

PACER Challenge for Internationalization and Student Integration



PACER, Progressive Aerobic Cardiovascular Endurance Run, is a 15-meter shuttle run test for estimating the VO₂ Max, an indicator of cardio-respiratory fitness level.

The **6th HKUST PACER Challenge**, an endorsed student-led project for Internationalization & Student Integration, was held on 26 November 2014 (Wednesday) in S. H. Ho Sports Hall. The Project team of 5 HKUST track and field team members worked with 30 year-one volunteers to stage a smooth and successful 6th HKUST PACER Challenge. The Challenge had attracted 69 participants (11 teams of 4 and 25 individuals) of which 10 of them (14.4%) were non-local students. Through participating, participants not only knew more about their cardio fitness status, but also gained the invaluable friendships and received a PACER towel as souvenir. Winners received their medals and sports product vouchers from Miss Theresa LEUNG, Associate Director (Student Life), Student Affairs Office at the Closing ceremony.



Men's Individual Winners

Position	Name	PACER Laps
1st	BERGFORDS Thomas C.	147
2nd	LEUNG Chun Kit	139
3rd	FONG Tsz Tun JANG Sang Jin	130

Women's Individual Winners

Position	Name	PACER Laps
1st	WU Sin Hung	111 New Record
2nd	PAN Yu Ting	92
3rd	Sammie DUBEAU	86

Team Winners

Position	Team Name & Members	Total PACER Laps
1st	Let's take a group photo! WU Sin Hung, LEUNG Chun Kit BERGFORS Thomas C., HO Chun Pong	515
2nd	任你隊 CHAU Wing Chung, NG Angus Yat Hey, Sammie DUBEAU, FONG Tsz Tun	422
3rd	Pace Ninja KONG Ka Ho, WONG Ka Ching, YIU Ho Kwong Tommy, Kelvin TIRTA	402

Congratulations to all the winners!!!



Like our Facebook page and have a look at the event photos!

6th HKUST PACER Challenge
Organizing Committee
29 December 2014