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大會指定跑步裝備店舖 Official Running Equipment Store

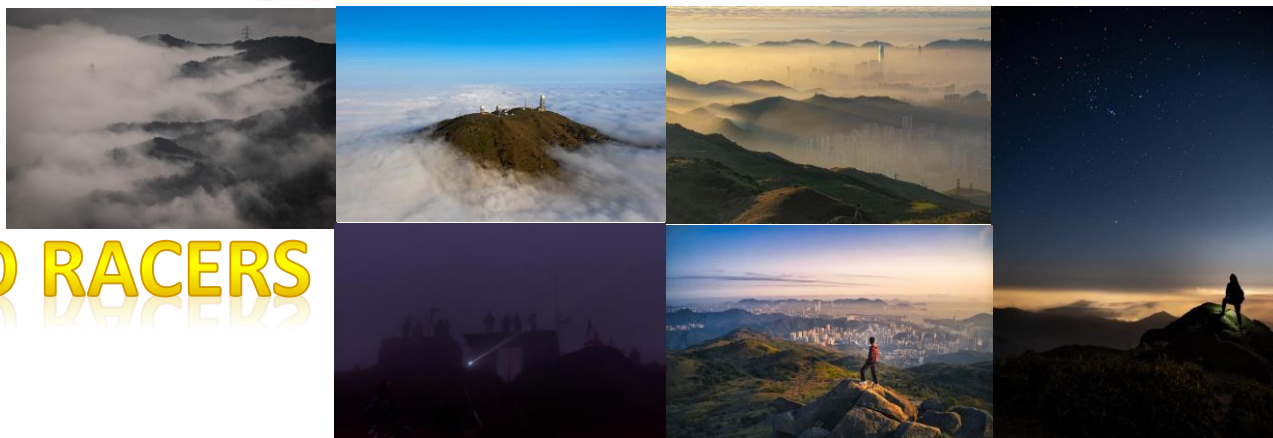


合作夥伴 Supporting Partners



參賽者資訊 INFORMATION TO RACERS

1. 賽事資料 Race Information



日期 : 2022 年 10 月 22 日 (星期六)
Date : 22 October 2022 (Saturday)
時間 : 早上 8 時正
Time : 8 am
起點 : 葵興大連排道遊樂場
Start Point : Tai Lin Pai Road Playground, Kwai Hing
終點 : 荃灣大帽山扶輪公園
Finish Point : Tai Mo Shan Rotary Park, Tsuen Wan

賽事組別 : 35 公里奇妙之旅 (限時 9 小時)
Race : 25 公里旅遊組 (限時 8 小時)
Categories : 3 公里親子組 (限時 2 小時)

Amazing 35km Journey (Time limit 9 hours)
Travel 25km Journey (Time limit 8 hours)
Family 3km Journey (Time limit 2 hours)

3. 比賽日流程 (35公里 / 25公里) Race Day Schedule (35km / 25km)

時間 Time	活動	Activity
07:00 – 07:55	報到 1) 測量體溫、(2) 檢查疫苗通行證 (藍碼)及檢查PCR檢測/RAT結果及健康申報聲明確認郵件	Registration 1) measure body temperature 2) check Leave Home Stay (with Blue Code) and the on-line google form confirmation regarding PCR / RAT results and health declaration
07:10 – 07:55	行李寄存 (大連排道遊樂場外)	Bag Drop (Outside of Tai Lin Pai Road Playground)
07:50	賽前講解	Race briefing
08:00	35公里男子組	Race starts: 35km - Men
08:05	35公里女子組及雙人組	Race starts: 35km – Women + Team of 2
08:15	25公里男子組	Race starts: 25km - Men
08:20	25公里女子組及雙人混合組	Race starts: 25km – Women & team of 2 Dragon and Phoenix
08:25	25公里雙人組 (男,女子)	Race starts: 25KM - Team of 2 - Fighting Men's & Secret Women's
11:00	城門水塘檢查站關閉 (35公里)	Shing Mun Reservoir checkpoint closes (35km)
11:30	城門水塘檢查站關閉 (25公里)	Shing Mun Reservoir checkpoint closes (25km)
13:15	鉛礦坳檢查站關閉 (35公里)	Lead Mine Pass checkpoint closes (35km)
14:15	鉛礦坳檢查站關閉 (25公里)	Lead Mine Pass checkpoint closes (25km)
15:00	梧桐寨路檢查站關閉	Ng Tung Chai Road checkpoint closes
16:25	比賽結束 (25公里)	Race finishes (25km)
17:10	大帽山扶輪公園終點關閉 / 比賽結束 (35公里)	Tai Mo Shan Rotary Park finish point closes / Race finishes (35km)

3. 比賽日流程 (親子組) Race Day Schedule (Family)

時間 Time	活動	Activity
13:00 – 13:55	報到 1) 測量體溫、(2) 檢查疫苗通行證 (藍碼)及檢查PCR檢測/RAT結果及健康申報聲明確認郵件	Registration 1) measure body temperature 2) check Leave Home Stay (with Blue Code) and the on-line google form confirmation regarding PCR / RAT results and health declaration
13:10 – 13:55	行李寄存 (大帽山扶輪公園)	Bag Drop (Tai Mo Shan Rotary Park)
13:50	賽前講解	Race briefing
14:00 – 14:10	比賽開始	Race start
16:00	比賽結束 (親子組/3公里)	Race finishes (Family / 3km)

4. 檢查站 Checkpoints

* 檢查站將不提供紙杯及食具。

* No one-time cup or cutlery will be provided at checkpoints.

35公里 35km

↑ 2890m ↓ 2440m

	檢查站 Checkpoints	距離 Distance (公里/ KM)	累積距離 Cumulative Distance (公里/ KM)	關門時間 Cut-off Time	飲品 / 食品 Food & Drinks
起點 SP	大連排道遊樂場 Tai Lin Pai Road Playground	N/A	N/A	08:35	-
CP1	城門水塘 Shing Mun Reservoir	9.2	9.2	11:00	高氧水 High Oxygenated Water
CP2	鉛礦坳 Lead Mine Pass	6.5	15.7	13:15	高氧水 High Oxygenated Water
CP3	梧桐寨路 Ng Tung Chai Road	9.6	25.3	15:00	高氧水* High Oxygenated Water*
終點 FP	大帽山扶輪公園 Tai Mo Shan Rotary Park	9.7	35	17:00	連姐店美食 Lin's Kiosk Food and Drink

25公里 25km

↑ 1960m ↓ 1500m

	檢查站 Checkpoints	距離 Distance (公里/ KM)	累積距離 Cumulative Distance (公里/ KM)	關門時間 Cut-off Time	飲品 / 食品 Food & Drinks
起點 SP	大連排道遊樂場 Tai Lin Pai Road Playground	N/A	N/A	08:35	-
CP1	城門水塘 Shing Mun Reservoir	9.2	9.2	11:30	高氧水 High Oxygenated Water
CP2	鉛礦坳 Lead Mine Pass	6.5	15.7	14:15	高氧水* High Oxygenated Water*
終點 FP	大帽山扶輪公園 Tai Mo Shan Rotary Park	9.3	25	16:25	連姐店美食 Lin's Kiosk Food and Drink

* 建議保留水樽到連姐店領豆漿 Recommend to keep the water bottle to get the soya milk at Lin's Kiosk

5. 比賽計時 Race Timing

1. 比賽開始時間為早上八時至八時二十五分。
2. 參賽者於起點、終點及每水站**必須報到**，義工會將號碼布入系統中及用筆紀錄。

1. Race will start at 8:00am to 8:25am.
2. Racers need to **check in** at start point, finish point and all water stations. Volunteer will put your race bib number into system and also they will mark on the paper.

6. 重要事項 Important Information

賽道路標 : 35公里，25公里及3公里的賽道，沿途會以**鮮粉紅色**的絲帶作路標及沿路會有方向指示牌（見圖）。

Course Marks : **Sharp Pink** ribbon and direction signage will be posted along the race course for 35km, 25km and 3km races (See photo).

步行路段 : 按政府要求，起點至華景山路一段只可快步通過，不得奔跑。義工會於該段終結時提示參加者。

Walking Session : As per the government's request, no running is allowed at the session from the Start Point up to Wah King Hill Road. Please pass by with fast walk. Our volunteer will remind racers when the said session ends.



賽事規則 : 請瀏覽“大帽山之美”賽事網站 <https://www.taimoshanhk.com/wonderstms> 或“大帽山山賽 Tai Mo Shan Trail Race” Facebook 網頁。

Race Rules : Please visit the website of “The Wonders of Tai Mo Shan” <https://www.taimoshanhk.com/wonderstms> or “大帽山山賽 Tai Mo Shan Trail Race” Facebook page.

賽事取消或更改 : 大會將因應天氣/賽道/交通狀況，保留取消/縮短/停止比賽的權利。賽事取消通告將不遲於**比賽日早上五時**於大會Facebook網頁發放。在這情況下賽事報名費將不獲發還。

Race Cancellation and Changes : The race organizer reserves the right to cancel/cut-short/stop the race due to weather/course/traffic conditions. The cancellation announcement will be made via the organiser’s Facebook no later than **5am on the race day**. In such event no refund of the registration fee will be provided.

天氣預測 : 氣溫：24至28度；濕度；55至85%；短暫時間有陽光，有幾陣驟雨。

Weather Forecast : Temperature : 24°C to 28°C; Humidity : 55 to 85%; Sunny intervals and a few showers

- 指定裝備 : 1. 手提電話 (能於香港撥出/接收電話) 1. Mobile phone (able to make/receive calls in Hong Kong)
- Mandatory Equipment : 2. 哨子 2. Whistle
3. 號碼布 3. Race bib
4. 1公升水或運動飲料 (起點及離開檢查站時) 4. At least 1L of water or sports drink at the start point and upon leaving the checkpoint.
5. 200卡路里食物 5. At least 200 calories worth of energy bars/food portions
6. 少計現金 6. Some cash
7. 八達通 7. Octopus Card

緊急支援 : 如遇到任何緊急情況，請致電“大帽山之美正能量團隊” [6585 3147](tel:65853147) 或 [9615 9865](tel:96159865) 以提供協助。

Emergency Contact : In case of emergency, please contact “The Wonders of Tai Mo Shan Team” at [6585 3147](tel:65853147) or [9615 9865](tel:96159865) for assistance.

退賽 : 參賽者如中途選擇退出比賽，請通知最近檢查站的義工，或致電 [6585 3147](tel:65853147) 或 [9615 9865](tel:96159865) 。

Drop Out: Racers who wish to drop out from the race must inform the volunteer and sign the withdrawal form at the closest checkpoint, or call [6585 3147](tel:65853147) or [9615 9865](tel:96159865) .