

桃園市平鎮區公所新聞稿

Press Release from Pingzhen District Office, Taoyuan City

發稿單位：民政課

Issuing Unit: Civil Affairs Section

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平鎮區 109 年全民健走活動-大手拉小手，平鎮健康起步走 The 2020 Walk for All in the Pingzhen District - Hand in Hand, Start to Walk in Pingzhen

桃園市平鎮區 109 年全民健走活動 28 日在六和高中隆重登場。在市長鄭文燦的擂鼓聲中，由在地的高連社區的客家布馬舞隊領走，為這次的健走活動揭開序幕。

The 2020 Walk for All in the Pingzhen District, Taoyuan City, was held at Lioho High School on the 28th. A Hakka Bu Ma Dance Team from the local Gao Lian community led the walk while Mayor Wen-Tsan Cheng beat the drums to kick off the event.

作為對於數位化與工業化社會生活步調的反思，近年社會吹起一陣樂活運動風，有越來越多民眾與家庭願意走出戶外，健走活動又是其中最能兼顧所有年齡層需求的休閒模式。

As a reflection of the pace of life in a digital and industrialized society, there has been a wave of LOHAS in recent years. More and more people and families are willing to go outdoors, and walking is one of the leisure options that best meets the needs for all ages.

今年雖然受到嚴重特殊傳染性肺炎（COVID-19，武漢肺炎）的影響，許多大型活動停擺；我國在全民與政府的共同努力下，疫情堪可控制，使本次健走活動得如期辦理，吸引民眾共襄盛舉。除了網路報名外，現場也湧進熱烈響應的排隊人潮。

This year, despite the fact that many major events were cancelled due to the impact of the Coronavirus disease 2019 (COVID-19, Wuhan Pneumonia), with the efforts of all citizens and the government, the epidemic was contained, which made it possible for the walk to be held as scheduled and attracted the public to join in the event. In addition to the online registration, there was also a large and enthusiastic crowd on the site!

今年健走路線途經雙連坡碉堡公園及過嶺支渠休憩步道是今年地景藝術節展品的陳列區域，共有「集會所」、「穿梭之間」、「漣漪迷宮」及「水・源」4 樣展品，使民眾能再一次回顧這些地標級的吸睛佳作。此外，主辦單位安排街頭藝人「小夢想樂團」駐點演出，藉由運動與音樂徹底放鬆身心靈，沉浸在視覺與聽覺的雙重享受。

The hiking route this year passed through the Shuanglianpo Bunker Park and the Guan Ling Branch Canal Trail, which were the display areas for this year's Land Art Festival's exhibits, including "The Gathering Place," "In Between," "The Ripple Maze," and "The Source of Water," allowing the public to once again look back at these eye-catching landmarks. In addition, the organizer arranged street performers "Little Dreams" to perform at the venue, providing a visual and auditory experience of relaxation through sports and music.

隨著隊伍回到場中，還能發現更多用心與巧思。為了讓兒童能融入現場氣氛，場邊規劃小丑氣球、陀螺特技及魔術等三個趣味表演，吸引小朋友駐足圍觀，也帶來更多親子互動與回憶。

As the groups returned to the venue, more thoughts and ingenuity could be found. In order to allow children to blend into the atmosphere, three fun performances were planned, including the clown balloon, spinning top tricks and magic, which attracted children to stay and watch, and brought more family interaction and memories.

摸彩與表演活動更是驚喜連連。承襲以往經驗，活動除了精美的完走禮外，還準備包含 Gogoro 電動機車等豐富獎品；舞台上「客家星光之星」王暉雯、「小伍佰」黃上，以及壓軸歌手蕭煌奇接力演出，更是將現場氣氛推上高潮。

In addition, there were surprises in the lottery and performance activities. Learning from the past experience, in addition to the delicate prizes for finishing the walk, the event also prepared plenty of giveaways including Gogoro Scooter and others; the stage performances of "Hakka Starlight Star" Wei-Wen Wang, followed by "Little Wu Bai" Shang Huang, ending with Ricky Hsiao performing in the finale all brought the atmosphere to life.

在欣賞表演的讚嘆聲與摸彩的驚呼聲中，活動進入尾聲。本次活動安排兼顧不同年齡層需求且兼具在地文化特色，讓所有民眾皆能沉醉其中，帶著愉悅的心情賦歸，也讓大家期待明年健走活動再相會。

The event came to the end with the applause from the audience and the surprise cheers from the participants. The arrangement of this event accommodated the needs for all ages and featured the local culture, so that all the people could enjoy themselves and return home with a joyful spirit; we look forward to seeing you all at next year's walk!