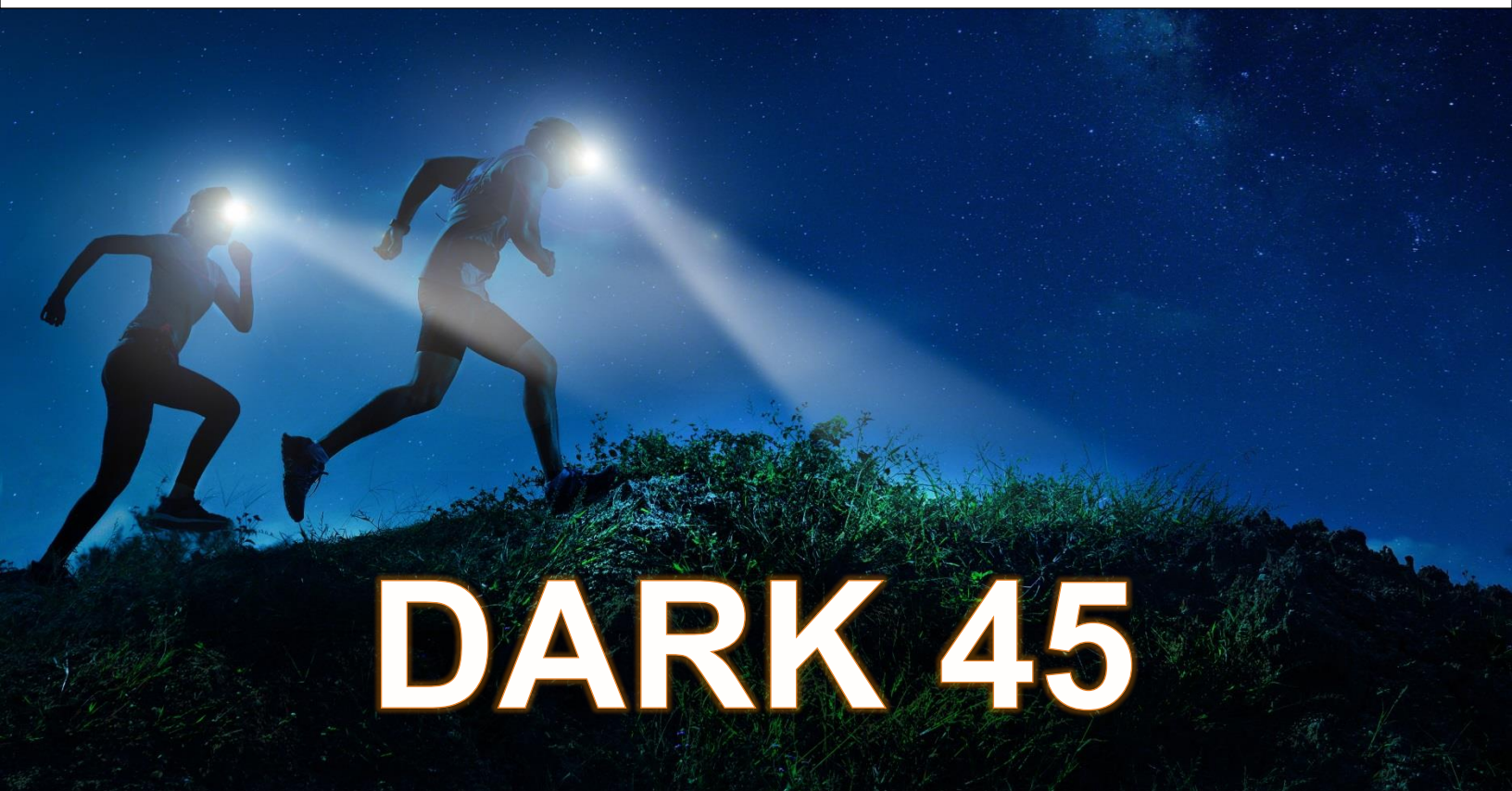


**FEBREI**®



**DARK 45**

Race 賽事

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資料 Information

# 1. General Information 賽事資料

## 1.1 Race Start 賽事起點

**Location 地點:** Shui Long Wo 水浪窩

## 1.2 Access to Event Centre 前往賽事中心

### 1. Bus:

No.99 (Sai Kung to Wu Kai Sha Railway Station)

No.299X (Sai Kung to Sha Tin New Town Plaza)

### 2. Car:

From Sai Kung Hiram's Road, drive towards Sai Sha Road. Limited parking space available.

From Sha Tin, go straight through Sai Sha Road towards Ma On Shan, then follow the road signs.

### 1. 巴士:

99 號巴士 (西貢至烏溪沙港鐵站)

299X 號巴士 (西貢至沙田新城市廣場)

### 2. 私家車:

從西貢沿西貢公路向西沙方向。只有少數停車位。

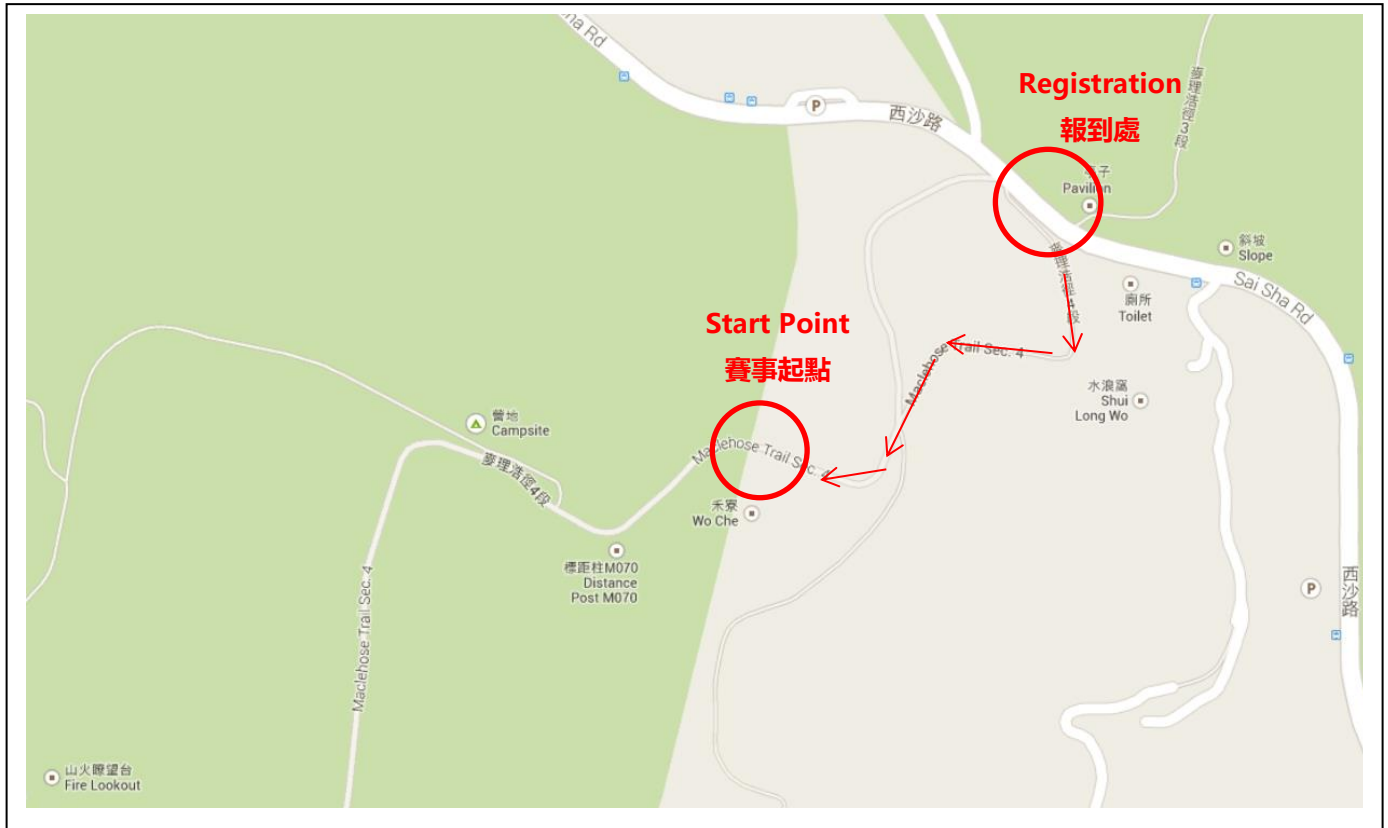
從沙田向西貢方向經馬鞍山，然後依路牌指示前往。

## 1.3 Start Point Details 賽事起點事項

1. Body temperature screening will be conducted before a person is allowed to enter the race venue. Only those with body temperature lower than 37.5°C are allowed to participate in the race.
2. No bibs / race pack collection at the event centre will be provided.
3. Luggage storage service will be provided at start point. Runners have to queue up and keep 1.5m apart from others for baggage deposit. Only one person is allowed to deposit and collect the baggage at any one time.
4. No mass briefing of runners at the venue will be conducted.
5. Hand sanitizers stations will be available at the start / finish area as well as the checkpoint.
6. All runners must keep social distancing of not less than 1.5m with one another at the start and finish areas.
7. All runners must wear masks at all times, except when runners who are on competition in the race route or when the person is consuming a drink where reasonably necessary.

1. 所有人仕進入比賽場地前將進行體溫檢測。僅允許體溫低於 37.5°C 的人仕參加比賽。
2. 賽事起點不提供號碼布 / 比賽包領取服務。

3. 賽事起點提供行李寄存服務。參賽者必須排隊並與其他人保持 1.5m 的距離去寄存行李。任何時候只允許一個人寄存和領取行李。
4. 比賽起步前不會有賽前簡報。
5. 起跑及終點區域以及檢查站將提供酒精消毒搓手液。
6. 所有參賽者必須在起跑區和終點區保持不少於 1.5 米的社交距離。
7. 所有參賽者必須佩戴口罩，但在比賽路線上進行比賽的參賽者或在合理必要的情況下飲用飲料時除外。



#### 1.4 Race Start 賽事開始

1. Race start time: 00:00am of 2 Oct.
2. Runners will be allowed to enter the starting zone 3 minutes before their race starting time and would be advised to keep 1.5m apart from each other.
3. Runners will start in a batch of 50 every 5 minutes (i.e. 10:00pm – Wave 1; 10:05pm – Wave 2; 10:10pm – Wave 3 and 10:15pm – Wave 4).

1. 賽事開始時間：10月2日零晨 00:00。
2. 參賽者在比賽開始時間前 3 分鐘可進入起跑區，並建議彼此保持 1.5m 的距離。
3. 參賽者將每 5 分鐘一批 50 人出發（零晨 00:00 – 第 1 波；零晨 00:05 – 第 2 波；零晨 00:10 – 第 3 波和零晨 00:15 – 第 4 波）。

#### 1.5 During the Race and Finish Point 賽事期間及終點

1. Runners can take off their masks after the start of the race and must put on the masks within 100m after passing the finish line within 2 minutes.

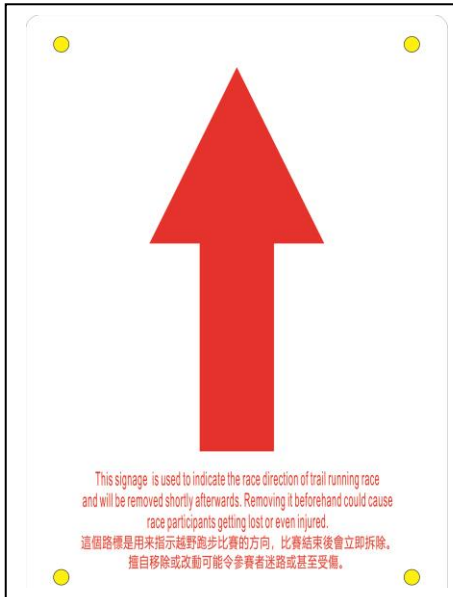
2. Luggage storage service will be provided at finish point. Runners have to queue up and keep 1.5m apart from others for baggage collection. Only one person is allowed to deposit and collect the baggage at any one time.
3. Runners must leave the finish area as soon as possible to avoid gathering.
4. Pacers, support runners and spectators are not allowed on the course, at the checkpoint, the start and finish areas.
5. Eating will not be allowed at Start/Finish areas and checkpoints
6. Only sealed bottle water and sport drinks will be distributed at the checkpoints and finish area.
7. No prize presentation ceremony will be held on the event day. All trophies will be collected on the later date.

1. 參賽者可在比賽開始後取下口罩，且必須在通過終點線後 100 米及 2 分鐘內戴上口罩。
2. 賽事終點提供行李寄存服務。參賽者必須排隊並與其他人保持 1.5m 的距離去領取行李。任何時候只允許一個人寄存和領取行李。
3. 參賽者必須盡快離開終點區，避免聚集。
4. 參賽者的陪步人仕、支援人仕和觀眾不得進入賽事路線、檢查站、起跑區和終點區。
5. 起點 / 終點區域和檢查站禁止飲食。
6. 在檢查站和終點區將只會提供密封瓶裝水及運動飲品。
7. 活動當天不舉行頒獎典禮。所有獎杯將在稍後領取。

## 2. Race Route and Marking 賽道及標記

### 2.1 賽道標示記號 Course Markings

1. The entire course will be marked with reflective **RED** color ribbons in every 200 meters along single trail and will be in a closer distance in forest or at trail junction.
  2. At some trail junction or open area, white plastic plate with an **RED** arrow will also help to indicate the race direction.
  3. There will also be a "cross" on the trails that you should not take.
1. 賽道沿途會以反光**紅色**絲帶標示，間距約為 200 米，在小路交界及密林裏相距會更短。
  2. 在分岔路口將會加設以白色做底的**紅色**箭嘴指示牌以示正確方向。
  3. 在不正確的山徑上，同時會設置「X」指示牌。



## 2.2 Race Course 比賽路線

### 2.2.1 比賽路線 Race Course

Maclehose Trail Stage 4-8

麥理浩徑第 4 至 8 段

### 2.2.2 檢查站 Checkpoint

1st Stage 第 1 段: Shui Long Wo 水浪窩 > Gilwell Camp 基維爾營 - 12.5 km 公里

2nd Stage 第 2 段: Gilwell Camp 基維爾營 > Beacon Hill 畢架山 - 7.9 km 公里

3rd Stage 第 3 段: Beacon Hill 畢架山 > Shing Mun Reservoir 城門水塘 - 8.1 km 公里

4th Stage 第 4 段: Shing Mun Reservoir 城門水塘 > Lead Mine Pass 鉛礦坳 - 6.7 km 公里

5th Stage 第 5 段: Lead Mine Pass 鉛礦坳 > Tsuen Kam Au 荃錦坳扶輪公園 - 9.2 km 公里

### 2.2.3 Cut-off Time at Checkpoint 檢查關閉時間

Due to safety reasons, if participants are unable to arrive at the checkpoints at the designated time, the unfinished part will be cancelled. Cut-off times of each checkpoint are as follows:

為安全起見，未能於各檢查站關閉前到達之參加者，將被終止繼續餘下之賽事。各檢查站關閉時間如下：

1. Cut-off time at Gilwell Camp 基維爾營檢查站關閉時間 – 04:30 (2 Oct. 10 月 2 日)
2. Cut-off time at Beacon Hill 畢架山檢查站關閉時間 – 07:30 (2 Oct. 10 月 2 日)
3. Cut-off time at Shing Mun Reservoir 城門水塘檢查站關閉時間 – 10:30 (2 Oct. 10 月 2 日)
4. Cut-off time at Lead Mine Pass 鉛礦坳檢查站關閉時間 – 12:30 (2 Oct. 10 月 2 日)
5. Closing Time of Finish Point 終點關閉時間 – 15:00 (2 Oct. 10 月 2 日)

### 3. Racing Gear 比賽裝備

- Closed-toe trail running shoes or multi-purpose outdoor shoes are compulsory during the whole race (No sandals allowed).
  - Quick dry and lightweight sportswear.
  - Hydration system and some energy food.
  - Mobile Phone
  - Some cash (about HK\$100)
  - **Headlamp or Torch**
  - **Number bib (should be attached in the front of the chest and remains visible during the whole race)**
- 
- 跑鞋 (不可穿涼鞋)
  - 快乾運動衣服
  - 能量食物和水袋
  - 手提電話
  - 現金
  - **頭燈或電筒**
  - **號碼布 (必須置於上衣前方，於任何時間均清晰可見)**

### 4. Race Rules 比賽規則

#### 4.1 On the Course 比賽途中

1. Follow the course as directed and marked. No deviations are allowed.
  2. Obey instructions from all marshals and members of staff.
  3. All participants must pass through checkpoints and report to the marshals at the checkpoints.
  4. Race number bib must be worn at all times.
  5. Act responsibly, especially on the restricted or steep sections of the trail.
  6. All decisions regarding infringement of rules, allocation of prizes etc. are at the discretion of the Race Director.
  7. Please respect the environment. Avoid littering, in particular discarding water bottles, plastic bags, etc.
  8. In any emergency situation, call **9318 5822** to report and request for assistance.
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1. 參加者應緊隨標示賽道前進，嚴禁另走捷徑，參加者若被發現違規，將被取消資格。
  2. 遵從賽會工作人員指示。
  3. 參加者到達或離開每個水站，均必須通知檢查站負責人員。

4. 號碼布必須置於上衣前方，於任何時間均清晰可見。
5. 參加者應為自己和他人的安全著想，無論任何時候應顧及路徑的其他使用者。
6. 參加者請按主辦機構指示進行活動，不得異議；所有有關活動之安排、變動，亦由主辦機構作最終決定。
7. 參加者要保持環境清潔，不得在沿途亂扔垃圾。
8. 如遇有任何緊急情況，請致電 **9318 5822** 求助。

#### 4.2 Withdrawal from the Race 中途退出比賽

1. Any participant opting to drop out from the race has to do by notifying any of the marshals.
2. If you are injured and cannot move, please ask other passing-by racers to notify the nearest marshals or call the Event Director on **9318 5822**.
1. 各參賽者如中途選擇退出活動，請通知沿途之工作人員。
2. 活動期間，如你受傷不能行動，請求路過的其施參加者通知最鄰近之工作人員，作出支援；或致電活動總監求助，電話 **9318 5822**。

## 5. 惡劣天氣安排 Bad Weather Arrangement

- If the Red or Black Rainstorm Warning or No. 3 (or above) typhoon signal is hoisted at 8:00pm on the race day, the race will be canceled and postponed to another date.
- If the Thunderstorm Warning at is hoisted at 10:00pm on the race day, the race will be canceled and postponed to another date.
- 比賽當日下午 8 時，如天文台發出紅色、黑色暴雨警告或 3 號(或以上)颱風信號，賽事將會取消 及改期進行。
- 比賽當日晚上 10 時，如天文台發出雷暴警告，賽事將會取消及改期進行。

## 6. Insurance 保險

Organizer has bought third party liability insurance for this event. Racers are strongly encouraged to have their own personal medical insurance for this race and also to check with the insurance company that the insurance policy covers all the activities in the race.

主辦機構已為是次活動購買了第三者責任保險。大會仍鼓勵各參賽者為是次活動自行購買醫療或意外保險。購買時，請向你的保險公司了解保單是否覆蓋了所有的活動中之活動。

## 7. Enquires 查詢

If you have any questions concerning the race, please contact the following people.

如果您對於是次活動有任何查詢、疑問，請聯絡主辦機構。

Mr. Felix Shum **沈先生**

Race Director **賽事總監**

Tel: 9318 5822

Email: felix@xte.hk