



3rd June 2018

Race Notes

1. Rundown

Time	Activity	Venue
0845	Racers Check-In, Bag drop off	Start Point: China Bear, Mui Wo Pier
0905	Racers gather at start	Start Point: China Bear, Mui Wo Pier
0915	Race Start	Start Point: China Bear, Mui Wo Pier
1145	Food + Drinks – Relaxxx!	Finish Point: Pui O Beach
1230	Award Presentation	Finish Point: Pui O Beach
1200	Cut off	CP3
1330	Overall cut off	Finish Point: Pui O Beach
1430	Event Close	Finish Point: Pui O Beach

2. Travel

Starting Point – China Bear, Mui Wo Pier next to McDonald's

Note: Watch out for **flag banners**



Transportation:

- Central Pier No. 6 -- **0700** Ordinary ferry; **0800, 0830** Fast Ferry
- From Tung Chung Station: 3M or 11 then A35
 - Please visit google maps and search for directions to : Mui Wo Centre, 3 Ngan Wan Road, Mui Wo

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

- Race Pack collected on race day
- Show up **EARLY!!**
- **MANDATORY** gear check during check in

1) Personal buoy 2) Swim cap 3) Whistle

- Your race pack with souvenirs will be handed to you on race day.
- Tie your luggage with tag provided by us. Luggage will be shipped to Finish.
- **Limited** changing/restrooms are available at the market area near the start.
- The Race Organizer will not be held responsible for any lost or damaged items.

5. Race information

5.1 Race Timing System

- Race timing is electronically recorded by the timing chips on **your wrist**.
- **RETURN** the timing chips please if you discontinue mid-race.
- **“Dip”** is required at checkpoints **where you get out of the water**
- **“Dip”** is your responsibility. The Race Organizer reserves the right to DQ if not done.

5.2 Check Point Information and Refreshment

	km	Dip	Water	Food	1 st Aid	Cut off
CP 1	3.5	-	No	No	No	-
CP 2	4.2	Yes	Yes	No	Yes	-
CP 3	7.7	-	Yes	Yes	No	-
CP 4	8.7	Yes	No	No	Yes	-
CP 5	10.9	-	Yes	No	No	1230
CP 6	11	Yes	No	No	Yes	1230
CP 7	13	-	No	No	No	-
Finish	13.9	Yes	Yes	Wings!!	Yes	1330

- **No support team** allowed at CP.
- **Note:** racers must run with the gear they started out with throughout the race.

CP1 – Swim to pier clearly on opposite shore (behind that rock)



CP2 – please climb up stairs: watch out for ships!!!



CP3 – Follow arrows to be **INTO** the cove, & then along the coast



CP4 – is the beach. Please **do not** swim too close to rocks



CP5 – take steps down, 100m cool off swim to rock – CP6



CP 7 – go down into water between rocks, then RUN the beach to finish!!!



5.3 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



Swim **TO** buoy needed

- When swimming, **aim** for the piers/land markers with flag banners below.
- 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

- Shower facilities are available at the nearby Pui O beach facilities. We humbly request you take advantage of it nearby.
- There will be a number of facilities at the finish area:
 - First Aid service
 - Bag Drop booth
 - Refreshments – chicken wings !!!

7 Equipment

7.1 Mandatory

- **HYDRATION SYSTEM** please
- **Personal buoy, swim cap & whistle** – we **WILL** check!
- Shoes – light weight trail running/multi-purpose outdoors shoes are recommended.
- **No support team** at CP.
- Racers must run with the gear they started out with throughout the race.
- Race number will be written on both sides of the arms by black marker pen.



7.2 Suggested

- Gear – hand paddles are allowed, fins no longer than 15 cm are allowed (measured from the toe to the end of the fin), floatation help no bigger than 100cm x 60cm is allowed.
- **Note:** racers must run with the gear they started out with throughout the race.
- Race belt with loops for clipping mandatory items.
- Top & bottom clothing – to help protect yourself from sharp branches and thorns in the bushes along the route.
- Hydration system – a water bladder is recommended. Water will be provided at CP4.
- Paper/Reusable cups are provided at the Race Organizer's discretion.

7.3 Route Map

Click map image for interactive map



7.1 Race Safety

- IF cramping and need assistance, remain calm, try to float or use buoy. Especially use your whistle!!
- Basic First Aid will be available at selected checkpoints (view CP info in section 5).
- Withdrawal from the Race:
 - Please **return** your timing chip!
 - 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

- Gear – hand paddles are allowed, fins no longer than 15 cm are allowed (measured from the toe to the end of the fin), floatation help no bigger than 100cm x 60cm is allowed.
- Racers must follow the assigned route marked by the Race Organizer. 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. No support team at CP allowed.
- Racers must run with the gear they started out with.
- Marked Race Numbers must be visible at all times.
- Shoes must be worn at all times for running or swimming.
- 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 1330.

10 Safety/Foul Weather

- Speedboats and safety kayaks will be deployed where needed according to our approved safety plan by the Marine Department.
- 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 **before 5am**: www.facebook.com/terramark. 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.
 - Trophy – the first three winners Prizes – more than the first three winners

12 Spectators

Spectators are encouraged to come and support the participating racers. They are more than welcome at the finish venue. Come & enjoy the beautiful beach and fabulously chill ambience!

13 Enquires

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