

**HKDRC 42<sup>nd</sup> MOUNT BUTLER ( HERITAGE ) RACE 2018**  
**2018HKDRC 第42 屆畢拿山( 古蹟 )越野長跑賽**  
**RUNNER'S GUIDE 參賽者須知**

**THANK YOU** - Thank you for joining the race. The HKDRC 42<sup>nd</sup> Mount Butler ( Heritage ) Race 2018 is the oldest and popular cross country running race in Hong Kong.

**多謝您們參加本賽事** – 2018年香港長跑會畢拿山( 古蹟 )越野長跑賽自1976年舉辦至今第42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 Bus Station and Sinopec Fuel Station. 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，巴士站及中石化加油站側鄰的空地，此集合地點提供臨場報名，派發T-shirt，紀念品，獎牌及行李儲存等服務。此外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. **起點** – 位於公眾停車場出口前方與大潭水塘道之交界

**FINISHING POINT** – The finishing point is located at the End of Sir Cecil's Ride. A water station is set and the Nature's Village distilled water 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 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。終點設有水站，有樂健坊蒸溜水派發。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20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。多謝您們合作。

**START AND FINISH TIME** – The run starts at 8:00am and finish at 11:00am

**開步及完成時間** – 開步時間是早上8時，而完成時間是早上11時。

**RACE RESULTS** – Race results, using IBan Sports Ltd Bib Tag timing system will be employed. There will be one piece sensor Tag attached on the back side of your race number. You are advised not to tear off or damage the Tag attached with the number bib

**賽事成績** – 採用IBan Sports Ltd Bib Tag 計時系統，1 條貼於號碼布背面B-tags，用於量度時間成績。敬請參賽者切勿撕毀或破壞號碼紙上的Tag。

**TOILETS** – Toilets are available at the seat-out area of the Public Carpark, the entrance of Wong Nai Chung Reservoir and the Sinopec Fuel Station.

**洗手間** - 可使用公眾停車場內休憩處的洗手間，黃泥涌水塘入口的洗手間及中石化油站洗手間。

**MILEAGE MARKS** - Mileage board with 4.2km, 11.4km, last 1km & 500m will be placed at distinct locations on the course

**里數標誌** - 沿賽道4.2公里，11.4公里，1公里和最後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 **REUSABLE baggage tag** and tie it with your baggage. When collect back your baggage, you are advised to return to the official the baggage tag.

**行李儲存** - 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可重覆使用之行李標籤資料包括姓名**，比賽號碼和參加組別，標籤應繫於行李當眼地方。賽員取回行李需交還標籤。

**RACE NUMBER BIB** – It will be mailed to each registered runner between **10 – 25 March**. On the front side of your race number, a label assigned with number, entered division and name is attached to the number bib. Please make sure the information is correct. Below are pre-set number system for identification of division runners :-

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

**號碼紙** - 號碼布將於指定日期內( 3月10日至3月25日 ) 以郵寄寄回各登記的參賽者。號碼布正面附有標籤顯示賽員的姓名，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。

**RACE RESULTS ANNOUNCEMENT AND PUBLICATION** – Only winners' results will be announced for prize presentation on the race day. Full results of all participants will be uploaded on the web within 1 week.

**賽事成績** – 賽事當天只公佈各組得獎的優勝運動員成績，至於全場完賽者的成績將於賽事完結一星期後上載本會的網頁。

**FINISHER CERTIFICATES** – Finisher certificates are Free of Charge, it can be downloaded from web site [www.hkdrc.org](http://www.hkdrc.org) Runners have to fill in his/her finished positions and times for record.

**成績證書** – 參賽者可免費自本會網頁[www.hkdrc.org](http://www.hkdrc.org)下載，自行填上完成名次和時間保存紀錄。

**SOUVENIRS** – All finishers will receive premium tees, towels, environmental cutlery set, foldable water bottle, finisher medal and lucky man by presenting their number bibs

**紀念品** - 完賽者需出示號碼布領取T恤，毛巾，環保餐具，水壺，獎牌及Lucky Man吉祥物。

**TRANSPORT – FREE bus services are provided for each registered runners only at one of the following location. And your selected bus station is marked ( ) :-**

(1) City Hall, Central : 6:45 (2) Tin Hau MTR Station Causeway Bay : 6:45

(3) Honkow Road, Tsimshatsui : 6:30 (4) KCRC Station, Kowloon Tong : 6:30

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，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。

**SAFETY INSTRUCTIONS** – All participated runners shall pay attention to the safety instructions as given by HKDRC before the Start of Run that includes :-

1. Attempt your run in single profile when running along the trails and downhill to avoid clashing with visitors
2. Slow down and give ways to visitors who come in opposite direction especially running downhill on Mount Parker Road
3. Observe and obey race marshals advise, stop running when there is occurrence of accidents
4. Be considerate and be polite to visitors who are using the same course with you.

**安全指引** – 所有參賽者應留意並遵守由賽會於賽前提供的安全指引，當中包括 :-

1. 於較狹窄山勁或往下斜路，以單行跑步，切勿3-5成群平排前進，以避免與遊人碰撞。
2. 如遇到遊人迎面而來，應減速及閃避，特別注意是由柏架山道(大風坳)下斜路段。
3. 沿途留意，及聽從賽會工作人員指示，在不幸情況下發生意外，應即時停止跑步。
4. 為他人著相，以禮貌對待和你/妳共同使用每一路段的遊人。

**SOUVENIR SALES FOR SPORTS DEVELOPMENT** – We will launch souvenir sales on the race day. Over 20 souvenir items will be on sales at great discount. Part of the proceeds sales will be allocated for continue sports developments, creative and researching works, energy saving and environmental protection. The location for the souvenir sales is at the Girl Guide New Sandilands Training Center right next to the race venue.

**售賣紀念品** – 我們將於賽事當天舉辦售賣紀念品，大量過往剩餘的賽事紀念品將削價發售。而售出紀念品所得的現金，部份撥作發展及推動環保長跑工程用途。售賣紀念品活動將於女童子軍新德倫訓練中心(即集合地點右方)舉行。

**WASTE REDUCTION AND RECYCLING 減廢及再造**– To enhance our Green Work for Green Race, our official will be stationed at the venue to request and collect from runners, the plastic water bottles to achieve Waste Reduction. All collected plastic water bottles will be delivered to the Community Green Station at Shau Kei Wan, Hong Kong for Recycling. **為推動環境保護，本會工作人員將於賽場向參賽者回收膠水樽以達到減廢的目的。所有回收到的膠樽將運送至Community Green Station 綠在東區，筲箕灣循環再造。**

**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**