

HKDRC – Xtra8 40th GREEN HALF MARATHON 2018 – RUNNER’S GUIDE

2018年香港長跑會 – Xtra8 第40屆綠色半馬拉松 – 參賽者須知

THANK YOU - Thank you for joining the race. The HKDRC Green Half Marathon, running since 1977, is the most popular running race in Hong Kong. **多謝您們參加本賽事** - 香港長跑會綠色半馬拉松賽是遠自1977年是香港歷史上最悠久及最受歡迎的長跑賽。

THE RACE AND TIME LIMIT – The course will be traffic free for runners from 7:00am to 9:30am. **You must finish the run within 2.5hours as the Bride’s Pool Road will be reopen for traffic at 9:30am. If you cannot finish the run and you are still on road after 9:30am You are advised to get off the road and run on pavement or take our official car back to the finish.** **有關本賽事** – 本賽事賽道是取得民政處，運輸處和警務署特別批准於賽事進行期間，禁止汽車輛行駛。賽員可在安全情況下比賽，盡量發揮水準，爭取佳績，但賽員必須於 2 小時 30 分之前完成賽程。整個賽道將於上午 9 時 30 分開放通車。倘賽員於 2 小時 30 分未能完成賽程，須要自行離開賽道或由賽會車輛接送返終點。

RACE VENUE – The race venue indicates facilities include start/finish points, information display, sponsors booths, entry registration counter, medical aid station, souvenirs distribution booths, prize presentation stage and baggage storage area. **比賽集合地點** - 集合地點提供臨場報名，派發 T-shirt，紀念品，諮詢，救護站及行李儲存等服務。集合地點的另一方是賽事成績計算和頒獎處。

WATER STATIONS – There are 3 water stations at the junction of Bride’s Pool Road and the in-out of Wu Kau Tang and Luk Keng turning point. **水站** - 沿賽道相隔5公里設有3個水站，分別位於新娘潭路進，出烏蛟騰交界及鹿頸的另一個轉折點。

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. **行李處理** - 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。

TOILETS – Toilets are available at the Public Carpark near the Bus Terminus and the Country Park Area **洗手間** - 可使用公眾停車場的洗手間及郊野公園內的洗手間。

MILEAGE MARKS - Mileage board with 5km, 10km, 15km, 1km & 500m will be placed on the course **里數牌** - 沿賽道每5公里，10公里，15公里，和最後1公里及500米設有里數標誌牌。

RACE NUMBER SYSTEM – Don’t forget to bring your number bib along to the race. Please check the correctness of the information as per below pre-set number for identification of division runners :-

MO	MS1	MS2	MV1	MV2	WO	WS	WV	T
男子 公開組	男子 高級1組	男子 高級2組	男子 元老1組	男子 元老2組	女子 公開組	女子 高級組	女子 元老組	隊際組
1XXX	2XXX	3XXX	4XXX	5XXX	6XXX	7XXX	8XXX	M/W/X

號碼布 - 賽員須緊記攜帶比賽號碼布到比賽場地。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。

RACE RESULTS – Iban Sport Ltd., ChronoTrack timing system will be employed. Bib Tags will be provided and attached on the back side of your race number. You are advised not to tear off or damage the tag with the number bib. **賽事成績** - 將採Iban Sport Ltd., ChronoTrack 計時系統，一塊貼於號碼布背面Bib Tag，用於量度時間成績。敬請參賽者切勿撕毀或破壞號碼布上的Bib Tag。

MAILING OF RACE NUMBER – All entry applications either by online, or by email or by post are advised to download this RUNNER’S GUIDE (RG) from our web site www.hkdrc.org Race Number will be by mail according to the postal address given on your self-address stamped envelope (SAE) 2 weeks before the day of race. **參賽者號碼布採用郵寄方式** - 參賽者不論經網上，電郵或郵寄報名後均需要自本會網頁 www.hkdrc.org 下載 ”參賽者須知 ”，號碼布將根據參賽者提供的回郵信封郵寄給各參賽者，號碼布寄出時間將於賽期前 2 星期。

OFFICIAL FINISHER CERTIFICATES – Official finisher certificates can be downloaded from our web site www.hkdrc.org Runners have to print out the certificates and complete put with positions and times as per the uploaded full results. **賽會認可成績證書** – 可自網頁www.hkdrc.org下載，按照賽會上載的全場成績，自行印上完賽者的名字，完成名次及時間。

SOUVENIRS – All finishers will receive sustainable t-shirt, towel, foldable water bottle, finisher’s medal, solar key torch and lucky man after finish the run. You need to present number bib to collect at the venue **紀念品** - 完賽者可於完賽後出示號碼布領取T恤，毛巾，可接疊水壺，獎牌，幸運公仔及運動用品優惠卡。

DRINKS AND FOOD – Each finisher will receive one bottle of Xtra8 Natural Mineral Water and one piece of Nature’s Village Gel. **飲品和食品** - 每位完賽者可領取一樽Xtra8礦泉水及健樂坊的健康食品。

SUPPORT GREEN WORK FOR GREEN RACE 支持綠色賽事 – We are moving forward to support waste reduction and recycling at the community level. We will coordinate with Xtra8 Nature Mineral Water – Live & LoveGroup Ltd., team to collect back the plastic water bottles **回收膠樽** from runners at the race venue. The collected plastic water bottles will be delivered to the Community Green Station (CGS) **綠在東區** at No. 30, Oi Shun Road, Shau Kei Wan, Hong Kong for recycle.

MY REGISTERED INFORMATION 我登記個人資料：-

Name 姓名: _____

Assigned Race Number 比賽編號: _____

Entered Division 參加組別: _____

Telephone and Email 聯絡電話及電郵: _____

TRANSPORT – FREE bus services are provided for each registered runners only at one of the following location. Your selected bus station (Depart time HK - 0550, KLN - 0600) is marked :-

(1) City Hall, Central : _____ (2) Tin Hau MTR Station Causeway Bay : _____

(3) Hankow Road, Tsimshatsui : _____ (4) KCRC Station, Kowloon Tong : _____

You are advised to present your race number to our official helpers to get a seat.

**交通 – 賽會提供免費巴士服務給每一位已登記的參賽者於下列其中的一個巴士站（開車時間
港島 - 0550，九龍 - 0600）你/妳選擇的巴士站顯示：-**

(1) 中環大會堂：_____ (2) 銅鑼灣天后地鐵站：_____

(3) 尖沙咀漢口道：_____ (4) 九龍塘森麻實道九廣鐵路站：_____

參賽者必須出示號碼紙給賽會工作人員始允許乘坐車輛。

BEST WISHES AND HOPE YOU ENJOY OUR RACE – GOOD LUCK

謹此至誠，希望您們可以享受到這個既刺激而又歡樂的賽事 – 預祝您們好運

HONG KONG DISTANCE RUNNERS CLUB

香港長跑會