

Organised by



**HONG KONG**  
**GREEN DAY** 05 JUNE 2025  
**香港綠色日**  
6月5日  
Waves of Change For a Sustainable Hong Kong

Green Sports Day 綠色運動日  
智能室內單車接力衝刺賽  
Indoor Smart Bike Relay Sprint



# “Conservation begins with Education” 「環保由教育開始」

Green Council is a Hong Kong-based non-profit and non-government environmental organisation with charitable status (a Section 88 Tax-Exempt Charity, Ref. No.: 91/6063).

In response to pressing global sustainability challenges, we are committed to promoting environmental responsibility and sustainable development. Through continuous advisory services, education, and training, we empower the commercial and industrial sectors to incorporate sustainable practices into their management decisions, operations, and production processes. Together, we work towards building a greener, more resilient future for all.

## Accredited NGO



## Admitted NGO



## Members





# Background of Hong Kong Green Day

Since 2013, the Green Council has proudly organised **Hong Kong Green Day (HKGD)** on **June 6** in alignment with **World Environment Day (WED)**.



HKGD serves as an annual platform to inspire corporations, consumers, and the public to take meaningful action toward making Hong Kong a greener city. Through a variety of events and activities, we encourage everyone to reflect on their environmental impact and embrace sustainable practices.

HKGD also kicks off a **month-long series** of green initiatives designed to motivate citizens



***Go Green Act Green!***

# About Green Sports Day

## From Green to Team, breaking the Wind Indoor Smart Bike Relay Sprint

Green Sports Day is a dynamic corporate wellness initiative designed to boost physical fitness and strengthen team spirit through competitive cycling challenges. This year's programme features competition focusing on health optimisation and collaborative excellence.

### Competition

Team 6-Minute Indoor Smart Bike Relay Sprint

### Objective

- Promote a healthy work culture
- Build team morale
- Enhance employee well-being and balance







# Indoor Smart Bike Relay Sprint

## Establishing a Healthy Team DNA

In today's workplace, where competition and pressure are common, a business's success doesn't depend only on individuals. Just like a great cycling team needs both sprinters and lead-out riders to work well together, successful organisations must focus on employee health, well-being, and teamwork.

## Building a Healthy Team Culture

When team members take on big responsibilities, it tests the team's skills. Like lead-out riders who help sprinters in cycling, corporate team members must practice supporting each other. A truly healthy team lets everyone use their strengths and work together to succeed.

# Competition Format

## 6 Rounds × 6 Minutes of Maximum Collaboration Indoor Smart Bike Relay Sprint

Each team consists of 4 to 6 members and must complete 6 rounds of challenges, with each round lasting 6 minutes. This event tests not only physical endurance but also the cohesion and teamwork of the entire group.

### Frontline

The first key scout to race, requiring keen observation and quick decision-making. Like an advance team, they quickly grasp the equipment, rhythm, and changes of competitors, providing the most advantageous information for the team.

### Midfield

The core hub that integrates frontline intelligence and balances the team's subsequent strength. They precisely adjust team distribution based on rhythm changes, akin to how a business balances strategy and execution, timely correcting and ensuring sustainable team momentum.

### Captain

The team member leading the final leg, needing to retain explosive potential for a comeback while possessing a holistic view. In critical moments, they assess the overall situation and devise the ultimate strategy for crossing the finish line.



# Why Participate?



## Enhance Team Physical Fitness

High-intensity interval training can effectively improve cardiovascular endurance. Regular exercise and a healthy body can boost work efficiency.



## Tactical and Strategic Thinking

Racers must make quick decisions based on race dynamics and position themselves effectively. Strategic planning before the race and efficient resource management during the event are crucial for achieving long-term goals and maximising performance.



## Cross-Department Collaboration

The rotation mechanism among members fosters closer interpersonal relationships and builds a holistic mindset







# Supplement & Award

## Fitness Guide

The competition also provides each participant with a basic muscle analysis, teaching them individual fitness training focuses. This helps members establish healthy habits and work together to create a sustainable team.

*\*Service Provided by Supporting Partners*

## Awards

The event offers not only the **MVP** trophy for the best performer but also rewards the winning teams (1st, 2nd, and 3rd places).

- **MVP** (Player with the longest distance in 6 mins)
- **Winning Teams** (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places)





## Relay Sprint Details

Recruitment period	From now to 31 May
Fitness Guide	End of May *The schedule will be announced later
Date	21 June (Sat)
Time	12:30 – 17:30
Venue	MOSTown

### APPLY NOW!

Participation fee: \$6,000 per team

Team Members: 4 – 6

\* Each team must include at least one male or one female member.





「著綠」香港環保大使

*THANK YOU AND  
WE look forward to achieving greatness together*



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