

HKDRC 32nd MOUNT BUTLER RACE 2008 – RUNNER'S GUIDE

2008年度香港長跑會第31屆畢拿山越野長跑賽 – 參賽者須知

THANK YOU - Thank you for joining the race. The HKDRC 32nd Hong Kong Mount Butler Race is the oldest and popular cross country running race in Hong Kong.

多謝您們參加本賽事 - 香港長跑會畢拿山越野長跑賽自1976年舉辦至今第31屆是香港歷史上最悠久及受歡迎的長跑賽。

RACE VENUE - The race venue is located on Wong Nai Chung Gap Road right behind the Shell Fuel Station (see attached photo sheet 'B'). The race venue serves only for entry registration, souvenirs distribution, prizes presentation and baggage storage.

比賽集合地點 - 位於黃泥涌峽道，蜆殼油站背面(參閱附圖相片'B')，此集合地點提供臨場報名，派發T-shirt，紀念品，獎牌及行李寄存等服務。集合地點另一方面亦是賽事成績計算和頒獎處。

STARTING POINT - The starting point is located at the exit of the Public Carpark on Tai Tam Reservoir Road (see attached photo sheet 'C')

起點 - 位於公眾停車場出口前方與大潭水壩道之交界(參閱附圖相片'C')。

FINISHING POINT - The finishing point is located at the End of Sir Cecil's Ride (see attached photo sheet 'A'). A water station is set and the Cool distilled water and HIRO Energy Drink will be distributed after you have finished the run. As the area of the finishing point is quite small, you are advised to leave the area after you have finished the run, by continue walking via the footpath. 20m long then step down to Wong Nai Chung Road to the race venue (see attached photo sheet 'D') for collection of T-shirt, souvenirs and your baggage. Thank you for your cooperation.

終點 - 位於金督馳馬徑的盡頭(參閱附圖相片'A')。終點設有水站，有飛雪礦物水，佳得樂和健樂坊運動食品派發。由於終點的地方狹窄不能容納過多完賽者，故此完賽者需要越過終點後往前步行，通過約30米長小徑再落石級往集合地點領取T-shirt，紀念品，獎牌及行李(參閱附圖相片'D')。多謝您們合作。

RACE RESULTS - Race results using BarCode scanning system will be employed. You are advised not to tear off or damage the BarCode label attached with the number bib
賽事成績 - 將採用最先進的條碼數據系統，敬請參賽者切勿撕毀或破壞號碼紙上的塑料條碼標籤。

TOILETS - Toilets are available at the seat-out area of the Public Carpark and the entrance of Wong Nai Chung Reservoir

洗手間 - 可使用公眾停車場內休憩處的洗手間及黃泥涌水壩入口的洗手間。

MILEAGE MARKS - Mileage board with 4.2km, 11.4km, last 1km & 500m will be placed at distinct locations on the course 沿賽道4.2公里，11.4公里和最後1公里及500米設有里數標誌牌。

BAGGAGE HANDLING - A baggage storage area will be provided. For easy handling, you are advised to put your name, race number and entered division on a baggage tag and tie it with your baggage. 大會設有行李擺放區。為便於處理行李存放，賽員須要自行填寫由大會供應之行李標籤資料包括姓名，比賽號碼和參加的組別。標籤應繫於行李當眼地方。

RACE NUMBER BIB - Don't forget to bring your number bib along to the race. A Barcode label assigned with number, your entered division, your name and the Barcode is attached to the number bib. Please check the correctness of the information and do not tear-off or damage the label. Below are pre-set number system for identification of division runners :-

MO	MS1	MS2	MV1	MV2	MJ	WO	WS	WV	T
男子	男子	男子	男子	男子	男子	女子	女子	女子	隊際組
公開組	高級1	高級2	元老1	元老2	青年組	公開組	高級組	元老組	
1XXX	2XXX	3XXX	4XXX	5XXX	6XXX	7XXX	8XXX	9XXX	TXXX

賽員須緊記攜帶比賽號碼布到比賽場地。號碼布附有條碼數據標識連同賽員的姓名，比賽號碼和參加的組別。上述表格顯示各組號碼以頭一個數字編制，賽員可預先核對資料。敬請參賽者切勿撕毀或破壞號碼紙上的塑料條碼標籤。

RACE RESULTS - Race results using BarCode scanning system will be employed. Our officials will scan the Barcode of your race number when you cross the finish line. Please keep moving forward through the finish chute towards the water and souvenir distribution point. Only winners' results will be announced for prize presentation on the day. Full results of all participants will be uploaded on the web within 1 week. 賽事成績 - 將採用最先進的條碼數據系統，本會工作人員將站立終點按先後次序逐一為完賽者數據。完成數據後的完賽者須要放在場的工作人員向前步行往領取紀念品和歐水攤位。大會將於完成約300位完賽者的數據工作後開始計算優勝賽員成績。至於全部完賽者的成績將於一星期後上載本會的網頁。

OFFICIAL FINISHER CERTIFICATES - Official finisher certificates with positions and times will be mailed to the finishers who have placed orders within one month. 印有名次及時間的精美證書，將以郵寄給已繳付費用的完賽者。

SOUVENIRS - All finishers will receive premium tees, finisher medals, towels and recycle bag by presenting their number bibs 完賽者可出示號碼布領取T-Shirt，獎牌，毛巾及環保袋。

DRINKS AND FOOD – Each finisher will receive one bottle of HIRO energy drink, one bottle of Cool distilled water and one piece of Nature's Village Energy Bar 每位完賽者可取得HIRO健康飲品，維樂坊GU Gel食品，Cool 蒸餾水等

TRANSPORT – Free bus services are provided runners at (1) City Hall, Central; (2) Tin Hau MTR Station, Causeway Bay; (3) YMCA, Honkow Road, Tsimshatsui and (4) KCRC Station, Kowloon Tong. You are advised to present your admission ticket to our official helper to get a seat.

交通 – 賽會提供免費巴士服務，分別於4個站崗，中環大會堂，銅鑼灣天后地鐵站，尖沙咀漢口道青年旅舍，九龍塘慈蔭道九廣鐵路站。參賽者必須出示乘車票始允許乘坐車輛。

FREE YOGA EXERCISE BEFORE THE START OF RUN – One teacher from Yoga-Yoga will provide 15mins free yoga instruction of warm up practice for participants who are interested to experience. Taking Yoga practice before the race can help achieving better result of run and relax.

The location for the free Yoga practice is at the Girl Guide New Sandiands Training Center, ie right next to the race venue.

免費瑜伽練習 – 1位來自瑜伽、瑜伽的導師將於賽事當天，在女童子軍新德倫訓練中心(即集合地點右方)為參賽者開跑前提供15分鐘免費瑜伽熱身動作之輔導。該導師提供的資料，賽前接受適當瑜伽練習對爭取成績或釋放情緒有幫助。

DONATION SALES FOR FUND RAISING – Associated with Power of Love, we will launch donation sales for fund raise. Over hundreds of souvenir items will be on sales for great discount. Part of the proceeds sales will be donated to Power of Love, charitable organization. The location for the donation sales is at the Girl Guide New Sandiands Training Center, ie right next to the race venue.

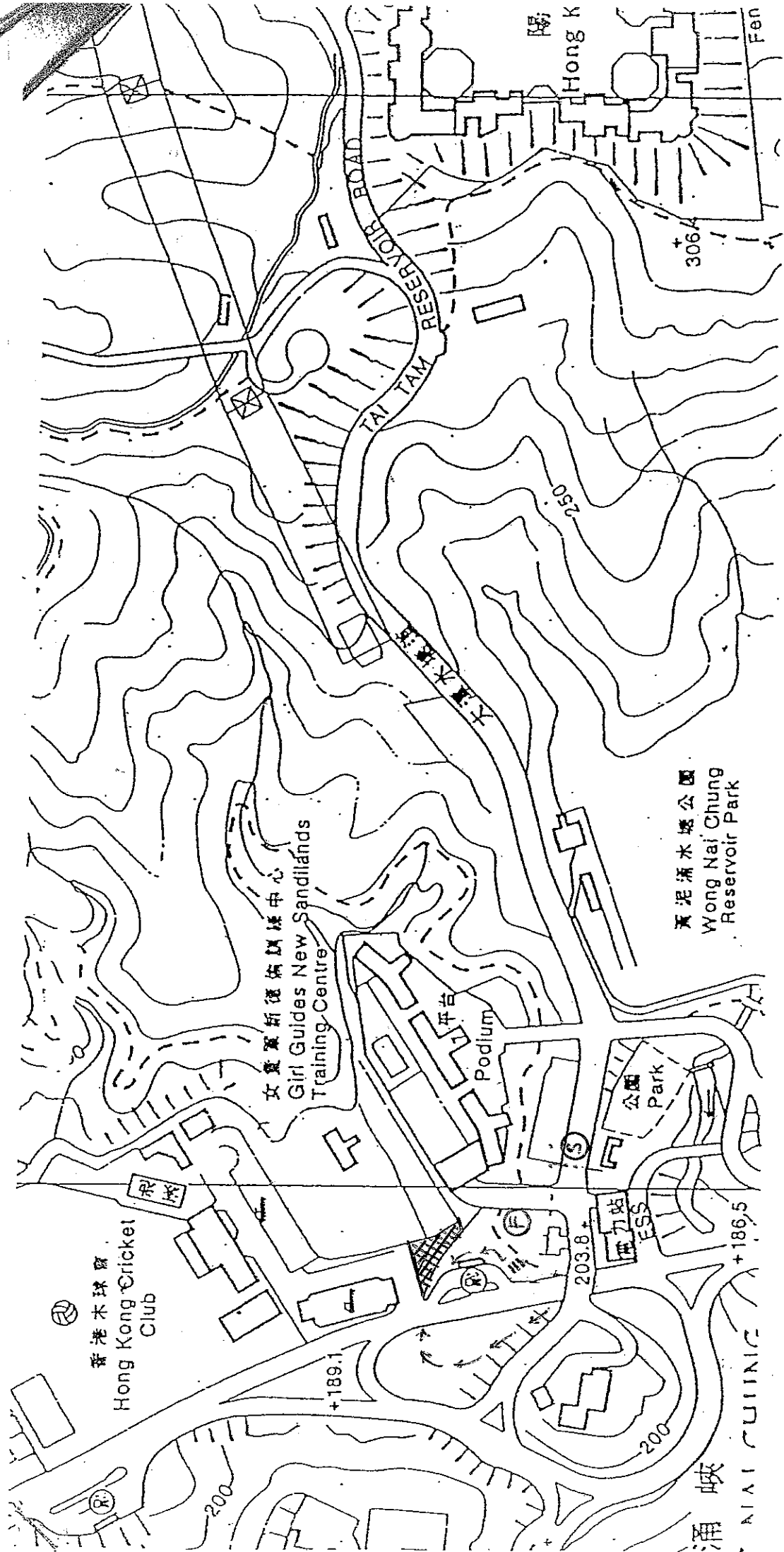
義賣籌款 – 匯同愛心力量慈善團體，我們將於賽事當天舉辦慈善籌款。大量賽事紀念品將削價發售。而售出紀念品所得的現金，部份撥給愛心力量慈善團體供慈善用途。慈善籌款活動將於女童子軍新德倫訓練中心(即集合地點右方)舉行。

BEST WISHES AND HOPE YOU ENJOY OUR RACE – GOOD LUCK

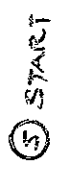
謹此至誠，希望你們可以享受到這個既刺激而又歡樂的賽事 – 預祝你們好運

HONG KONG DISTANCE RUNNERS CLUB

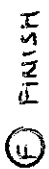
香港長跑會



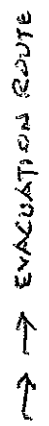
ASSEMBLY PLACE
 BAGGAGE STORAGE
 SOUVENIR DISTRIBUTION



START

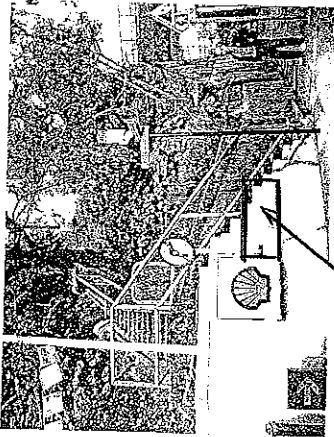


FINISH



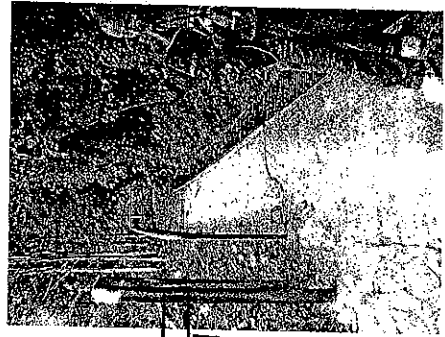
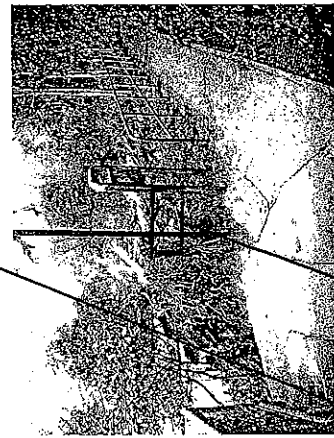
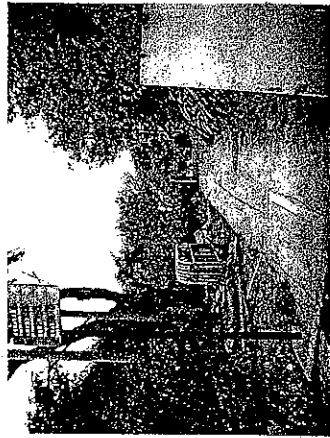
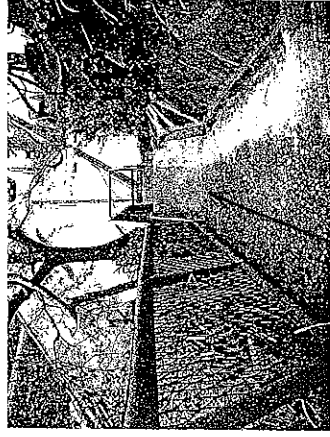
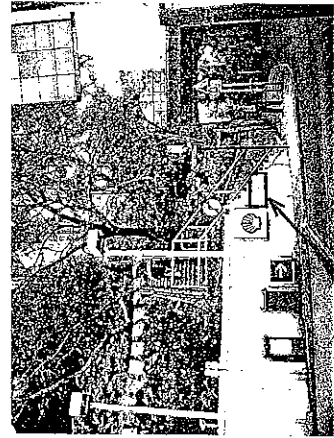
EVACUATION ROUTE

STEPS



梯級往起點

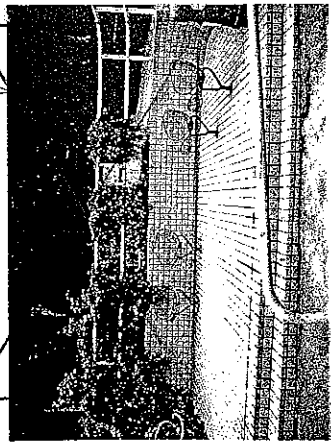
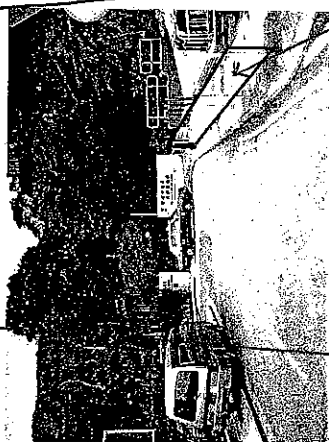
STEPS UP TO STARTING POINT



完賽者沿此小徑落石級往領取 T-shirt 和紀念章頒獎及行李

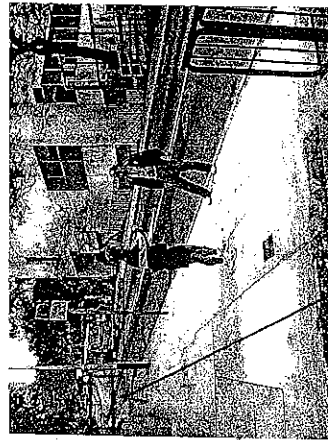
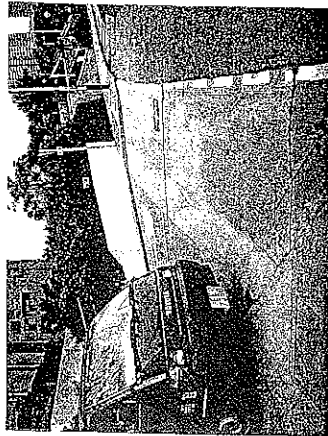
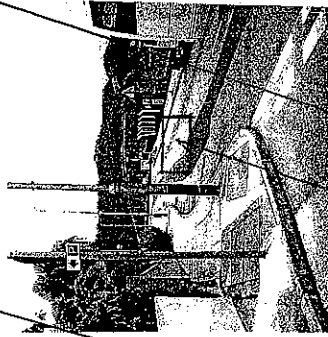
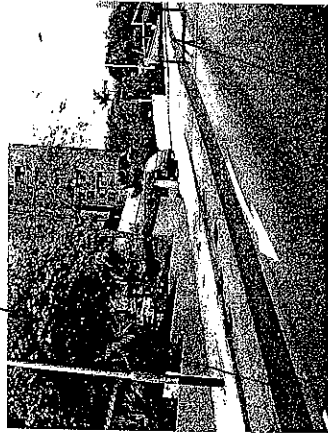
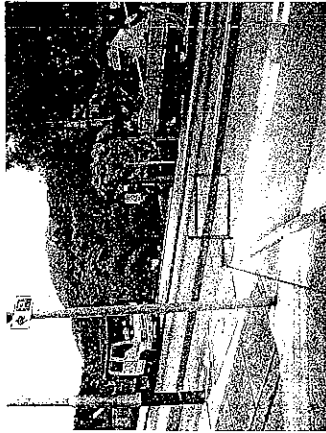
PATH AND STEPS DOWN TO COLLECT T-SHIRT, MEDAL, PRIZE AND BAGGAGE

BACK DROP

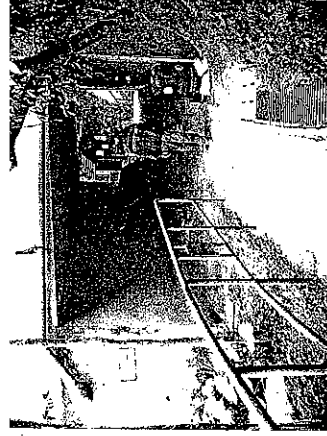
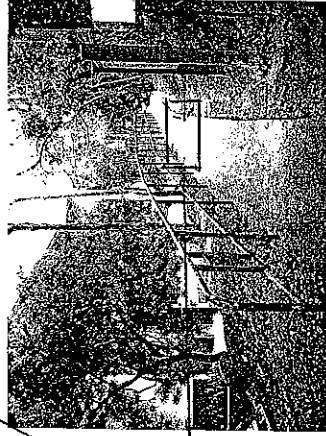
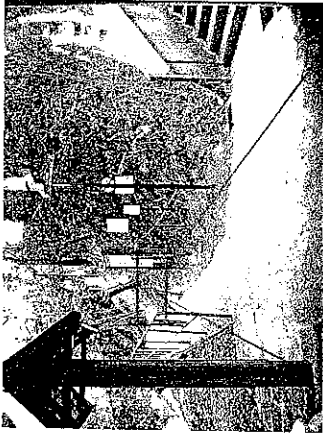


SPONSOR BANNER

(B) 報名登記/派發和紀念章/成績計算/頒獎/行李處理
(B) ENTRY REGISTRATION/SOUVENIR DISTRIBUTION
RACE RESULTS/PRIZE PRESENTATION/BAGGAGE STORAGE



(C) 起點或賽道
(C) STARTING POINT



(A) 終點



(A) 終點
飛雪礦物水及佳得樂派發處
(A) FINISHING POINT

BONAQUA MINERALIZED WATER/GATORADE DISTRIBUTION