



## Banano Cup Lamma MTB Enduro Challenge 2019

## Banano 盃南丫島越野單車挑戰賽 2019

### Event Information

#### A. Event Start

**Start Point: Pak Kok Tsui Light House**

#### 1. Transport

**Please report to the Start Point on or before 9:45am**

#### 2. Registration

**Registration Time: 8:00 - 9:30am**

**Location: Finish Point**

- All participants **MUST** report to the registration counter and get the timing chips at the Finish Point.
- All participants please follow the instruction to get to the registration counter to register and get the timing stickers to stick on the bike helmet.
- Put your personal belongings in your bag and store it in the Luggage Storing Area. You can collect it back after the event.
- No personal belongings will be stored or transported after the event starts.
- No valuables inside the bag please.
- Put the number plate in front of the handle bar and timing stickers on the bike helmet.

#### 3. Race Course Test Ride

- All participants can have test ride of the race course from 8:30 to 9:30am.
- The latest time to enter the course is 9:15am.
- Please take caution when test ride the course.

## 4. Starting Procedure

**Starting time: 10:00am**

- Enter the starting area 10 minutes before the starting time.
- Once the participants have entered the starting area, they stay inside till the event starts.
- Elite and Challenge Categories will start at the same time.

## B. Equipment

### 1. Bike for Race

- All participants should bring along their own mountain bikes for the race.
- All mountain bikes must be in good working conditions with minimum wheel size of 26" and tires' width of 2".

### 2. Personal Gear

- Bike Helmet
- A Pair of Gloves
- Cycling Clothes
- Closed-toe Cycling Shoes
- Hydration System
- Bike Repair Kit

### 3. Water Point

- All participants should carry some sort of hydration system, bottles or bladder, (0.7 liter min. capacity recommended) for the race.
- Only drinking water will be provided at Finish Point. No food will be provided.

### 4. Time Limit:

**Time Limit for each category:**

**Elite Category: 4 hours**

**Challenge Category: 2 hours**

### 5. Finish Point

- After passing the finish line, put the bike in the Bike Storing Area.
- Collect your bags from Luggage Storing Area.

- No shower facilities are available inside the Finish Point.
- Prize presentation starts at Challenge: 12:30pm; Elite: 2:30pm

## 6. Cycling on the Race Course

- Follow the course as directed and marked. No deviations are allowed.
- Follow the instructions given by marshal.
- Participants shall remain courteous to all other road and trail users.
- Please respect the environment. Avoid littering, in particular discarding water bottles, plastic bags, etc.

## 7. Withdrawal from the Event

- Any participant opting to drop out from the race has to do by notifying any of the marshals.
- If you are injured and cannot move, please ask other passing-by racers to notify the nearest marshals or call the Event Director on [93185822](tel:93185822).





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## 活動資料

### A. 活動起點

起點：北角咀燈塔

#### 1. 交通

請於 **9:45** 或之前到達起點。

#### 2. 報到

報到時間：**8:00 - 9:30am**

地點：終點

- 所有參加者必須向報到處報告，並領取計時芯片，貼在頭盔上。
- 參加者可將個人行李交到行李存放區，大會將會代為保管至賽事完結。
- 於活動開始後，不能再寄存任何個人物品。
- 請不要寄存貴重物品。
- 請將單車車牌掛於把手上。

#### 3. 賽道試踩

- 所有參賽者均可在 **8:30 至 9:30am** 試踩賽道。
- 請於 **9:15am** 前進入賽道試踩。
- 試踩賽道時請小心。

#### 4. 比賽開始程序

開始時間：**10:00am**

- 各參賽者請在開始前 **10 分鐘** 進入出發區。

- 進入出發區後，參賽者不可離開，直至活動開始為止。
- 精英和挑戰組別將同時開始。

## B. 裝備

### 1. 出賽單車

- 所有參賽者都應攜帶自己的越野單車參加比賽。
- 所有出賽的越野單車必須處於良好的狀態，車輪尺寸最小為 26 吋，輪胎寬度最小為 2 吋。

### 2. 個人裝備

- 單車頭盔
- 單車手套(或手套)
- 上衣及褲
- 鞋
- 水袋(或水樽)
- 單車修理工具

### 3. 水站

- 所有參賽者必須自行攜帶水袋或水樽。
- 大會在終點設有水站。

### 4. 活動時限

挑戰組：2 小時

精英組：4 小時

### 5. 終點

- 完成活動後，請將單車泊於單車存放區。
- 各參賽者可從行李存放區取回個人行李。
- 終點不設淋浴設施。
- 頒獎時間：挑戰組：12:30pm; 精英組：2:30pm

### 6. 騎單車時

- 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。
- 遵從賽會工作人員指示。
- 比賽期間，參加者請顧及其他道路使用者 / 行人之安全。
- 參加者於活動期間，請保持環境清潔，不要亂拋垃圾。

### 7. 中途退出活動

- 各參加者如中途選擇退出比賽，請通知沿途之工作人員。
- 比賽期間，如你受傷，請求路過的其他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 [93185822](tel:93185822)。

