

# Run for Nepal



The 31<sup>th</sup> Asia-Pacific Academy of Ophthalmology Congress  
in conjunction with  
The 57<sup>th</sup> Annual Meeting of the Ophthalmological Society of Chinese Taipei



## Schedule

Time	Itinerary
6:15	Meet at the Hotel Lobby (Grand Hyatt Hotel)
06:30 - 06:40	Coach Transfer to Da-Chia Park
06:45 - 07:00	Warm up & Photo Taking
07:00 - 07:45	OBSTACLE RACE <ul style="list-style-type: none"><li>• Chin-ups</li><li>• Push-ups</li></ul>
07:50 - 08:00	Cool down
08:00 - 08:30	Photo Taking & Prize Presentation Chinese Breakfast Along the River
08:30 - 08:45	Coach Transfer back to Grand Hyatt / TICC



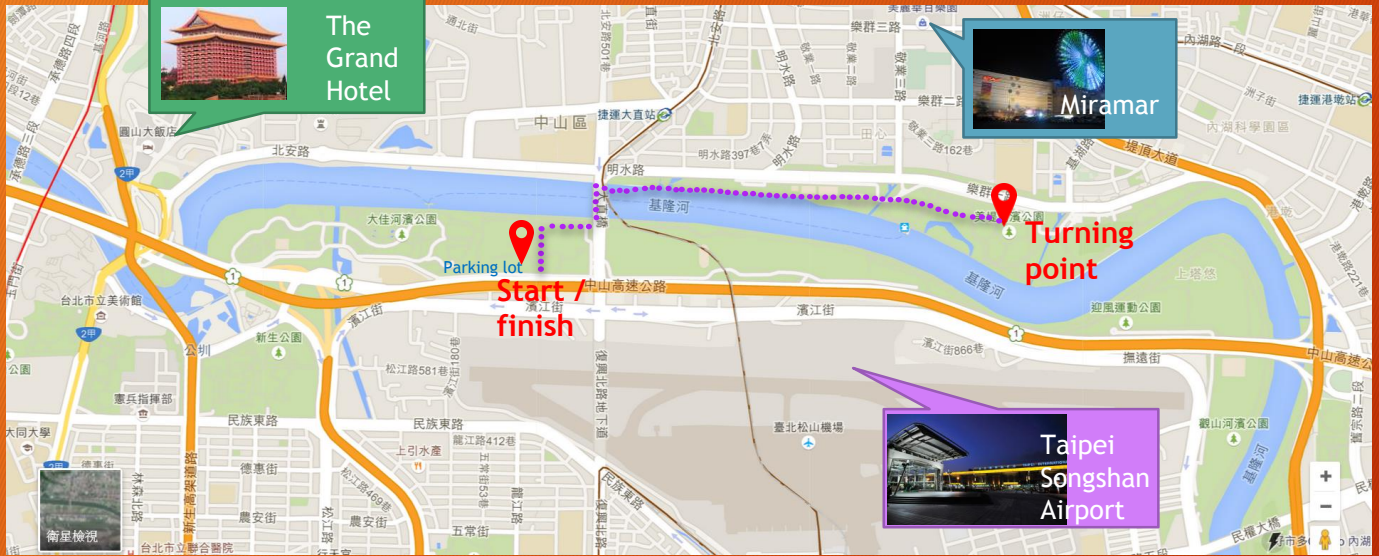
# 5K Route



The Grand Hotel



Miramar



Turning point



Taipei Songshan Airport

## Entry

- Entry fee: USD 20 (Fee includes a T-shirt, insurance and breakfast.)
- Donations to Nepal Ophthalmic Society  $\geq$  USD 100 (All proceeds will go towards the relief and construction efforts in Nepal following the series of earthquakes in April - May, 2015.)
- Scan the code below to download the entry form.



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