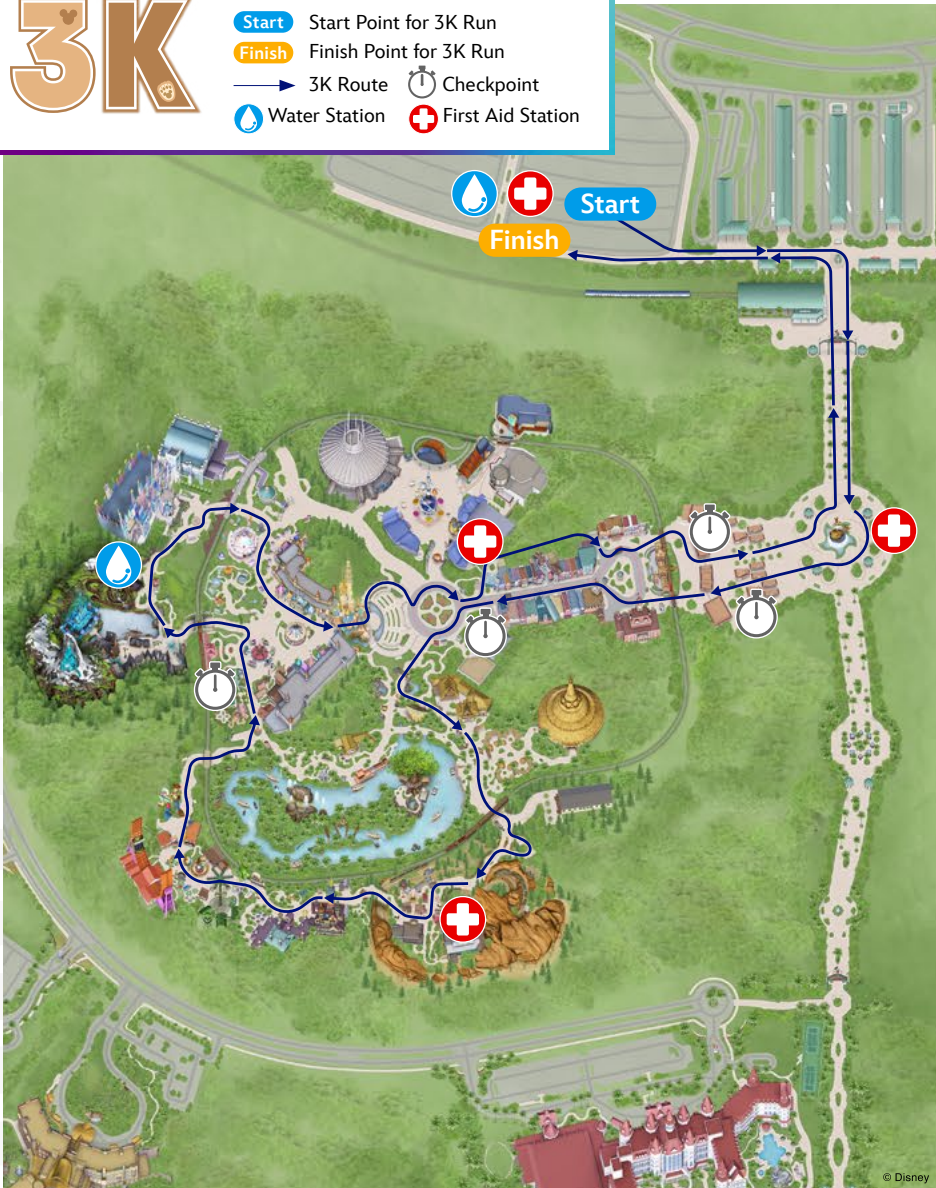
Course Map of All Races



3K

Duffy and Friends 3K

- Start** Start Point for 3K Run
- Finish** Finish Point for 3K Run
- 3K Route
- ⌚ Checkpoint
- 💧 Water Station
- 🏥 First Aid Station



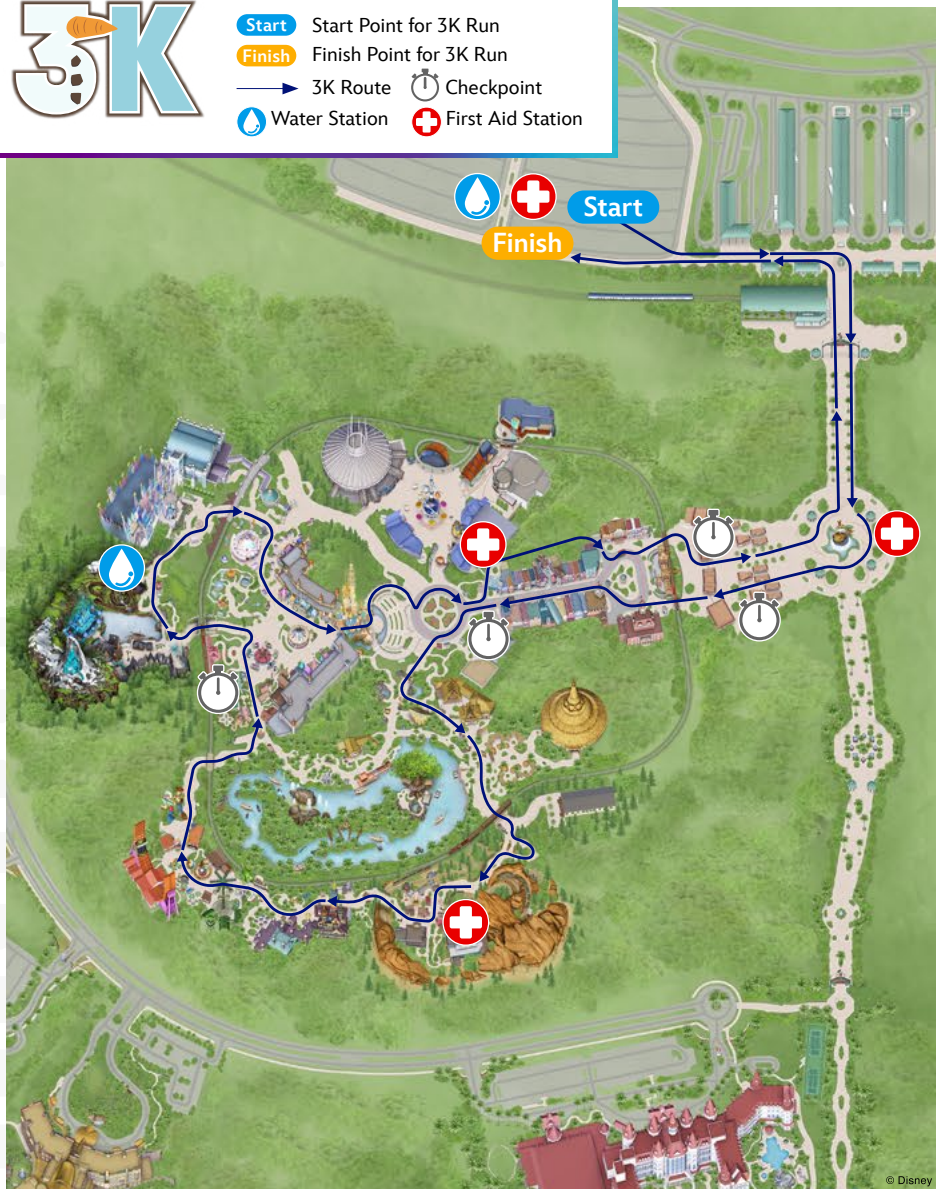
Images are for illustration only and may not represent the location or condition of the race route. The organizers reserve the right to change any part(s) of the race route without prior notice if circumstances require.

Course Map of All Races



Frozen 3K

- Start** Start Point for 3K Run
- Finish** Finish Point for 3K Run
- 3K Route
- ⌚ Checkpoint
- 💧 Water Station
- 🛖 First Aid Station



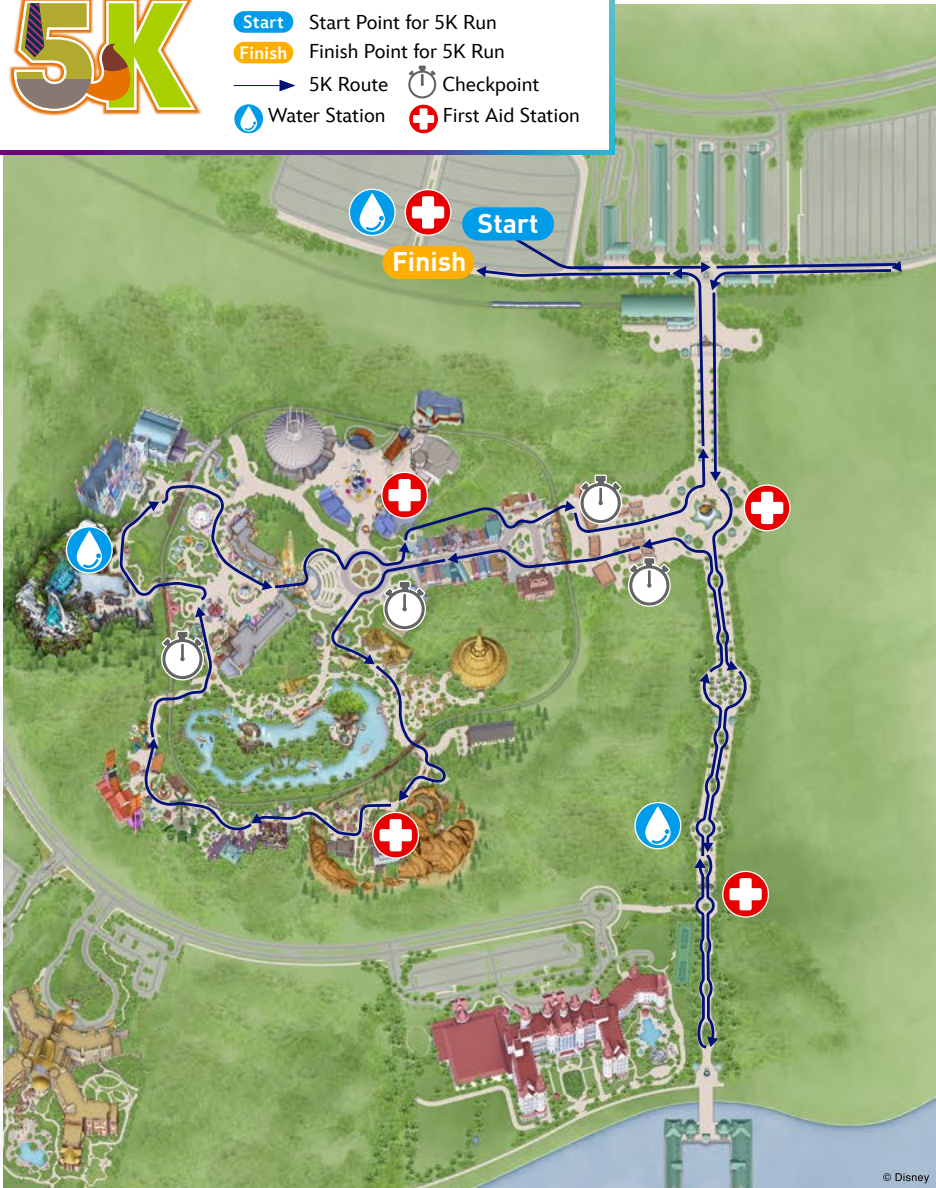
Images are for illustration only and may not represent the location or condition of the race route. The organizers reserve the right to change any part(s) of the race route without prior notice if circumstances require.

Course Map of All Races



Zootopia 5K

- Start** Start Point for 5K Run
- Finish** Finish Point for 5K Run
- 5K Route
- 🕒 Checkpoint
- 💧 Water Station
- 🛖 First Aid Station



© Disney

Images are for illustration only and may not represent the location or condition of the race route. The organizers reserve the right to change any part(s) of the race route without prior notice if circumstances require.

Course Map of All Races



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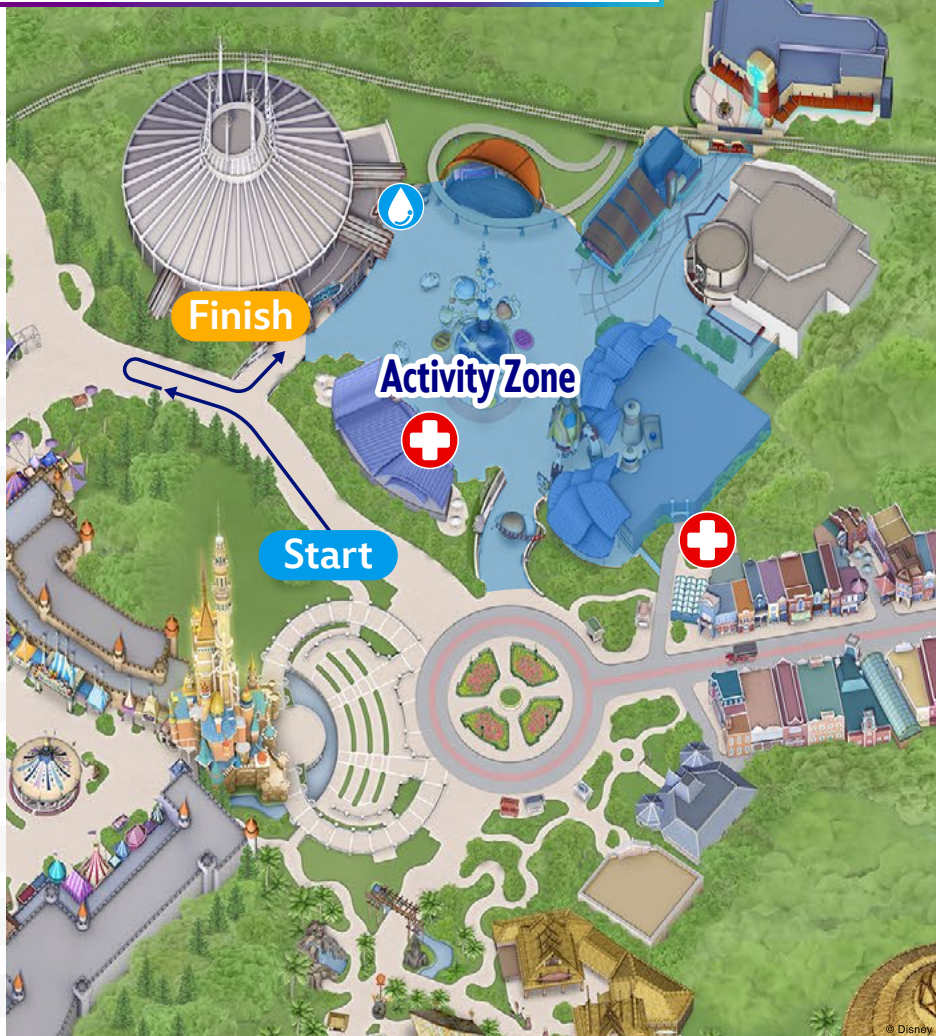
Course Map of All Races



JUNIOR RACES

Mickey and Friends Junior Races

- Start** Start Point for Junior Races
- Finish** Finish Point for Junior Races
- Junior Races Route
- Water Station First Aid Station



Images are for illustration only and may not represent the location or condition of the race route. The organizers reserve the right to change any part(s) of the race route without prior notice if circumstances require.

Race Day Key Times

November 1, 2025 (SAT)



Zootopia 5K



Duffy and Friends 3K – 1st Group



Mickey & Friends Junior Races – 1st Group



Mickey & Friends Junior Races – 2nd Group



Mickey & Friends Junior Races – 3rd Group



Race Category	Zootopia 5K	Duffy and Friends 3K			Mickey & Friends Junior Races		
		1 st Group	2 nd Group	3 rd Group	1 st Group	2 nd Group	3 rd Group
Start Time*	6:45	7:30	8:15	9:00	9:00 9:35	9:40 10:15	10:20 10:55
		(Separate starting times)					
Start Cut-off Time	6:55	7:40	8:25	9:10	9:35	10:15	10:55
Checkpoint – Park Entrance#	7:40	7:55	8:40	9:25	Not Applicable		
Checkpoint – Castle Hub#	7:45	8:00	8:45	9:30	Not Applicable		
Checkpoint – Fairy Tale Forest#	8:00	8:15	9:00	9:45	Not Applicable		
Checkpoint – Park Exit#	8:10	8:25	9:10	9:55	Not Applicable		
Time Limit	1.5 hours	1 hour			Nil		
Suggested Arrival time at HKDL^	5:30	6:30	7:15	8:00	Arrive 45mins before starting time		
Baggage Deposit Time^	5:30 – 6:30	6:30 7:15	7:20 8:00	8:00 8:45	Not Applicable		
Closing Time of Baggage Collection Area^	9:00	9:00	9:45	10:15	Not Applicable		

* Please refer to the Event Center Guide Map for 5K & 3K starting arrangement details on page 10.

* The Junior Races are located at Tomorrowland, please refer to the Junior Races arrangement on page 11.

^ Please refer to the Security Checks and Baggage Arrangement details on page 23.

Participants must reach the checkpoint before the cut-off time. The officials may encourage participants to conclude their race if necessary.

Race Day Key Times

November 2, 2025 (SUN)



Pixar 10K (Race Group)



Pixar 10K (Fun Group)



Frozen 3K – 1st Group



Frozen 3K – 2nd Group



Frozen 3K – 3rd Group



Frozen Inclusive 3K Race



Hong Kong Disneyland Leadership 3K



Mickey & Friends Junior Races – 1st Group



Mickey & Friends Junior Races – 3rd Group



Mickey & Friends Junior Races – 2nd Group



Race Category	Pixar 10K		Frozen 3K			Frozen Inclusive 3K Race (By invitation)	Hong Kong Disneyland Leadership 3K (By Invitation)	Mickey & Friends Junior Races		
	Race Group	Fun Group	1 st Group	2 nd Group	3 rd Group			1 st Group	2 nd Group	3 rd Group
Start Time*	6:15	7:00	7:45	8:15	9:00	7:10	8:00	9:00 9:35	9:40 10:15	10:20 10:55
								(Separate starting times)		
Start Cut-off Time	6:25	7:10	7:55	8:25	9:10	7:10	8:00	9:35	10:15	10:55
Checkpoint – Park Entrance#	7:40	8:25	8:10	8:40	9:25	Not Applicable	Not Applicable	Not Applicable		
Checkpoint – Castle Hub#	7:45	8:30	8:15	8:45	9:30	Not Applicable	Not Applicable	Not Applicable		
Checkpoint – Fairy Tale Forest#	8:00	8:45	8:30	9:00	9:45	Not Applicable	Not Applicable	Not Applicable		
Checkpoint – Park Exit#	8:10	8:55	8:25	9:10	9:55	Not Applicable	Not Applicable	Not Applicable		
Time Limit	2 hours		1 hour			1 hour	1 hour	Nil		
Suggested Arrival time at HKDL^	5:15	5:45	6:45	7:15	8:00	6:10	7:30	Arrive 45mins before starting time		
Baggage Deposit Time^	5:15 6:00	5:45 6:45	6:45 7:30	7:20 8:00	8:00 8:45	6:10 6:55	Not Applicable	Not Applicable		
Closing Time of Baggage Collection Area^	8:45	9:30	9:00	9:45	10:15	8:15	Not Applicable	Not Applicable		

* Please refer to the Event Center Guide Map for 10K & 3K starting arrangement details on page 10.

* The Junior Races are located at Tomorrowland, please refer to the Junior Races arrangement on page 11.

^ Please refer to the Security Checks and Baggage Arrangement details on page 23.

Participants must reach the checkpoint before the cut-off time. The officials may encourage participants to conclude their race if necessary.

Event Center Guide Map



- | | | |
|---|------------------------------|---|
| 1. Security Check | 9. Result Board | 19. Information Booth |
| 2. Command Post | 10. Water Station | 20. "Disney-Style Runway Awards" Registration Booth |
| 3. All Races Starting Line (Except Junior Races) | 11. Resting Zone | 21. Event Center Guide Map |
| 4. All Races Finishing Line (Except Junior Races) | 12. Baggage Deposit | 22. Mobile Toilet |
| 5. First Aid Station | 13. Mobile Toilet | |
| 6. Medal Redemption | 14. Female Changing Room | |
| 7. Photo Area | 15. Male Changing Room | |
| 8. Main Stage | 16. Food & Beverage Kiosk | |
| | 17. Merchandise Store | |
| | 18. Sponsor Activation Booth | |

-  Cheering Zone
-  Routing Area (only for participants)

* Please pay attention to announcements from the Main Stage for the latest information and starting arrangements.

Junior Races Map



- | | | |
|---|--|---------------------------------------|
| 1. Junior Races Entrance/
Running Bib and
Wristband Check | 12. Standby Zone | 23. Finishing Line |
| 2. Security Check | 13. Starting Line | 24. Medal Redemption |
| 3. Activity Zone Entrance | 14. "Disney-Style Runway Awards"
Registration Booth | 25. Water Station |
| 4. Magical Shuffleboard | 15. First Aid Station | 26. Restrooms |
| 5. Medal Fishing | 16. Information Booth | 27. Main Stage |
| 6. Souvenir Redemption Counter | 17. Face Painting | 28. Pavilion Gifts |
| 7. Restrooms | 18. Merchandise Cart | 29. Photo Area |
| 8. First Aid Station | 19. Bottle-filling
Water Dispenser | 30. Pavilion Gifts |
| 9. Arts & Crafts | 20. Sponsor Activation Booth | 31. Bottle-filling
Water Dispenser |
| 10. Disney Coloring | 21. Bubble Zone | 32. Restrooms /
Companion Restroom |
| 11. Food & Beverage Kiosk | 22. Food & Beverage Kiosk | |

* Please pay attention to announcements from the Main Stage for the latest information and starting arrangements.

Junior Races Activity Zone



Do not let the fun stop after the race!

Enjoy the Activity Zone and extend the magical moments!

Details

Time:	9:00AM – 11:00AM
Age:	Aged 5 or below (subject to height and weight restriction of each game)

All Child Participants **MUST wear their running bibs on their chest and their wristband before entering the Security Check area. All Companions (including Accompanying Participants) MUST also wear their wristbands before entering the Security Check area.** Otherwise, the Organizers reserve the right to disqualify the participants concerned and deny them entry to the park area.

Each Child Participant enrolled in “Mickey & Friends Junior Races” will have 3 wristbands.

- One [Child Participant] wristband to access the running route and Activity Zone,
- One [Accompanying Participant] (Aged 18 or above) wristband to access the running route and Activity Zone
- One [Companion] wristband to enter the Tomorrowland Activity Zone without participating in the race

*** Only Junior Race Participants are allowed to participate in the activities located in the Activity Zone, apart from the Disney-Style Runway Awards.**

Must wear their running bibs and wristband before entering the Security Check area and during all activities.

Last entry to Security Check will be 10:30AM.

Terms and Conditions

- Lost or damaged bib and/or wristband will not be replaced.
- The wristband and admission to the Activity Zone are non-transferrable, non-exchangeable, revocable and not for re-sale.
- Each eligible Child Participant must be accompanied and supervised by his/her parent or legal guardian aged 18 or above at all times in the Activity Zone.
- Participation in each game of the Activity Zone is subject to rules and regulations for such game. Please refer to the on-site notice or signage of each game for details.
- Eligible Child Participant and their parent or legal guardian should follow the instructions of the officials and Cast Members at all times in the Activity Zone. The Organizers reserve the right to deny admission, or to require a person already admitted to leave the Activity Zone, without refund or compensation, for failure to comply with any rules, regulations or instructions, for unsafe, illegal or offensive behavior, to ensure safety, security or order, or if the Organizers consider that the circumstances so require.
- The Organizers may from time to time, without prior notice and without refund or compensation, modify these terms and conditions, change the operating hours of the Activity Zone or its activities, close the Activity Zone or any part of it temporarily, restrict the number of persons having access to the Activity Zone, and/or suspend or cancel any activity due to capacity, inclement weather or special events, to ensure safety, security or order, or if the Organizers consider that the circumstances so require.
- In case of any conflict or inconsistency between the Chinese and English versions of these terms and conditions, the English version shall prevail.

Disney-Style Runway Awards



Top your outfit off with a glittery show-stopping party hat to maximize the vibes and catch the sport-light with every stride! Join the pre-race fashion frenzy as we turn the park into a dazzling Disney runway, then dash through the course decked out in your Disney-themed outfit for a shot at the “**Disney-Style Runway Awards**”!

How To Participate?

Participants who wish to enroll in the competition for the "Disney-Style Runway Awards", please proceed to the "Disney-Style Runway Awards" Registration Booth at Event Center/Tomorrowland in person, and The Officials will assist with photo-taking*. Please provide your running bib for identification when registering. The photo cannot be changed or adjusted after submission. Participants must complete the relevant competition in the registered appearance.

* Any images, photographs, videos and audio recordings of the Participants taken during their participation in the Disney-Style Runway Awards shall be owned by the Organizers and may be used in any media by the Organizers and their respective affiliates, service providers and partners for sales, marketing, promotion and publicity purposes. Participants also unconditionally agree to waive all moral rights and similar author rights in any materials created in connection with their participation.

Disney-Style Runway Awards



Enrollment Time

Race	10K, 5K, 3K	Junior Races
Venue	Event Center – Registration Booth	Tomorrowland – Registration Booth
November 1, 2025 (Saturday)	5:30AM - 8:00AM	8:15AM - 9:50AM
November 2, 2025 (Sunday)	5:15AM - 8:00AM	8:15AM - 9:50AM

Costume Requirements

- The running bib must be clearly displayed in front of the Participants' chest.
- Costumes must be Disney-themed.
- Costumes must be family-friendly and may not be obstructive, objectionable, offensive or violent to other Participants.
- Costumes may not contain any weapons which resemble or could easily be mistaken for an actual weapon.
- Costumes may not contain sharp objects, pointed objects or materials that could accidentally strike other Participants.
- Costumes may not drag on the ground.
- Certain accessories, such as full-face masks and helmets, must be removed before taking selfie photos with Disney Characters.
- Participants who dress like Characters may not pose for pictures or sign autographs for other persons.

For everyone's safety, full-face masks must provide unobstructed peripheral vision at all times with openings that allows the eyes to be fully seen when worn by Participants. Participants should also consider if such a full-face mask is suitable for wearing in the Race.

Participants who do not adhere to these guidelines may be refused entry into, and/or removed from, a Race or any Race-related activities unless their costume can be modified to meet the above standards.

Please contact the Officials if you have any enquiries.

Competition Format

The competition will be divided into:

10K, 5K, 3K	Junior Races
• Individual Competition (1 Participant) • Team Competition (2 - 8 Participants)	• Team Competition (2 - 3 Participants)

Each Participant, whether individual or part of a team, may enroll only once per Event day. Any duplicate applications will be canceled by the Organizers without notice.

Disney-Style Runway Awards



Selection Criteria

Participants will be judged based on, but not limited to, the following criteria:

- Integrated Disney Elements
- Merging of creativity and comfortableness (suitable for run)
- Eye-catching
- Demonstration of personality
- Team collaboration

Judging Process

Judging for the "Disney-Style Runway Awards" will be conducted by a representative from Hong Kong Disneyland Resort and/or a representative invited by Hong Kong Disneyland Resort. Selected finalists must attend the Ceremony at the Event Center/Tomorrowland on time. The champion in each group will be selected at the ceremony.



Results

The list of the selected finalists for the "Disney-Style Runway Awards" will be displayed at the Registration Booth in the Event Center/Tomorrowland. Participants are required to check the results on the event day, as organizers will not notify finalists individually. Finalists who are shortlisted must assemble in costume at the Main Stage in the Event Center/Tomorrowland on the day of the event. Finalists who are absent from the ceremony will be disqualified without further notice.



Important Notes

- Participants understand and agree that the Organizers may own, use, reproduce, livestream, sub-license, transfer and retain any and any images, photographs, videos and audio recordings (collectively, "**Materials**") of the Participants which may be taken during their participation in the Event and Disney-Style Runway Awards, for any purpose and in any manner, medium and format as they see fit without incurring any liability to the Participants or any person (including the requirement to pay any compensation in respect of such use of the Materials). Participants agree and authorize the Organizers to share and transfer the Materials to their respective affiliates, service providers and partners for sales, marketing and promotion usage.
- Participants further agree to waive, unconditionally, irrevocably, and without further payment, all moral rights and author's rights of a similar kind in relation to the Materials.
- Without limiting the generality of the foregoing, the Organizers and their respective affiliates, service providers and partners may use the Materials for sales, marketing, promotion and publicity purposes in various media, including their websites, social media, mobile apps, ecommerce platforms, direct marketing materials, annual reports, and publications. This authorization extends to the use of a Participant's name, voice, likeness, image, signature, and biography.

Participants' Race Day Rundown



- Runners are suggested to have a meal at least 2 to 3 hours prior to the race.
- Please refer to page 19 - 21 for Race Day Notice and Gear Checklist.
- Please refer to page 22 for Transportation arrangements on Race Day and arrive at least 1 hour before your start time.
- The queuing time for bag check and baggage deposit is approximately 45 to 60 mins.
- Baggage deposit service will be closed 15 mins before your start time.
- Please refer to page 10 for the floor plan of the Event Center.
- Please read through this Runner's guide for the locations of water stations, first aid stations, mobile toilets, checkpoints and time limits.
- Please present your bib to collect your baggage.
- Recovery - Please refer to Post-Race Information on page 27.
- Share your magical moments with your friends on social media.

Health Questionnaire



You should appreciate that taking part in any of the races at the Event can be a strenuous exercise. Your health should always take priority and therefore you should only participate if you are physically fit and have been adequately prepared.

If you intend to take part in Hong Kong Disneyland 10K Weekend - 20th Anniversary Party Edition - Presented by AIA Vitality (the “Event”), you should read the questions below carefully and answer each one of them honestly. You are not required to return the completed questionnaire, but we encourage you to use it to assess your physical condition, and seek medical advice as appropriate to decide whether you should participate in the Event.

Check YES or NO

Yes	No	
		Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?
		Do you feel pain in your chest when you do physical activity?
		In the past month, have you had chest pain when you were not doing physical activity?
		Do you lose your balance because of dizziness or do you ever lose consciousness?
		Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
		Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
		Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions, your physical condition may not be suitable for taking part in the Event.

It is strongly recommended that you talk with your doctor BEFORE you take part in the Event. Tell your doctor about the questions you answered YES and follow his/her advice. You should only take part if your doctor advises you that you can do so without risk.

Developed based on Leisure and Cultural Services Department’s latest <<Physical Activity Readiness Questionnaire PAR-Q>>
Source of the PAR-Q: The Canadian Society for Exercise Physiology

Health Recommendations



You should appreciate that taking part in any of the races of the Event can be a strenuous exercise and that you should only run on the day if you have been adequately prepared. If you notice any unusual symptoms that may develop during the race, e.g., Chest pain, dizziness, severe nausea, unusual shortness of breath, change in your running style, confusion and disorientation, you should stop running and seek medical attention immediately. Although you may feel it is more important to finish the race, remember that it is your health that should always take priority.

Any person who is pregnant or suffering from any chronic disease such as heart disease or high blood pressure, or is suffering from or has any symptoms of any contagious disease, should not participate in the Event.

Here are a few recommended “Dos” and Don’ts” :

DOS



Keep Hydrated



Eat if necessary



Listen to your body



Take care of
your health

DON'TS



Run if you are not fit
enough or not properly
prepared



Run if you have been
sick or on antibiotics in
the three weeks prior
to the race



Take **ANY** medication
during the race



Be embarrassed or
afraid to stop and seek
medical attention

Race Day Notice



Information Announcement on Event Day

Check out the latest arrangement on event day at the [Event Official Website](#).

Weather Tips

Pay attention to the weather forecast report from the [Hong Kong Observatory](#) at home before proceeding the event location.

Inclement Weather Arrangements

The Event will be cancelled if tropical cyclone warning signal no.3 or above, and/or red or black rainstorm signal is hoisted by the Hong Kong Observatory at 3:00AM.

In all other inclement weather scenarios not specified above, the Organizers may in their sole discretion delay, suspend or cancel the Event, any Race and any ancillary entertainment activities and facilities. Such scenarios include without limitation thunderstorm warning and/or 10KM lightning warning hoisted after the cut off time; and damage or obstruction to facilities, venue or route caused by inclement weather prior to the Event. Announcements concerning delay, suspension and cancellation will be published on the Event official website.

Please pay special attention to the weather report during the 16-hour period before the Race start time as it may indicate whether tropical cyclone warning signals, or red or black rainstorm signals are likely to be hoisted. Please also follow the updates at [Event Official Website](#) closely regarding the status of the Event.

No refund of entry fee or other compensation will be provided if the Event, any Race and/or any ancillary entertainment activities and facilities are delayed, suspended or cancelled due to inclement weather.

Gear Checklist



All Participants must bring the items listed below and they will not be re-distributed on the event days:

Running Bib with Timing Chip

Participants should wear the running bib with timing chip on their chests to enable officials to identify their race numbers. Otherwise, the Organizers reserve the right to disqualify the Participant concerned.

- Use the four pins included in the Runner's Pack, attach the running bib to all four corners of their tops, with the race number facing outward.
- Do not fold or remove the timing chip.
- Participants need to pass through the timing points located at the Start, Finish and other checkpoints. Otherwise, results will not be provided.
- Running bib and timing chip are non-transferable.
- Participants should start in the designated race and time. No results, commemorative medals nor E-certificates will be issued to participants who started in the wrong race/time.
- To assist the Organizers and medical personnel to contact participants' relatives or friends in case of emergencies, participants are required to fill in their personal details on the back of their running bibs (participant's name, emergency contact person and phone number, etc.) with waterproof ink. For bib layout and race day key times, please refer to page 8-9.

Junior Races running bibs do not have a timing chip.

Participants not wearing a valid running bib for the for the "Hong Kong Disneyland 10K Weekend - 20th Anniversary Party Edition - Presented by AIA Vitality" will be debarred from running by officials.

Running Apparels and Tips

Running Shirt - Running Shirts made of polyester are suitable because they are lightweight, dry quickly, and help keep runners cool. Child participants should avoid oversized shirts.

Running Socks - Running Socks are important to avoid blisters on your feet, and thus they should be light and seamless, fit the shape of your feet, sweat-relieving and shock-absorbing.

Running Pants - Make sure you do NOT choose running pants that could hinder the movement of your legs.

Running Shoes - Make sure the toe area has enough room for your toes to stretch but not too wide. The top part of the shoe is best if it is made from soft and breathable materials. The heel should be firm and supportive. The sole should be nice and thick with good cushioning and support - arched support is even better. A sole with tread can keep you from slipping. Participants should also avoid wearing new shoes on race day.

Prevent bug bites - Use insect repellent on exposed parts of the body and clothing.

Gear Checklist



Tips for Child Participant's Parents/Guardian

Spare clothes for your little runner – Bring one more set of clothes for your child.

Preparation – Bring some snacks (e.g., biscuit, glucose candy) and a towel for your child.

Training – Parents and children can run gently as practice for 20-30 minutes every day before the race. Begin with interval training that alternates between running and walking to slowly work up to your target.

Warm up – Drink appropriate amount of room temperature water and do gentle stretch exercises before and after the race.

Prevent bug bites – To prevent bug bites, use DEET-containing insect repellents. For children, choose a DEET-containing insect repellent with lower concentration (less than 10%). When applying an insect repellent on young children, an adult should first apply it to their own hands to minimize the risk of allergic reactions. Avoid applying repellent to the child's hands, around the eyes or mouth, or on any cut or irritated skin. If re-application is needed, apply it to the child's clothing instead. Wash the child's skin where insect repellent has been applied, or bathe them after returning indoors. Also, wash any clothing that was exposed to insect repellent.

Post-race refreshment – To help the young children recover, ensure they replenish their fluids with plenty of water, eat bananas, and change into dry clothes. They should also rest as early as possible after returning home that evening.



Transportation



MTR Train Service

You can take the MTR Tung Chung Line and get off at Sunny Bay Station. Then, interchange to the Disneyland Resort line. Please visit [MTR's official website](#) for the start times of MTR services for Tung Chung Line and Disneyland Resort Line on the event day.

Taxi

There are three types of taxis that provide transportation to and from Hong Kong Disneyland Resort. Taxi types are indicated by color:



Urban taxis (Red)



New Territories taxis (Green)



Lantau taxis (Blue)

Fare rates vary by taxi type, and actual charges vary based on trip time and distance. For up-to-date information, please visit the [Transportation Department's official website](#). Taxi drop-off and pick-up for Hong Kong Disneyland Resort is at the Disneyland Public Transport Interchange (PTI).

Private Car

Limited number of parking spaces are available at Hong Kong Disneyland and Hotels' car park. For rates and details, please visit [Parking information](#).

Opening Hours

Date	Time
November 1, 2025	4:30AM
November 2, 2025	4:15AM

Special Bus Services

(Services available for Zootopia 5K Race and Pixar 10K Race only)

Pick up point	Nov 1 Zootopia 5K	Nov 2 Pixar 10K	
		Race Group	Fun Group
Estimated Arrival Time to Event Center	5:30AM	5:15AM	5:45AM
Tseung Kwan O – Public Transport Interchange (near Tseung Kwan O MTR Station)	4:45AM	4:30AM	5:00AM
Tai Po – On Chee Road (near Jade Plaza)	4:55AM	4:40AM	5:15AM
Tuen Mun West Rail Station Bus Terminal (covered)	5:00AM	4:45AM	5:15AM
Shatin – Pak Hok Ting Street (near New Town Plaza Cinema)	5:00AM	4:45AM	5:15AM
Wan Chai – Gloucester Road (near Luk Kwok Hotel)	5:00AM	4:45AM	5:15AM
Kwun Tong Road (near Millennium City Phase 1)	5:00AM	4:45AM	5:15AM
Mong Kok – 62 Sai Yee Street (near former China Travel Service Ltd)	5:05AM	4:50AM	5:20AM
Tsuen Wan – Tsuen Wan MTR Station (near Sai Lau Kok Road)	5:05AM	4:50AM	5:20AM

- * Only available to participants who have purchased the bus ticket in advance. Participants must present the physical ticket when boarding.
- * No refund or exchange is allowed for the Special Bus Ticket.
- * The pick-up location may change due to unforeseen circumstances, please visit [Event Official Website](#) for updates.

Hotel Resorts Shuttle

In cooperation with “Hong Kong Disneyland 10K Weekend - 20th Anniversary Party Edition - Presented by AIA Vitality”, Hotel Resorts Shuttle Service is scheduled to operate from 5:30AM on November 1 (Sat) & from 5:00AM on November 2 (Sun).

Security Checks and Baggage Arrangement



Security Checks

1. All Participants entering the event, along with their bags, clothing, parcels, and other items, may be subject to screening/security checks at the entrance and within the event center.
2. The Organizers reserve the right to restrict any bag, parcel, or other items from being brought into the event center, and to handle any unattended object in a manner they deem appropriate.
3. The use of handheld camera or cell phone extension poles (such as selfie sticks) is not permitted in the Start Zone, Racecourse, and the park. Please store your selfie sticks in your bag and deposit them at the Baggage Deposit Area.
4. Participants are advised to **reserve at least 45 minutes for Security Checking** to avoid congestion and possible delays.

Baggage Deposit Arrangement

1. The Baggage Deposit counters are located inside the Event Center. **"Mickey and Friends Junior Races"** will be held inside the park **without any Baggage Deposit counters**.
2. The Organizers will **ONLY** handle the baggage with official baggage tags. In accordance with the new on disposable plastic products effective on April 22, 2024, baggage bags will not be provided or sold at the event center.
3. **Wheeled luggage of any size and/or bags, boxes, coolers or luggage larger than 56cm x 36cm x 23cm cannot be brought into Event Center and the Park.** Participants may store their belongings at Luggage Valet Service at Hong Kong Disneyland Resort. Luggage Valet Service is located on Park Promenade near Disneyland Resort MTR Station. [Details of Luggage Valet Service and Storage Lockers](#)
4. Participants are advised to arrive at the Baggage Deposit Area according to the suggested time indicated on Page 8-9 to avoid congestion and possible delay of starting your race.
5. Baggage Deposit **must be completed at least 15 minutes before your race start time.** The Organizers reserve the right to refuse handling baggage of any late participants.
6. Participants are advised to put all personal belongings (except valuable item(s)) into their baggage and store them at the Baggage Deposit Area. The Officials will place the official baggage tags on your baggages, for identification purposes.
7. Please do **NOT** deposit any valuable item(s). The Organizers will not be responsible for any losses or damages.



***Baggage tag will be provided by the Officials at Baggage Deposit counter. Please do NOT deposit valuable item(s).**

Please refer to Event Center Guide Map on page 10 for location of Security Check and the Baggage deposit area.

Baggage Collection

1. Participants are required to **present their running bib** for baggage collection upon finishing the race.
2. Participants must collect their baggage before 10:15AM on Race Day.
3. The Organizers will not be responsible and will not assume any liability for any damage to or loss of property or belongings of any Participants, whether such damage or loss is caused by our negligence or otherwise.

Participant Tips



Please follow the Participant Tips below to enjoy a magical running experience.

Let's Go GREEN

Reducing waste has always been a crucial part of our mega events. Help us make this event as environmentally friendly as possible by

- Bringing your own water bottle and towel
 - make good use of water dispensers along running routes and reduce paper towel usage
- Supporting our recycling measures
 1. At Water Stations along the course - Recycle paper cups
 2. At Event Center - Recycle plastic bottles, bib pins, baggage tags, papers and plastic packagings, aluminum cans and other recyclables, as well as banana peels
 3. At Activity Zone in Tomorrowland - Recycle plastic bottles, mixed paper, aluminum cans and other recyclables
 4. At Event Center - Donate surplus drinks and bananas

Cast Members will be stationed at recycling stations to offer assistance and promote clean recycling, e.g., empty the containers before putting them into recycling bins.

Be a Green Runner!

Safety Reminder

- The Event Center will be in operation from 5:30AM to 10:15AM on November 1 (Sat) & 5:15AM to 10:15AM on November 2 (Sun). All persons, costumes, and bags may be subject to screening/security checks at the Event Center and Park entrance and also within the Event Center. For full details on Security Checks, please refer to page 23 – Security Check and Baggage Arrangement.
- Please show common courtesy to fellow Participants, Guests, the Officials and our Cast Members by not using profanity or engaging in unsafe, illegal, disruptive or offensive behavior.

- The following items may not be brought into the park or Event Areas. Violators will be removed from the course and transported to the finish line area.

- ▶ Dangerous or hazardous materials.
- ▶ Weapons of any kind, or objects that may give the appearance or impression of being weapons or toy guns.
- ▶ Alcoholic beverages or any illegal substances,
- ▶ Cans or glass containers.
- ▶ Pets or other animals.
- ▶ Large tripods, folding chairs and stools.
- ▶ Recreational devices with wheels, including but not limited to skateboards, scooters, inline skates, shoes with built-in wheels.
- ▶ Other items that we determine may be harmful, disruptive, and offensive or may impede the operation of the event or any associated facility.

- The following activities are **NOT** allowed. Violators will be removed from the course and transported to the finish line area.

- ▶ Use of handheld or cell phone extension poles (such as selfie sticks) at the start zone, race course and within the park.
- ▶ Sale or display of goods or services.
- ▶ Distribution of printed or recorded materials of any kind.
- ▶ Unauthorized events, demonstrations or speeches, or the usage of any flag, banner, sign or material used to incite a crowd, and other unauthorized public gatherings.
- ▶ Playing with kites or remote-controlled flying devices.
- ▶ Photography, videotaping, or recording of any kind except for personal use.
- ▶ Any unsafe behavior or actions that may disrupt park operations or event facilities.

Participant Tips



- ▶ Any form of wheeled transport, e.g., bicycles, skates, trolleys, strollers, shoes with built-in or attached rollers, etc, on the course (except the wheelchairs approved by the Organizers).
- Notes to Wheelchair Participants
 - ▶ Race helmet is compulsory during the race for all wheelchair participants. Participants must ensure that no part of their lower limbs will touch the ground or the racecourse during the event and must take into account the safety of other participants on the route.
- Wheelchair requirements
 - ▶ Only hand-operated, mechanical steering devices will be allowed;
 - ▶ No wheelchairs with mechanical gears or levers that may propel the chair are permitted.
 - ▶ Participants should be able to manually turn the front wheel(s) for both left and right.
 - ▶ The use of mirrors is not permitted during the race.
- Spare wheelchair storage
 - ▶ Luggage Valet service is available on race day at Hong Kong Disneyland for wheelchair participants to store spare wheelchairs (at an additional cost). Luggage Valet location is on Park Promenade near the MTR Disneyland Resort Station. Details of Luggage Valet Service and Storage Lockers, please visit our [official website](#).
- The Organizers will not be responsible for any lost, damaged, or stolen items., whether such damage or loss is caused by our negligence or otherwise.
- Do not leave any belongings unattended, and if you noted any suspicious item(s) or personnel(s), please report to the Officials, Security Personnel or Law Enforcement Officer.

Mileage and Direction Signs

Participants of Pixar 10K and Zootopia 5K should follow and pay attention to Mileage signs & Direction Signs, which will be displayed along the course. Countdown mileage signs are set at the last 1KM of the course. Lead bicycles will be arranged to lead participants along the route. The Officials and signs will also indicate the direction. Familiarize yourself with the course before running. For details of the courses, please refer to pages 3-7 – Course Map of All Races.

Water Stations and First Aid Stations

For replenishing water during your run, Water Stations can be found at the Starting Area, Finishing Area and along the 10K, 5K and 3K races. First Aid Stations are also located along the course. For the locations of Water Stations and First Aid Stations please refer to pages 3-7 – Course Map of All Races.

Restroom Facilities

We recommend using the restroom before your race begins. Mobile toilet facilities will be available in the Event Center and along the course. For details on the locations of the Mobile toilet, please refer to page 10 – Event Center Floor Plan on Start Area Arrangement. Additional restroom facilities will also be available in the park. If you need assistance, please ask a Cast Member.

Competition Rules

The Start Point for the races (10K, 5K, 3K) are located at the Hong Kong Disneyland Coach Park. Cut-off points will be set up at different locations along the course. Participants who fail to reach the designated cut off points at a specific time will be asked by the Officials to retire from the course. For safety reasons, please line up in the Start Zone 15 minutes before your race begins. Additionally, after crossing the Finish line, participants are advised not to remain in the Finishing Area. Please be courteous and make space for others. Only participants can enter the starting area and the course.

Participant Tips



Disney's Friends Cheer Squad

Different characters will appear along the route within the park, but there is a limited time to complete your races (10K-2hrs/5K-1.5hrs/3K-1hr). Your safety is our main concern; Officials will be deployed along the course to direct event participants. To ensure an orderly fashion throughout the event, additional officials will be deployed at certain prime locations where runners may be most interested in taking photos. After the race, you can meet your friends and family at Hong Kong Disneyland and visit the Theme Park to celebrate your achievement. Participants must present a valid Park ticket for entry during the park operating hours. Upon entry to the Park, Guests are required to present his/her valid Park ticket. For Park Rules and Regulations of the park, please visit our [official website](#).

Note to Parents

A Child Participant (aged below 12) must be accompanied by an Accompanying Participant (aged 18 or above). The Accompanying Participant must accompany the Child Participant throughout the Event, take full responsibility for the Child Participant and ensure that the Child Participant complies with these Terms and Conditions as applicable. Pre-registered children aged 5 or under can take part in the Mickey and Friends Junior Races, so they can earn a commemorative medal just like Mom or Dad. Any parents who wish to run with their children are encouraged to do so (Limited to ONE adult companion with correct wristband for each Child Participant). Every little runner at the Mickey and Friends Junior Races is a winner and the race will be scored. There will be no Race Results for Mickey and Friends Junior Races.

As a reminder, all races participants should start in their designated race. No prize, commemorative medal or e-certificate will be issued to participants who started in the wrong race/time.



Post-Race Information



Commemorative Medal

Every Participant who completes Pixar 10K, Zootopia 5K, Duffy and Friends 3K, Frozen 3K and Mickey and Friends Junior Races will receive a commemorative medal upon finishing the race.



Results and E-Certificates

The list of Pixar 10K (Race Group) or Zootopia 5K winners will be announced and displayed on the result board in the Event Center after the race. Participants can click on [Nov 1 Races](#)/[Nov 2 Races](#) to view the full results from 3:00 PM on event day and download your e-certificate(s) from 9:00AM on November 3, 2025 until 11:59PM on January 31, 2026.

Appeal

(Only for participants of Pixar 10K – Race Group and Zootopia 5K)

Any appeal must be made in writing within 30 minutes after the announcement of the result, and accompanied with a deposit of HK\$800, which will be refunded if the protest is upheld.

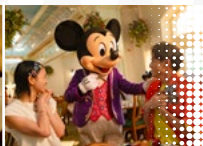
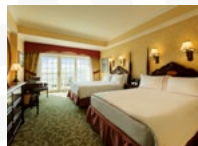
Prize Presentation of the Zootopia 5K

- The prize presentation ceremony for Zootopia 5K will be held at 9:30AM on November 1. All winners are required to gather at the prize presentation area after the race.
- Race Awards will be presented to the top 3 participants of each category of the Zootopia 5K Run at the prize presentation ceremony. Winners must present their Hong Kong Identity Card or travel document for identification.

Prize presentation venue: Event Center – Main Stage

- Junior (Male & Female)
- Senior (Male & Female)
- Master1 (Male & Female)
- Master2 (Male & Female)

Prize:



Champion

One night hotel accommodation in Kingdom Club Room at Hong Kong Disneyland Hotel

+

1- Day Standard Complimentary Ticket for 2 Persons

+

Lunch Buffet for 2 Persons at Enchanted Garden Restaurant, Hong Kong Disneyland Hotel

1st Runner-up

1- Day Standard Complimentary Ticket for 2 Persons

+

Explorer's Semi-buffet for 2 Persons at Explorer's Club Restaurant

2nd Runner-up

1- Day Standard Complimentary Ticket for 2 Persons

+

Two Combo Meal at any Theme Park Quick Service Restaurant

Notice: Only participants of Zootopia 5K are entitled to compete for the prize. Photos are for reference only.

Post-Race Information



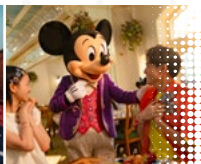
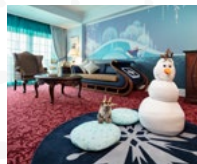
Prize Presentation of the Pixar 10K – Race Group

- The prize presentation ceremony for Pixar 10K (Race Group) will be held at 9:30AM on November 2. All winners are required to gather at the prize presentation area after the race.
- Race Awards will be presented to the top 3 participants of each category of the Pixar 10K (Race Group) at the prize presentation ceremony. Winners must present their Hong Kong Identity Card or travel document for identification.

Prize presentation venue: Event Center – Main Stage

- Junior (Male & Female)
- Senior (Male & Female)
- Master1 (Male & Female)
- Master2 (Male & Female)

Prize:



Champion

One night hotel accommodation in Kingdom Club Cinderella Suite OR Kingdom Club Frozen Suite at Hong Kong Disneyland Hotel

+

1- Day Standard Complimentary Ticket for 2 Persons

+

Lunch Buffet for 2 Persons at Enchanted Garden Restaurant, Hong Kong Disneyland Hotel

1st Runner-up

1-Day Standard Complimentary ticket for 2 Persons

+

Explorer's Semi-buffet for 2 Persons at Explorer's Club Restaurant

2nd Runner-up

1- Day Standard Complimentary Ticket for 2 Persons

+

Two Combo Meal at any Theme Park Quick Service Restaurant

Notice: Only participants of Pixar 10K (Race Group) are entitled to compete for the prize. Photos are for reference only.



Post-Race Information



Prize Presentation of the Disney-Style Runway Awards

- All winners are required to gather at the prize presentation area after the race.
- Awards will be presented to the top 5 participants of each category of the Disney-Style Runway Awards at the prize presentation ceremony. Finalists must present their Hong Kong Identity Card or travel document for identification.

Finalists Result Announcement

Race	10K, 5K, 3K	Junior Races
Venue	Event Center – Registration Booth	Tomorrowland – Registration Booth
Time	09:15	10:30

Assembly and Prize Presentation

Race	10K, 5K, 3K	Junior Races
Venue	Event Center – Main Stage	Tomorrowland – Main Stage
Time	09:30	10:45

Prize:



Champion (each)

Leisure Colorful Lunch Set for 1 at
World of Color Restaurant, Disney Explorers Lodge

+

One SKECHERS Footwear Gift Voucher

+

One Hong Kong Disneyland 10K Weekend -
20th Anniversary Party Edition - Cooling Towel



Other Finalists (each)

One SKECHERS Merchandise*

+

One Hong Kong Disneyland 10K Weekend -
20th Anniversary Party Edition - Cooling Towel

* Junior Races - Will only be awarded to child participants.
Photos are for reference only.

Post-Race Information



Park Hours

Date	Operating Hour
November 1 (Saturday)	10:30AM – 8:30PM
November 2 (Sunday)	10:30AM – 9:00PM

For more Park Information, please visit Park Calendar on the [official website](#). Park hours and information subject to change without notice.



Ways to Recover After the Race

Stretching – Do not stop immediately after crossing the finish line. Runners should keep walking for a short distance after the race, followed by some light stretching to cool down.

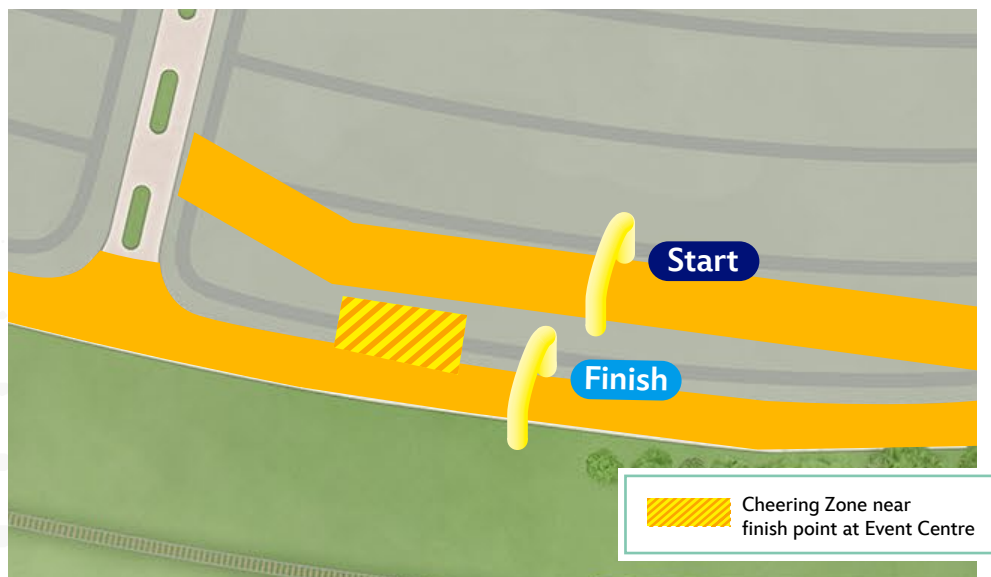
Replenishment – Runners should replenish lost fluids, electrolytes, carbohydrates and proteins. Bananas and sport drinks are recommended.

Ice Water Bath – After a long run, immerse sore muscles in cool water (10 – 15°C) for 10 – 15 minutes to help them recover.

Sleep or Massage – A 10-minutes doze on the bus/MTR or a 45 minutes sleep at home could bring complete refreshment. Participants may consider using massage cream on their legs to enhance blood circulation and ease muscle pain after the race.

Recovery – The week after the race, participants may begin a recovery run of around 20 – 30 minutes. Keep it at a moderate speed as jogging can enhance blood circulation and remove the lactic acid accumulated in your body, as well as feelings of fatigue. Low intensity cross training can be an option for recovery training.

Cheering Guide



Tip No.1 - Plan Ahead and Find the Best Cheering Location

The finish point and the Event Center are a good distance apart, and so it is best to pick your preferred cheering location before the event so that you won't miss the important moments on the day!

Tip No.2 – Tell the Runner where you are

Remember to tell the runners where you will be so that they won't miss you. While you are waiting, don't forget to cheer for other runners and Cast Members.

Tip No.3 – Share your Happy Moment

Take plenty of pictures and upload them on social media. Be sure to use the hashtags #HKDL10KWeekend #10KWeekend2025 #HKDisneyland #香港迪士尼樂園 #HKDL20Party

Terms and Conditions



"Hong Kong Disneyland 10K Weekend - 20th Anniversary Party Edition - Presented by AIA Vitality" and its associated activities in Hong Kong Disneyland Resort on November 1 to 2, 2025 ("Event") is jointly organised by Hongkong International Theme Parks Limited, Hong Kong Disneyland Management Limited and Hong Kong, China Association of Athletics Affiliates (collectively the "Organizers").

In these Terms and Conditions,

- "Race" means any of the following races to be held during the Event: Junior Races, 3K, 5K and 10K Fun Group and 10K Race Group (5K and 10K Race Group will be categorised into the following sub-groups: Junior Male (aged 16-19); Junior Female (aged 16-19); Senior Male (aged 20-34); Senior Female (aged 20-34); Master 1 Male (aged 35-44); Master 1 Female (aged 35-44); Master 2 Male (aged 45 or above) and Master 2 Female (aged 45 or above));
 - "Applicant" means a person completing and submitting the Event online application for themselves and/or on behalf of additional person(s), and/or his/her child or ward aged below 18;
 - "Participant" means a person whose application to participate in the Event has been accepted by the Organizers, including any additional person(s) being registered by the Applicant;
 - "Child Participant" means Participant who is aged below 12;
 - "Accompanying Participant" means a Participant aged 18 or above who accompanies the Child Participant in his/her participation in the Event as required by these Terms and Conditions
1. **Release** – To the fullest extent permitted by applicable law, each Participant releases and discharges the Organizers and any other individual, organization or company connected directly or indirectly with the Event or providing services or advices in relation to the Event from any and all losses, expenses, damages, claims, demands, compensation, causes of action and/or liabilities of every kind and nature, including, without limitation, attorneys' fees (collectively, "Liabilities") arising out of or in connection with the Event, including without limitation, Liabilities incurred during such training and preparation for the Event, during the Event, as a consequence of or while travelling to or from the Event, the collection, retention, transfer and use of my personal data, or the use of credit cards or other electronic gateways for payment.
 2. **Indemnity** – In consideration of the Organizers permitting the Participants to participate in the Event, and in consideration of the opportunity to win prizes and collect valuables in connection with the Event, the Participants will indemnify and hold harmless the Organizers from and against any and all Liabilities arising out of or in connection with the Participants' participation in the Event, including without limitation, any and all Liabilities in relation to (a) any injury, illness or death suffered by the Participant himself/ herself or any other person; and (b) any property loss or damage.
 3. **Age Limits** – On the date of the Event, Participants of the 5K & 10K must be 16 years old or above; Participants of 3K must be 3 years old or above; and Participants of the Junior Races must be 5 years old or below. A Child Participant must be accompanied by an Accompanying Participant. The Accompanying Participant must accompany the Child Participant throughout the Event, take full responsibility for the Child Participant and ensure that the Child Participant complies with these Terms and Conditions as applicable. The Organizers have the right to verify and request for personal identification as the Organizers may require (including but not limited to HKID Card, passport or other photo identification) for verification of the age of Participants before, during and after the Event.
 4. **Acceptance of Entries** – All Race entries are not transferable. Limited number of entries for each Race is available on a first-come, first-served basis. The Organizers do not accept any request for change after the Event online application is submitted. The Organizers reserve the right to disqualify any Participant or cancel his/her Race entry without refund or compensation if information provided in his/her Event online application (whether by the Participant or by an Applicant on his/her behalf) is false, incomplete or incorrect, or he/she fails to make the required payment or fails to meet all entry requirements. For the avoidance of doubt, each Participant aged 18 or above is required to complete his/her individual Health Declaration, Disclaimer and Indemnity, and Waiver forms. If a Participant aged 18 or above fails or refuses to complete his/her Health Declaration, Disclaimer and Indemnity, or Waiver forms by the stipulated deadline, he/she will be disqualified from participating in the Event and Race(s) without any compensation or refund of entry fee. The Organizers also reserve the right to contact and interview Applicants or Participants by phone or other means for any additional information required for their application.
 5. **Entry Fee and Cancellation Policy** – Entry fee is non-refundable once an entry was accepted. If the Event, any Race and/or any ancillary entertainment activities and/or facilities are delayed, suspended or cancelled due to inclement weather or any circumstances beyond the control of the Organizers, no refund of entry fee or other compensation will be provided.

Terms and Conditions



6. **Duplicated Entries** – Each person is only allowed to apply once for the same Race. Each Applicant shall ensure that only one application is made under his/her name. Each Participant shall ensure that only one application is made for his/her entry. Any duplicated application will be cancelled by the Organizers without prior notice or refund of entry fee. Duplicated entry(ies) cannot be used for redeeming the Runner's Pack and duplicated entry fee paid is non-refundable.
7. **Attire** – Proper attire, including shoes and shirts, must be worn at all times during the Event. Each Participant must wear the official running bib provided in his/her Runner's Pack when participating in the Event.
8. **Rules and Regulations** – Upon submitting his/her online application, the Applicant agrees to accept all terms and conditions set out for this Event, Hong Kong Disneyland Park Rules and Regulations, International Association of Athletics Federations Competition Rules and the Official Competition Rules, as well as all applicable laws, regulations, guidelines, directions and orders of any governmental or regulatory authority throughout the Event (collectively, "Rules and Regulations"). The Organizers reserve the right to amend or supplement the Rules and Regulations or to terminate or suspend the availability of the Event at any time without prior notice.
9. **Physical Conditions** – Participants should be aware of and understand the risks involved in and the degree of fitness required for the Event (including the Race). It is the sole responsibility of each Participant (and the parent or legal guardian of Participant aged below 18, as applicable) to ensure that he/she is in good health, physically fit and suffer from no physical impairment, illness or defect which might limit his/her ability to participate in and complete the Event and the Race, and that he/she is not suffering from and does not have any symptoms of any contagious disease. Any person who is pregnant or suffering from any chronic disease such as heart disease or high blood pressure should not participate in the Event or the Race. The Organizers reserve the right to disallow or disqualify any person who is known or in the sole discretion of the Organizers, who appears or is suspected to be physically unfit to participate in the Event and the Race. Participants are asked to seek medical advice of their physical condition and appropriateness before participating in the Event. By submitting the online application and subsequently taking part in the Event, the Participant:
 - a. confirms that he/she has carefully reviewed and completed the Health Questionnaire and Recommendations provided by the Organizers; and
 - b. warrants and confirms to the Organizers that he/she is in good health and physically fit to participate in and complete the Event and the Race, and that he/she is not suffering from and does not have any symptoms of any contagious disease; and
 - c. without limiting paragraph 2 above, agrees to indemnify the Organizers and hold the Organizers harmless for any and all Liabilities arising from or in connection with him/her not being physically fit to participate in and complete the Event or the Race.
10. **Disqualification** – The Organizers reserve the right to disqualify any person and/or nullify his/her Race result due to any violation, breach, non-compliance or non-observance of any of the Rules and Regulations or these Terms and Conditions. The Organizers shall not be obliged to refund any entry fee or otherwise compensate the Participant under these circumstances. The Organizers reserve the right to decline participation in the Event in case of late arrivals.
11. **Pets or other animals** – Pets or other animals are not permitted to enter any of the running routes.
12. **Route Alteration** – The Organizers reserve the right to change or alter any part(s) of any of the running routes before or during the Event or the Race without prior notice to Participants or any other person in the event of unexpected road conditions or emergency. The Event and/or the Race may be temporarily suspended for the emergency vehicles access. Participants must follow the instructions of Event officials and/or any law enforcement officers on site, in case of emergency.
13. **Instructions Given by Event Officials** – Instructions given by the Organizers and Event officials shall be followed at all times.
14. **Results** – Official Time and Net Time will be provided to Participants who have completed the designated Race(s) within the specified time limits wearing his/her running bib throughout the Race(s) (except Junior Races). Split Times may be provided and if so, they are for reference only. For result information, please check with Hong Kong, China Association of Athletics Affiliates for details.

Terms and Conditions



15. **Awards and Certificates** – Only Participants of the 5K and 10K (Race Group) will be entitled to compete for awards. Official Time will be used to determine the awards and positions. No certificate, medal or award will be given to any person who takes part in a Race or Race Category for which he/she is not registered. An electronic certificate and finisher medal will be awarded to all qualified Participants provided with an Official Time in any Race or Race Category, except Junior Races. An electronic participation certificate and finisher medal will be awarded to all Child Participants in Junior Races. Participants shall not be entitled to any certificate, medal or award if he/she: 1) did not start the Race according to the designed start time and/or; 2) did not participate in the assigned Race Category; and/or 3) did not complete the Race (including Participants who boarded the Official Bus during the Race).

Races	Junior Races	3K	5K	10K	
				Race Group	Fun Group
Medal	✓	✓	✓	✓	✓
Electronic Certificate	✓	✓	✓	✓	✓
Award	—	—	✓ (Top 3 participants will be presented. Official Time will be used to determine the awards and positions.)	✓ (Top 3 participants will be presented. Official Time will be used to determine the awards and positions.)	—

(✓ - Available for Participant)

16. **Weather** –

	Junior Races	3K Race	5K Race	10K Fun	10K Race
Cut-off time for Event cancellation	3:00am on the date of the Event				
Event arrangements	The Event will be cancelled if tropical cyclone warning signal no.3 or above, and/or red or black rainstorm signal is hoisted by the Hong Kong Observatory at the cut off time. In all other inclement weather scenarios not specified above, the Organizers may in their sole discretion delay, suspend or cancel the Event, any Race and any ancillary entertainment activities and facilities. Such scenarios include without limitation thunderstorm warning and/or 10KM lightning warning hoisted after the cut off time; and damage or obstruction to facilities, venue or route caused by inclement weather prior to the Event. Announcements concerning delay, suspension and cancellation will be published on the Event official website. Please pay special attention to the weather report during the 16-hours period before the Race start time as it may indicate whether tropical cyclone warning signals, or red or black rainstorm signals are likely to be hoisted. Please also follow the updates on the Event official website closely regarding the status of the Event. No refund of entry fee or other compensation will be provided if the Event, any Race and/or any ancillary entertainment activities and facilities are delayed, suspended or cancelled due to inclement weather.				

17. **Merchandise pre-order** – No coupon, promotional offer or discount is applicable to purchase of merchandise on the Event registration website. Merchandise purchased on the Event registration website cannot be refunded, exchanged and may not be used in conjunction with any other discount or offer. Organizers may from time to time limit the number, type, value and other features of the merchandise available for purchase in its sole discretion.

Terms and Conditions



18. **Transportation service** – The shuttle service available for purchase on the Event registration website is provided by Kwoon Chung Motors Company, Limited ("Operator"), and not by or on behalf of the Organizers or any of their respective affiliates. The Operator is not an agent of the Organizers. The Organizers give no representation or warranty as to the goods or services provided by the Operator. To the fullest extent permitted by applicable law, the Organizers do not accept any liability for any injury, damage, loss or expense of any nature howsoever suffered or incurred as a result of the misconduct, wrongful act or omission, or negligence of the Operator, or otherwise arising out of the goods or services provided by the Operator. Shuttle service is not available to visitors to Hong Kong.
19. **Disney-Style Runway Awards** –
- Each Participant must enter into at least one Race and enroll in person at "Disney-Style Runway Awards" Registration Booth.
 - Each Participant, whether individual or part of a team, may enroll only once per Event day. Any duplicate applications will be cancelled by the Organizers without notice.
 - Any images, photographs, videos and audio recordings of the Participants taken during their participation in the Disney-Style Runway Awards shall be owned by the Organizers and may be used in any media by the Organizers and their respective affiliates, service providers and partners for sales, marketing, promotion and publicity purposes.
20. **Ownership and Use of Event Materials** –
- Participants understand and agree that the Organizers may own, use, reproduce, livestream, sub-license, transfer and retain any and all any images, photographs, videos and audio recordings (collectively, "Materials") of the Participants which may be taken during their participation in the Event and Disney-Style Runway Awards, for any purpose and in any manner, medium and format as they see fit without incurring any liability to the Participants or any person (including the requirement to pay any compensation in respect of such use of the Materials). Participants agree and authorize the Organizers to share and transfer the Materials to their respective affiliates, service providers and partners for sales, marketing and promotion usage.
 - Participants further agree to waive, unconditionally, irrevocably, and without further payment, all moral rights and author's rights of a similar kind in relation to the Materials.
 - Without limiting the generality of the foregoing, the Organizers and their respective affiliates, service providers and partners may use the Materials for sales, marketing, promotion and publicity purposes in various media, including their websites, social media, mobile apps, ecommerce platforms, direct marketing materials, annual reports, and publications.
21. **Further Assurance** – Participants are required to sign or online accept such release forms or any other form, document, agreement or undertaking as the Organizers may require from time to time. For Participants aged below 18, such form, document or agreement must be signed or online accepted by their parent (or legal guardian, as appropriate). Failure by any Participant (and/or their parent or legal guardian, if applicable) to sign or online accept such form, document, agreement or undertaking will result in disqualification of such Participant without compensation or refund of entry fee, and the Organizers will have no further obligation to such Participant or any other person.
22. **Rights of Third Party** – These Terms and Conditions constitute an agreement between the Organizers and each Participant or Applicant. A person who is not a party to this agreement shall not have any rights under the Contracts (Rights of Third Parties) Ordinance (Chapter 623 of the Laws of Hong Kong) to enforce any term of this agreement.
23. **Governing Law** – This Event is organized in accordance with the laws of the Hong Kong Special Administrative Region of the People's Republic of China ("HKSAR") only. These Terms and Conditions shall be governed by and construed in accordance with the laws of the HKSAR.
24. **Final Interpretation and Decision** – These Terms and Conditions are subject to the interpretation of the Organizers which shall be final and conclusive. In the event of disputes, the Organizers reserve the right to make final judgment on the dispute and otherwise in respect of the Event.
25. **Languages** – These Terms and Conditions are written in English and Chinese language. In case of discrepancies between the English and the Chinese versions, the English version shall prevail.

Participant Disclaimer and Indemnity



(This disclaimer and indemnity is written in both Chinese and English. In the case of discrepancies between the Chinese and English versions, the English version shall prevail.)

In consideration of Hongkong International Theme Parks Limited, Hong Kong Disneyland Management Limited and/or Hong Kong, China Association of Athletics Affiliates Limited (collectively "Organizers") permitting me to participate in the "Hong Kong Disneyland 10K Weekend - 20th Anniversary Party Edition - Presented by AIA Vitality" and its associated activities in Hong Kong Disneyland Resort on November 1 or 2, 2025 (the "Event"), and in consideration of the opportunity to win prizes and collect valuables in connection with the Event, I declare as follows:

1. I am aware that participation in the Event can be physically demanding and can result in accidents, injuries or death or loss. I am entering the Event entirely at my own risk and responsibility. To the fullest extent permitted by applicable law, I hereby release and discharge the Organizers and any other individual, organization or company connected directly or indirectly with the Event or providing services or advices in relation to the Event from any and all losses, expenses, damages, claims, demands, compensation, causes of action and/or other liabilities of every kind and nature, including, without limitation, attorneys' fees (collectively, "Liabilities") arising out of or in connection with the Event, including without limitation Liabilities incurred during my training and preparation for the Event, during the Event, as a consequence of or while travelling to or from the Event, the collection, retention, transfer and use of my personal data, or the use of credit cards or other electronic gateways for payment.
2. I represent to the Organizers that I am in good health, physically fit and suffer from no physical impairment, illness or defect which might limit my ability to participate in and complete the Event. I have been advised by the Organizers to consult with my own physician and to obtain his or her opinion as to my ability, fitness and suitability to participate in the Event prior to my participation therein. I declare that I have the skill level required to participate in the Event. I acknowledge that, except as provided in paragraph 5, neither the Organizers have rendered any medical service to me or given any opinion or diagnosis of my physical condition, nor are they authorized to do so. I acknowledge that if I now have, or have any reason to suspect now or at any subsequent time, any physical condition which might limit my ability to participate in the Event, I will or I will at that time again consult my physician and obtain his or her expert opinion as to the appropriateness of my continued participation in the Event. I further represent that if at any time I feel or believe that I am unable to continue participation in the Event, I will immediately discontinue such participation. I warrant and confirm to the Organizers that I have carefully reviewed and completed the Health Questionnaire and Recommendations provided by the Organizers.

Participant Disclaimer and Indemnity



3. In consideration of the Organizers permitting me to participate in the Event, and in consideration of the opportunity to win prizes and collect valuables in connection with the Event, I will indemnify and hold harmless the Organizers from and against any and all Liabilities arising out of or in connection with my participation in the Event, including without limitation, any and all Liabilities in relation to (a) any injury, illness or death suffered by myself or any other person; and (b) any property loss or damage.
4. I have read and understand all terms and conditions set out for this Event, the Health Questionnaire and Recommendations provided by the Organizers, Hong Kong Disneyland Park Rules and Regulations, World Athletics ("WA") Competition Rules and the Official Competition Rules (including, without limitation, the arrangements made by the Organizers), as well as all applicable laws, regulations, guidelines, directions and orders of any governmental or regulatory authority throughout the Event (collectively, "Rules and Regulations"). I accept and will adhere to all Rules and Regulations that the Organizers may impose from time to time for the Event. I understand that failing to adhere to any such Rules and Regulations will be subject to disqualification as may be determined by the Organizers without compensation or refund of entry fee(s).
5. I agree to take doping tests and receive any necessary medical treatment provided by the Organizers if the circumstances require.
6. I understand and agree to provide my photo identification document to verify my personal details to the Organizers upon request.
7. I acknowledge that any consultation with a physician as described herein shall be at my own cost and expense.
8. I will immediately advise the Event manager of any unsafe condition that I observe, and will refuse to participate in the Event until all unsafe conditions observed by me have been remedied.
9. I grant the Organizers and their respective parent, subsidiary, affiliates, service providers and assigns (including The Walt Disney Company and its parent, subsidiary and other affiliated companies, service providers and assigns) (collectively referred to as "Released Parties") the right to photograph, record and/or videotape me and other persons entering the Event and on whose behalf this online application is submitted) and further to display, edit, use and/or otherwise exploit my name, face, likeness, Event results and standings (as more fully described below), voice, and appearance, in all media, whether now known or hereafter devised, (including, without limitation, in computer or other device applications, online webcasts, television programming (including broadcasts on ESPN platforms), in motion pictures, films, newspapers, and magazines) and in all forms including, without limitation, digitized images or video, throughout the universe in perpetuity, whether for advertising, publicity, sales, marketing or promotional purposes, including, without limitation, publication and use of Event results and standings (including but not limited to name, bib number, if applicable, age, times, if applicable, gender, country of residence, or other Event results), without compensation, residual obligations, reservation or limitation, or further approval, and I agree to indemnify and hold harmless the Released Parties for any claims associated with such grant and right to use. The Released Parties may enforce this clause against me directly. The Released Parties are, however, under no obligation to exercise any rights granted herein.
10. I hereby declare that the data and information I provide on the online application are correct, true and complete.
11. This Participant Disclaimer and Indemnity is subject to the interpretation of the Organizers which shall be final and conclusive. In the event of dispute in respect of or arising from the Event including the interpretation and application of these terms or any Rules and Regulations, the decision of the Organizers shall be final, binding and conclusive.
12. By submitting the online application, I acknowledge that I have read and understand and I agree that the Organizers may collect, retain, transfer and use the personal data collected under this online application and in connection with the Event and its associated activities for the purpose of or in connection with the Event (including but not limited to organization, promotion, and publicity of the Event, and payment and purchase of entrance fee and merchandises) in accordance with the Personal Information Collection Statement attached to the online application.
13. This Participant Disclaimer and Indemnity constitutes an agreement between the Organizers and each of the Registrants or Participants (as the terms are defined in the Event Terms and Conditions). Except as expressly provided for in this agreement, a person who is not a party to this agreement shall not have any rights under the Contracts (Rights of Third Parties) Ordinance (Chapter 623 of the Laws of Hong Kong) to enforce any term of this agreement.
14. If any provision of this Participant Disclaimer and Indemnity shall be held to be void or unenforceable, the remainder of this agreement shall not be affected thereby and shall continue in full force and effect.

Personal Information Collection Statement



In this statement,

- “Event” means “Hong Kong Disneyland 10K Weekend - 20th Anniversary Party Edition - Presented by AIA Vitality”;
- “we”, “us” and “our” refer to any or all of Hongkong International Theme Parks Limited, Hong Kong Disneyland Management Limited and Hong Kong, China Association of Athletics Affiliates;
- “Hong Kong Disneyland” refers to Hongkong International Theme Parks Limited or Hong Kong Disneyland Management Limited or both of them;
- “you” and “your” refer to each person named in this enrolment for the Event.

In the event of any conflict or inconsistency between the English version and the other language version of this Personal Information Collection Statement, the English version shall prevail.

Personal data collected in connection with your submission in our electronic form and/or use of our services may be used for processing your entry for and participation in the Event and related purchases and transactions, processing of requests or enquiries, enforcing the terms of the commercial dealings, sending administrative materials to you, our internal business and administrative purposes, contacting you for satisfaction surveys or market research or our other research and statistical purposes or other directly related purpose, or for legal, safety or security purposes. Provision of personal data is voluntary, but if you do not provide such personal data, we may not be able to enroll you for the Event, select and send you the information that may be of interest to you, or provide you with the products, services or information you requested. Personal data may be collected and processed by and transferred to third parties involved in fulfilling the aforesaid purposes, or such other persons as required by law. A list of classes of persons to whom such personal data may be transferred can be found at www.hongkongdisneyland.com/personal-data-transferees. In addition, the personal data submitted may be used in the detection, prevention and control of disease, in the furtherance of public health and safety, and for capacity control. Such personal data may be shared with any third party, authorities and government departments which require such personal data for administration of public health. You may request access to, and request correction of, your personal data held by us. Such requests may be made by sending an email to the Hong Kong Disneyland Personal Data Manager at personaldata@hongkongdisneyland.com or at Hong Kong Disneyland Resort, Lantau Island, Hong Kong.



Acknowledgement



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*Based on a certified 1981-patch laboratory, the product demonstrated efficacy in killing 99.999% of bacteria on cut, scrapes, abrasions, burns, contact dermatitis, and insect bites. Results are for reference only. Effectiveness may vary.
**Contains two natural plant-derived ingredients, including green tea-derived catechins.
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