

AQUATERRA



INVO⁺ COCONUT WATER **TERRA¹⁴**

24th Sept 2017

Race Notes

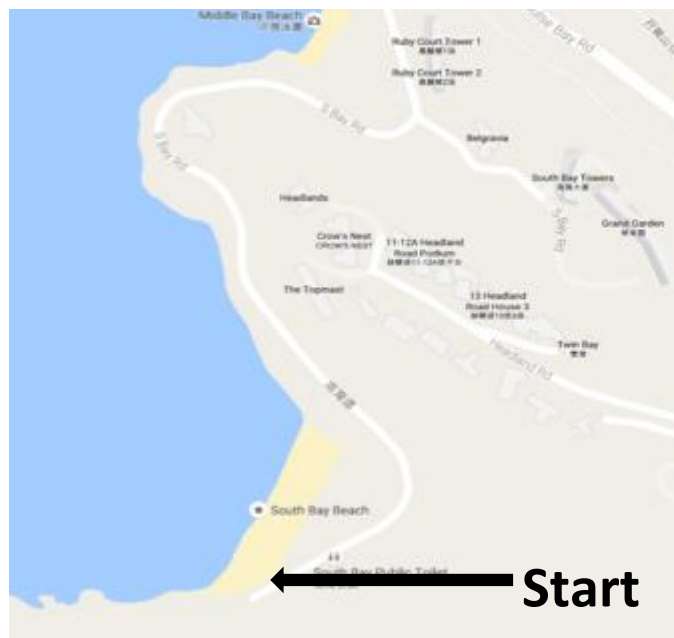
1. Rundown

Time	Activity	Venue
0745	Racers Check-In	Start Point: South Bay Beach
0820	AquaTerra Racers gather	South Bay Beach Side
0820	INVO Terra14 Racers gather	South Bay Beach Road Side(Dead End)
0830	Both categories START	Respective gather points
0930	Food+Drinks – Relaxx!	Finish Point: Girl Guides Sandilands Center
1130	Award Presentation	Finish Point: Girl Guides Sandilands Center
1130	Cut off	CP1
1200	End of Relaxx!	Finish Point
1230	Overall cut off	Finish Point

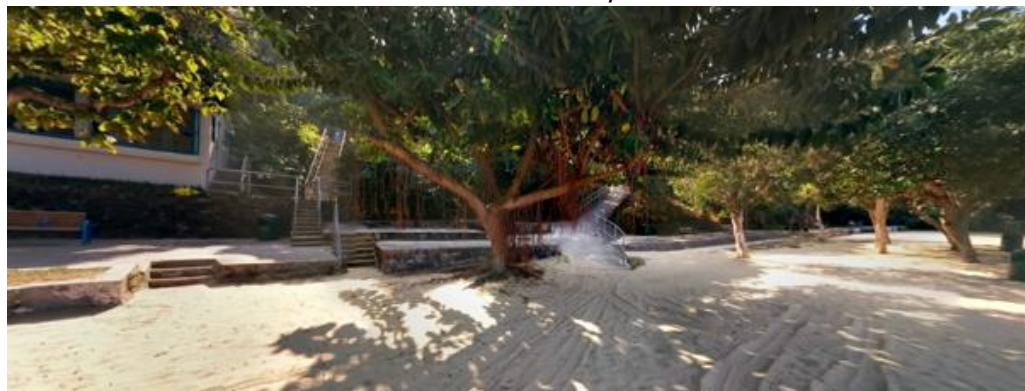
2. Travel

2.4 Starting Point – South Bay Beach, HK

Note: Watch out for **flag banners** as noted on page 4



- Mini Bus Route No. 40, near Jardine's Bazaar at Causeway Bay MTR to Beach Rd (Repulse Bay)
- Bus Route No. 6 near City Hall at Exit J of Central MTR Station to Beach Rd
- Bus Route No. 6X at United Centre of Admiralty MTR Station to Beach Rd



3. Start Area

- **No water** is provided at start, please bring your own hydration bag/pack.
- There will be a number of booths at the finish area:
 - Check-In
 - Bag Drop booth
- **Keep** your luggage tags. Please **return** if not needed or after use for lucky draw!
- Your luggage tags should match your bib/race number

4. Race Check-In

- Please hand over luggage with luggage tag at the Bag Drop area.
- Luggage will be shipped to Finish.
- **Limited** changing rooms are available at the beach near registration.

Note: AquaTerra category changeover area

- Please **bring & mark your own renewable bag** for changeover from swim to run.
- **Renewable bag** for use as shown ----->>>
- Number **bib required** for running.
- **No private enclosure** is provided for changeover but the public restrooms of the beach are available nearby if desired.
- These renewable bags will be moved to finish for your convenience.
- The Race Organiser will not be held responsible for any lost or damaged items.



5. Race information

5.4 Race Timing System

Race timing is electronically recorded by the timing chips on number bibs.

5.4 Check Point Information and Refreshment

AquaTerra (Aquathon Category)

	km	Water	Food	Cut off
CP 0	1 (swim)	Yes	No	-
CP 1	7	Yes	Yes	1130
Finish	11	Yes	Wings!!	1300

- CP0 is the beach where the changeover from swimming to running happens
- At changeover from swimming to running, a basket with your number will be provided for you to deposit your items (such as goggles, swim cap etc)

Terra14 (Run only Category)

	km	Water	Food	Cut off
CP 1	7	Yes	Yes	1130
Finish	14	Yes	Wings!!	1300

5.4 Cut-off arrangement

Any racers on the race route will be directed by race official and marshals to go back to finish via short cut, public transportation or if possible: arranged transportation.

5.4 Route Marking

- Race route is marked with PINK ribbon.



- Race signage will be at major junctions.
-- on land

-- at sea



Note: Buoy should be on your **LEFT** before you swim around **anti-clockwise**.

- Any of the flag banners will be at each checkpoints



- Race Officials and Marshals will wear t shirts (as above) during the race.

6. Finish Area

- There will be a number of facilities at the finish area:
 - First Aid service
 - Sponsors/Partners
 - Bag Drop booth
 - Shower facilities
 - Refreshments – INVO Coconut Water, RedBull, chicken wings etc!

7. Equipment

7.1 Mandatory

Both Categories

- Shoes - trail running or multi-purpose outdoors shoes are recommended.
- 0.5 ++ L water in hydration pack OR bottle on race belt/hand held.
- Race number bib **must** be worn – this should be attached on the front.

7.2 Suggested

- Long running leggings and a long sleeved top – to help protect yourself from sharp branches and thorns in the bushes along the route.
- Weather appropriate clothing – you may wish to take layers with you if the temperature is cool on the day. Please bear in mind that during the sea challenge you will get wet.
- Sun glasses and cap – for sun protection
- Compass, gloves – for protection
- Hydration system – water will be provided at intervals along the route but **no cups/bottles** will be provided. We believe in resource/environmental conservation.
- Energy bars or snacks
- Mobile Phone – for taking photos and emergencies

7.3 Route Map

Click map image for interactive maps

- **AquaTerra note:** Buoy should be on your **LEFT** before you swim around **anti-clockwise**.



7.4 Race Safety

- Basic First Aid will be available at all checkpoints.
- Withdrawal from the Race:
 - If any racer withdraws from the race, he/she must inform a Race Official or Marshal at checkpoints immediately.
 - If you passed a racer who is injured terribly, please seek someone to inform official/marshals at the next checkpoint. We kindly request that you stay with the racer until they are taken care of by a Race Official, Marshal or first aid personnel.

8. General Rules and Regulations

- Racers must follow the assigned route marked by the Race Organiser. No deviation or shortcut is allowed.
- Racers must follow all race and safety instructions from Race Officials or Marshals.
- Racers are advised to stay on the left side of the pavement.
- Racers must pay attention to traffic conditions and follow directions and instructions given by Race Officials or Marshals.
- No outside assistance is allowed.
- Race Number Bib or marked Race Numbers must be worn and visible at all times.
- Shoes must be worn at all times for running.
- All decisions regarding infringement of rules, allocation of prizes etc, are at the discretion of the Race Organiser.
- Please respect the environment, villagers and wild-animals. Do not litter, in particular: discarded water bottles, plastic bags, etc.
- In any emergency situation, call TerraMar at +852 6139 8179

9. Protests

Any protest must be made to the Finish Marshal at finish point 1300.

10. Foul Weather

- If the Red or Black Rainstorm Warning or any typhoon signal is hoisted before the race, the organiser has absolute discretion to cancel the race. Please look for updates on our facebook page: www.facebook.com/terramarhk. The registration fee is non-refundable.
- If Air Pollution Index (API) at either of those stations is measured at a very high level (100 – 200), participants with heart or respiratory problems are advised to reconsider attendance at the race.
- If API is over 200, participants with heart or respiratory problems are suggested to withdraw themselves from this race.

11. Prizes

- Finishers will receive a unique finisher badge.
- Winners of each category. Up to 6 winners for each category!
 - Trophy
 - Prize

12. Spectators

Spectators are encouraged to come and support the participating racers.

13. Enquires

Please contact TerraMar at info@terramar.hk or +852 6139 8179 for further information.