

~ Health Deposit Serial Campaign ~
2009 Listen to your body “Step Up”
Hong Kong **Marathon** Countdown
22 Days **Seminar**

Date: 17th February, 2009 (Saturday)

Time: 2-5 p.m.

Location: Lecture Theatre 12 at City University of Hong Kong

The seminar is held by The Chinese Sports and Recreations Association (CSRA) and a group of Year three students from the Department of English of City University of Hong Kong. If you are the potential runners in the coming Hong Kong Marathon, or if you are interested running and the seminar, don't miss the chance!

For preparing the Hong Kong Marathon in February, CSRA has the honor to invite three guests to give a talk at the seminar; Mr Liu Chi Keung (Hong Kong Marathon Team Coach), Mr Fung Wang Tak (qualified course measurer) and Mr Choi Tat Ming (Hong Kong Marathon Team Representative). Participants benefit from some clues in running Marathon. Besides, our guests offer participants professional running tips, comprehensive course analysis and also their training secrets in running Marathon. Making good use of these tips, runners gain from the best strategies in running their best Marathon.

Honorable Guests:



Mr Liu Chi Keung

Mr Liu is the former record keeper in Pole Vault. Besides, he is the Chairman of the CSRA, the Hong Kong Marathon Team Coach, and the honor consultant of Tung Wa Group long distance running team. Mr Liu is now engross in long distance running and the coaching work.



Mr Choi Tat Ming

Mr Choi is the Hong Kong Marathon Team Representative. Mr Choi joined “Good Luck 2008” in April; he is ranked 11th in this competition and achieved his personal best time in completing the Marathon. Mr Choi has been working hard preparing the Hong Kong Marathon in February. He is aiming to break his own personal record to run his best Marathon.



Mr Fung Wang Tak

Mr Fung has an experience in course measuring for more than 12 years. He is one of the five qualified course measurers in Hong Kong. This year, it is his 11th year in responsible for the measurement of the Hong Kong Marathon route.

Quota: 120 (First Come First Serve)

Entrance Fees: \$50 (except CityU students and CSRA members)

Application and Event Details, Please refer to <http://www.csra.org.hk/>