

## **越野單車安全推廣日將於十二月四日(周日)舉行**

爲了推廣越野單車安全，以及鼓勵騎單車和遠足人士共用郊野公園內的越野單車徑，本署將於二〇一一年十二月四日(周日)早上九時三十分時至下午三時在大欖郊野公園荃錦管理站舉辦「越野單車安全推廣日」(啓動儀式將在十一時開始)。費用全免。屆時將有展板、越野單車技巧示範和保護裝備應用，介紹越野單車活動及所須注意的安全事項。第十六屆廣州亞運會男子單車山地越野賽金牌得主陳振興將在推廣日的啓動儀式上分享經驗，以及示範如何安全地騎越野單車。

### **Mountain Biking Safety Day (4<sup>th</sup> December, Sunday)**

To promote mountain biking safety and the share use of mountain bike trails in country parks by both bikers and hikers, AFCD will hold the "Mountain Biking Safety Day" from 9:30 am to 3 pm on 4<sup>th</sup> December 2011 (Sunday) at Twisk Management Centre in Tai Lam Country Park. The kick-off ceremony will start at 11 am. Admission is free. There will be exhibition panels about mountain biking and the necessary safety-related items, demonstration on mountain biking technique and use of protective gear at the event. At the kick-off ceremony of the event, the gold medalist of the men's cross-country cycling event at the 16<sup>th</sup> Asian Games in Guangzhou, Mr Chan Chun-hing, will share his cycling experience and demonstrate how to ride a mountain bike in a safe manner.