



**Sai Kung
SATURDAY
Volunteers Race!
4th May 2019**

Race Information

Prepared by TerraMar Limited

1. Rundown

Time	Activity	Venue
0730	Bag Drop off (see below)	Ah Kung Wan Pier
0830	Race start	Ah Kung Wan Pier
1200	Award Presentation	Tai Mong Tsai BBQ Site #11
1145	Cut off	CP2
1300	Overall Cut-off Time	

2. Start and Bag Drop Location:

2.1 Starting Point – Ah Kung Wan Pier

- Please **RETURN** the luggage tag at finish for a chance to **WIN** prizes
- **No water** is provided at start.

Note: Please follow red arrows below to arrive. Look out for the flag banners!



Transportation:

- Green Mini Bus No. 7 or 9, Sai Kung Pier Public Minibus Terminal
- Green Mini Bus 1A from Diamond Hill MTR Station or Choi Hung MTR Station
- Please visit [google maps](https://www.google.com/maps) and search for directions to : Jockey Club Ah Kung Wan Outward Bound Training Center

3. Race information

3.1 Check Point (CP) Information

Check Point	Approx. distant from start/km	Water	Food	Cut-off Time
CP1	2.2 / 10.5	Yes	No	N/A
CP2	11.5 / 20.0	Yes	Yes	1145
Finish	22.5	Yes	Yes	1300

Remark:

- Water is available for refill **ONLY**
- **NO cup or bottle** for team to use and take away at CPs.
- Please bring your own hydration system.

3.2 Route Marking

- Race route is marked with **PINK** ribbon.
- Race Marshals at junctions



- Race signage (Size: A4) will be at major junctions.
 - on land
 - at sea



- Any of the flag banners will be at each checkpoints



3.3 Race Route – View interactive map /download GPX [here](#)

Ah Kung Wan Pier —》 A.m.s. Tsam Chuk Wan Canoeing Centre —》 Tai Mong Tsai Road —》 Yan Yee Road —》 Ping Tun —》 Cheung Shan —》 A.m.s. Tsam Chuk Wan Canoeing Centre —》 Bradbury Camp —》 Sheung Yiu Family Walk —》 MacLehose Trail Sec 1 —》 Sheung Yiu Country Trail —》 Bradbury Camp —》 Ah Kung Wan Pier —》 Tai Mong Tsai BBQ Site #11

亞公灣碼頭 - 醫療斬竹灣輔助隊獨木舟中心 - 大網仔路 - 仁義路 - 坪墩 - 長山 - 醫療斬竹灣輔助隊獨木舟中心 - 香港小童群益會白普理營 - 上窩家樂徑 - 麥理浩徑1段 - 上窩郊遊徑 - 香港小童群益會白普理營 - 亞公灣碼頭 - 大網仔#11燒烤場



Right before the finish line 冲終點前:



Finish Point @ Tai Mong Tsai BBQ Site #11 終點 @ 大網仔#11燒烤場



3.4 Race Category

- Male
- Female
- Mixed

3.5 Race Format

- Trail running (± 14 km) &
- Kayaking (± 7.5 km)

3.6 Race Time Record

- Race number bibs provided must be attached at the front of your top and visible throughout the race (except when wearing a life jacket) for timing
- It is the teams' responsibility for making sure marshals see their race number for record

3.7 Race Safety

- Stay together: Team members **MUST** travel together unless in an emergency.
- Teams need to help each other in case of capsize during kayaking section.
- First Aid available at Check Points & Finish. In case of emergencies, call (825) 6139 8179
- Withdrawal from the Race:
 - If any team or team members withdraw from the race, they must inform a race official or marshal immediately.
 - No one is allowed to race alone.
 - If a team member is injured, please stay with the injured person until they are taken care of by a race official, marshal or first aid personnel.

4. Equipment

4.1 Mandatory

- Money – at least HKD 200
- Race number bib – this should be attached on the front of your top.
- Shoes - trail running or multi-purpose outdoors shoes are recommended.
- 0.5 L water in hydration pack OR bottle on race belt/hand held.

4.2 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
- 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.
- Compass
- Energy bars or snacks
- Mobile Phone – for taking photos and emergencies

5. General Rules and Regulations

- Team must race in 2 and must complete the race course together.
- Team members have to stay together within 30m on trail running section.
- Kayaks, paddles and personal floating device (PFD) for kayaking section is provided by race organizer, no personal kayak is allowed in the race.
- Team can use any type of **LEFT HANDED** paddle as they want.
- Teams must follow the assigned route marked by Race Organizer. **NO** deviation is allowed.
- Teams must follow all race and safety instructions from race officials or marshals.
- Teams must pay attention to traffic conditions and follow instructions given by race officials or marshals.
- No outside assistance is allowed.
- Race number bib must be worn at all times.
- Shoes must be worn at all times, including the kayaking section.

- All decisions regarding infringement of rules, allocation of prizes are at the discretion of the Race Organizer.
 - Please respect the environment, villagers and wild-animals. Do not litter, in particular: discarded water bottles, plastic bags, etc.
 - In any emergency situation, call (852) 6139 8179.
6. Protests
Any protest must be made to the Finish Marshal at finish point by 1300.
7. Foul Weather
- If the Red or Black Rainstorm Warning or any typhoon signal or strong monsoon signal is hoisted before the race, the Race Organizer has absolute discretion to cancel the race. Participants should contact the Race Organizer's emergency hotline (852) 6139 8179 for further announcement. 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.
8. Prizes
- Finisher badge for all participants
 - Top 3 positions of each category. Any combination of
 - Trophy
 - Medal
 - Prize
9. Enquires
Please email us at info@terramar.hk or call (852) 6139 8179 for more information.