



**11<sup>th</sup> Nov 2018**

# **Race Notes**

## 1. Rundown

Time	Activity	Venue
0745	Racers Check-In, Bag drop off	Start Point: Pak Tam Chung Family Walk
0825	Racers gather at start	Pak Tam Chung Family Walk (Bus parking)
0830	Race Start	
1045	Food+Drinks – Relaxxx!	Finish Point: Tai Mong Tsai Rd BBQ#4
1130	Award Presentation	Finish Point: Tai Mong Tsai Rd BBQ#4
1130	Cut off	CP3
1300	Overall cut off	Finish Point: Tai Mong Tsai Rd BBQ#4
1300	Event Close	Finish Point: Tai Mong Tsai Rd BBQ#4

## 2. Travel

2.1 Starting Point – Pak Tam Chung Family Walk Bus Parking/ 北潭涌家樂徑(巴士停車站)

**Note:** Watch out for **flag banners**



Transportation:

- Minibus 1a from Diamond Hill /Choi Hung then Bus 94 /96R from Sai Kung town

## 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 start area:
  - Check-In
  - Bag Drop
- 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
  - **Personal buoy**
  - **Swim cap**
  - **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 rooms are available at the restrooms near registration.
- 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 <sup>st</sup> Aid	Cut off
CP 1	6.8	-	Yes	No	No	-
CP 2	8.0	<b>Yes</b>	Yes	Yes	Yes	-
CP 3	11.0	-	Yes	No	Yes	1130
CP 4	12.3	<b>Yes</b>	No	No	No	1300
Finish	~14	<b>Yes</b>	Yes	Yes	Yes	1300

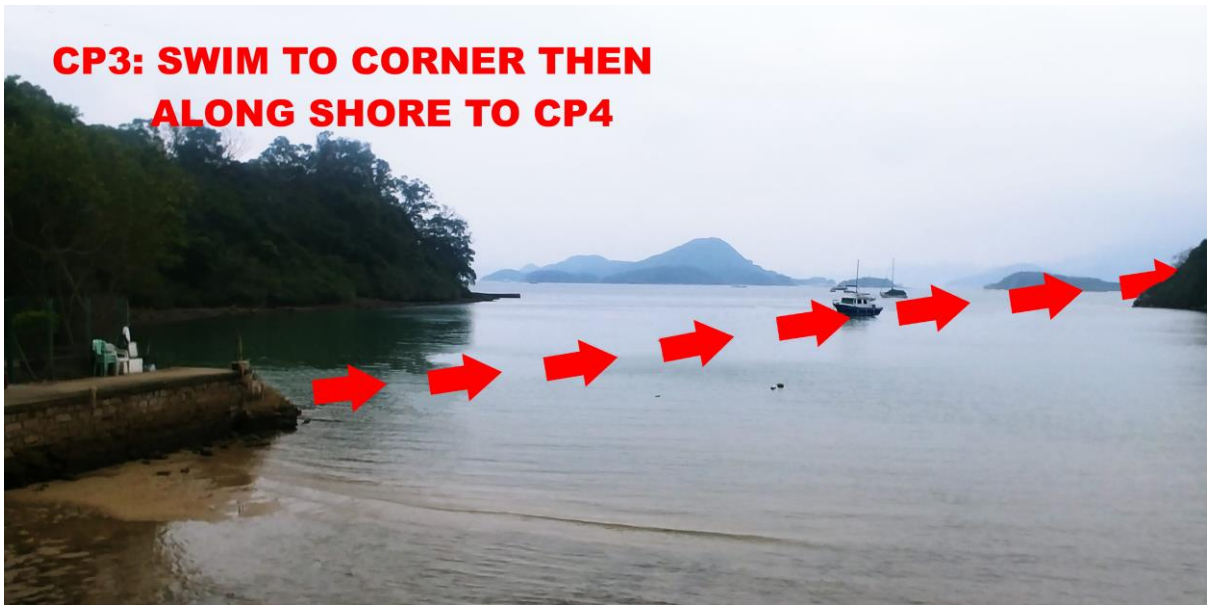
- **No support team** allowed at CP.
- **Note:** racers must run with the gear they started out with throughout the race.



**CP2: SWIM ASHORE VIA BOAT UNLOADING BAY**



**CP3: SWIM TO CORNER THEN  
ALONG SHORE TO CP4**



**CP4: SWIM ASHORE VIA PIER STEPS**



### 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



Note: Buoy should be **on your IMMEDIATE LEFT**

- When swimming, **aim** for the 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

- **No** shower facilities are available but **water IS** available: we humbly request you take advantage of rest rooms nearby.
- There will be a number of facilities at the finish area:
  - First Aid service
  - Bag Drop booth
  - Refreshments !!!
  - Sponsors/Partners

## 7 Equipment

### 7.1 Mandatory

- **Personal buoy, swim cap & whistle** – we **WILL** check!
- Note: Buoys are **not life saving** devices!
- 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.

### MANDATORY GEAR

#### 1. Personal Buoy



#### 2. Swim Cap



#### 3. Whistle



### 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 and try to float or use buoy and your whistle!!
- **Multiple** kayaks and speedboats will be present along the way
- Basic First Aid will be available at selected checkpoints (view CP info in section 5).
- Withdrawal from the Race: CP
  - 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 1300.

## 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](http://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 – at least 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 scenery and fabulously chill ambience!

#### **13 Enquires**

Please contact TerraMar at [info@terramar.hk](mailto:info@terramar.hk) or +852 6139 8179 for further information.