

**Mount Butler Training Run Promotion for HKDRC 32<sup>nd</sup> Mt Butler Race – 23 Mar 2008**  
 越野長跑訓練推廣 (備戰) HKDRC 第 32 屆畢拉山越野長跑賽 – 2008 年 3 月 23 日  
 ( February – March 2008 )

**Cross-Country Training in 5 Easy Steps 越野長跑訓練之五種步調**

- Hills 跑山
- Repetition Training 重複練習
- Tempo Running 採用不同長度和使用不同地方
- Fartlek 急衝
- Cross-Training 多元化練習

**Tips that help you enjoy yourself while you race :- 專家提供的資料和戰術參考**

- Get in a good warm-up 開步前需要有適當熱身
- Start slowly 前段採用較慢步速
- Be aggressive 中段勇往直前
- Think “Quick Feet” 利用地勢和身體重心加速
- Use your arms 上山時運用雙手前後擺動
- Cut the tangents 偷彎
- Pass quickly 閃頭
- Accelerate briefly after each turn 寸步必爭、奪取有利位置和保持勇往直前狀態
- Don't save too much for the end 無需要留力至尾段
- Relax and enjoy yourself ( have fun, and hurry back ) 享受越野賽的特點

**Schedule of HKDRC Mount Butler Training Run Program – 4 Training Sessions :-**

	Date/Time	Distance	Route
1	2 February 2008 4:30pm – 6:00pm	11k	Loop out from the entrance of Sir Cecil Ride at Mt Parker Road to exit at Mt Butler Road, then return back to Mt. Parker Road finish.
2	23 February 2008 4:30pm – 6:00pm	11k	Barrier gate on top of Tai Tam Reservoir Road. Proceed to Tai Tam Reservoir, then turn left uphill to Mt. Parker Road, downhill to Sir Cecil Ride to exit at Hau Yuen Lane finish
3	13 March 2008, 7:30pm	8k	Happy Valley Race Track
4	15 March 2008 4:30pm – 6:00pm	7k	Hau Yuen Lane ( Temple Hill Rd. ) via Sir Cecil Ride to exit at Mt. Butler Road to Carpark finish

Notes : 1. The 1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> training runs are arranged on course as indicated on attached map

2. **FREE entry for all participants ( complete and return reply slip of this form )**

The above schedule is organized by HKDRC and sponsored by Pepsi Cola. All four runs shall be coached by Mr. Fong Lai Lun , Ms. Cheung Sze Lam and DRC senior members

**HKDRC Mount Butler Training Run Program – Four Sessions ( Feb. – Mar. '08 )**  
 香港長跑會策劃推廣之 HKDRC 畢拿山越野長跑訓練課程 '08 年 2 - 3 月

**Reply for Participation – 報名回條**

( Send/Return Slip to us by email [enquiry@hkdc.org](mailto:enquiry@hkdc.org) or by Fax 31865278 )

( For enquiry 資料查詢 – E-mail: [enquiry@hkdc.org](mailto:enquiry@hkdc.org) & [training@hkdc.org](mailto:training@hkdc.org) )

I/We \_\_\_\_\_ am/are willing to participate the HKDRC Cross Country Training Runs of 1<sup>st</sup> \_\_, 2<sup>nd</sup> \_\_, 3<sup>rd</sup> \_\_ & 4<sup>th</sup> \_\_ sessions. 本人/我們 \_\_\_\_\_ 願意參加由香港長跑會策劃推廣之越野長跑訓練跑，第一次練習 \_\_，第二次練習 \_\_，第三次練習 \_\_，第四次練習 \_\_。

My Working Place/我的工作機構名稱 \_\_\_\_\_

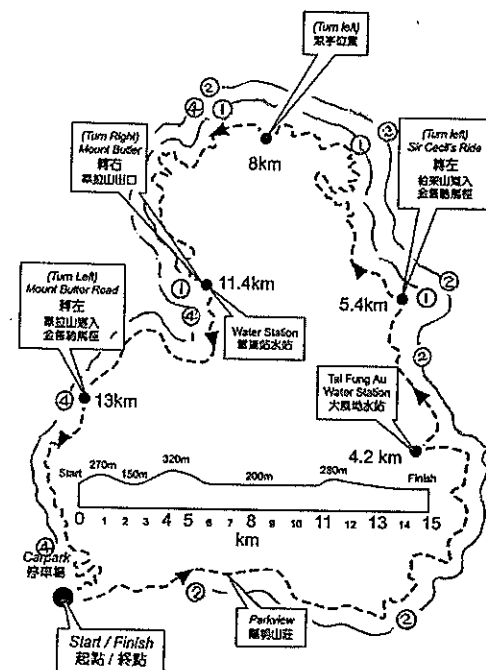
Postal Address 郵寄地址 \_\_\_\_\_

Contact Tel. 聯絡電話 \_\_\_\_\_ Fax /傳真號碼 \_\_\_\_\_ E-mail/電郵 \_\_\_\_\_

Accompany with Friends ( Nos. ) \_\_\_\_\_ 會否攜同朋友 ( 個 ) \_\_\_\_\_

( A free HKDRC souvenir will be given to each trainee who completed 2 or more training sessions. 凡參加由香港長跑會策劃及推廣之越野長跑訓練跑課程、並完成 2 次或以上練習可獲得 HKDRC 紀念品。 No deadline for entry 不設截止日期

**Mount Butler Training Base Course Map 畢拿山訓練基地賽道路線圖**



**HKDRC Mount Butler Training Run Program - Session One**  
**Saturday, 2 February 2008 ( 4:30pm – 6:00pm )**

( Route : Loop out and return from the entrance of Sir Cecil's Ride at Mt. Parker Road to Exit at Mount Butler Road )

**INSTRUCTIONS FOR PARTICIPANTS**

1. Report to Mr. Fong Lai Lun, our coach or DRC officials at the mini-bus stop ( opposite the market building ) of Mt. Parker Road, Quarry Bay around 4:00pm – 4:15pm
2. Sign up your attendance
3. Hand to DRC official your knapsack and collect a bottle of water or sport drink
4. Follow Mr. Fong Lai Lun, our coach or DRC lead runners walk up Mt. Parker Road for 10mins – 15mins to the entrance of Sir Cecil's Ride
5. All participants arrive and START run at 4:30pm ( Participants will be separate in groups depend on their pace )
6. All participants take rest for 1-2 mins at the pavilion - 8km point ( see location shown in map )
7. Continue follow Mr. Fong Lai Lun or DRC lead runners heading to Mt Butler
6. All participants reach the exit of Mt Butler Road ( a water station will be set-up there )
7. Follow Mr. Fong Lai Lun or DRC lead runners RETURN along the same route.
8. After return to the exit of Sir Cecil's Ride, report to Mr. Fong Lai Lun or DRC lead runners then walk down to the mini-bus stop to collect back from DRC official your knapsack.
9. The 1<sup>st</sup> training run finished at about 6:20pm.

( Remarks : 1. Toilet facilities are available at the market building  
2. For normal runner, the estimated time of this training run is about 1hr. 30 mins  
3. HKDRC Souvenirs will be presented on the day of HKDRC 32<sup>nd</sup> Mt. Butler Race 2008 )

**越野長跑訓練推廣 (備戰) HKDRC第32屆畢拿山越野長跑賽**  
**2008年 2月2日 ( 星期六 ) – 4:30pm – 6:00pm**

**參加練習賽者須知**

1. 於下午 4:30pm - 6:00pm 集合鯽魚涌柏架山道小巴士站 ( 側鄰街市大廈 ) 向 Mr. Fong Lai Lun 教練或本會導師報到。
2. 登記出席練習。
3. 將攜來的背囊交給本會工作人員保管並領取蒸溜水一瓶或運動飲料一罐。
4. 跟隨 Mr. Fong Lai Lun 教練或本會導師步行 10 至 15 分鐘往金督馳馬徑入口。
5. 於 4:30pm 正開步 ( 參加練習賽員將分成小組, 以自己步速跟隨教練或本會導師均速前進 )。
6. 跑至 8 公里處為一涼亭休息 1 – 2 分鐘 ( 參閱路線圖 )。
7. 休息過後繼續跟隨 Mr. Fong Lai Lun 教練或本會導師往畢拿山進發。
8. 約 35 – 40 分鐘到達畢拉拿道出口處 ( 此出口設有水站 )。
9. 回程沿同樣路線, 仍跟隨 Mr. Fong Lai Lun 教練或本會導師跑返金督馳馬徑入口處。
10. 到達金督馳馬徑入口 ( 即柏架山道 ) 向教練或本會導師報到。經核實全部練習賽員後, 各員需自行步行返柏架山道小巴士站 ( 側鄰街市大廈 ) 向本會工作人員領回攜來的背囊。
11. 越野長跑訓練第一課完畢。
12. 第一節長跑訓練時間約 1 小時 30 分。

**HKDRC Cross Country Training Run – Training Sessions Two**  
**Saturday, 24 February 2007 ( 4:30pm – 6:00pm )**

( Route : Start at the Barrier Gate on top of Tai Tam Reservoir Road, opposite to Parkview Apartment, proceed to Tai Tam Reservoir, then turn left run uphill to Mt. Parker Road. Downhill to Sir Cecil's Ride to exit at Hau Yuen Lane finish )

**INSTRUCTIONS FOR PARTICIPANTS**

1. Report to Mr. David Chow, our coach or DRC officials at the Public Carpark at Tai Tam Reservoir Road around 4:00pm – 4:15pm and Sign up your attendance
2. Hand to DRC official your knapsack and collect a bottle of water or sport drink
3. Follow Mr. David Chow our coach or DRC lead runners walk up Tai Tam Reservoir Road for 10mins to the Barrier Gate at the top of Tai Tam Reservoir Road.
4. All participants arrive and START run at 4:30pm ( Participants will be separate in groups depend on their pace ) downhill to Tai Tam Reservoir, cross the dam then turn left run uphill to Mt. Parker road.
5. All participants reach Tai Fung Au, Mt Parker Road – 4.2km point ( see location shown in map ) take rest for 1-2 mins.
1. After rest, continue follow Mr. David Chow or DRC lead runners downhill to the entrance of Sir Cecil's Ride, then run ahead to Hau Yuen Lane 7.2km
7. All participants reach Hau Yuen Lane, finish point ( a water station will be set-up there )
8. All participants report to Mr. Richard Sarkies or DRC lead and collect back from DRC official your knapsack.
9. The 2<sup>nd</sup> training run finished at about 6:00pm.

( Remarks : 1. Toilet facilities are available at the Public Carpark  
2. For normal runner, the estimated time of this training run is about 1hr. 15 mins  
3. HKDRC Souvenirs will be presented on the day of HKDRC 31<sup>st</sup> Mt. Butler Race )

**越野長跑訓練推廣 (備戰) HKDRC第31屆畢拉山越野長跑賽**  
**2007年 2月24日 ( 星期日 ) – 4:30pm – 6:00pm**

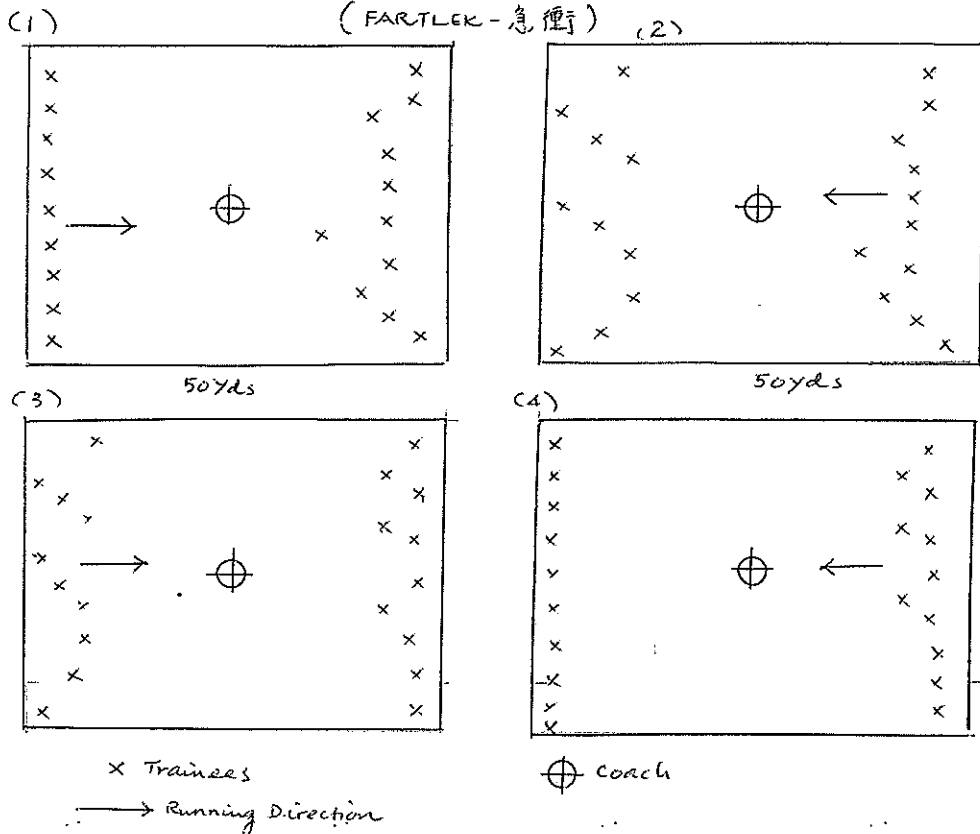
**參加練習賽者須知**

1. 於下午 4:00pm - 4:15pm 集合大潭水塘道市政局公眾停車場向 Mr. David Chow 教練或本會導師報到, 並登記出席練習。
2. 將攜來的背囊交給本會工作人員保管並領取蒸溜水一瓶或運動飲料一罐。
3. 跟隨 Mr. David Chow 教練或本會導師步行 10 分鐘往大潭水塘道水塘閘口處。
4. 於 4 時 30 分開步 ( 參加練習賽員需分成小組, 以自己步速跟隨教練或本會導師均速前進 )。
5. 起點由水塘閘口處向水塘進發, 越過水壩轉左上山跑至柏架山道大風坳 4.2 公里處休息 1 – 2 分鐘 ( 參閱路線圖 )。
6. 休息過後繼續跟隨 Mr. David Chow 教練或本會導師沿柏架山道下斜到達金督馳馬徑入口。
7. 持續沿金督馳馬徑跑至約 7.2 公里處 為校園里終點 ( 終點處設有水站 )。
8. 到達校園里終點需向 Mr. David Chow 教練或本會導師報到。經核實全部練習賽員後各練習賽員需向本會工作人員領回攜來的背囊。
9. 越野長跑訓練第二課完畢。第二節長跑訓練時間約 1 小時 15 分。

**HKDRC Mount Butler Cross Country Training Run – Training Sessions Three**  
**Place for Training – Happy Valley Race Track**  
**Thursday, 15 March 2007 ( 7:30pm – 9:00pm )**

1. Select a yard of 50m or longer for FARTLEK 急衝run training
2. Ask all trainees stay at one end and run to the other end
3. When the trainees ( not all of them ) reach the end, the Coach shall sound the whistle, all trainees should stop run and stay at his/her position of where he/she is at
4. After 1-2 mins rest, the Coach will sound the whistle again and all trainees start run BUT APPROACH TO OPPOSITE DIRECTION
5. On repeating #3 and #4 exercise, all trainees will be stayed in his/her positions of where they start in the beginning of run
6. On finishing the FARTLEK 急衝 4 times or more ( up to the trainees wish ), the Coach and HKDRC lead runner shall lead all trainees to take another 4 large laps run each 1430m at slow pace around the Running Track
7. the total distance for the 3<sup>rd</sup> session makes it 6km
8. The Coach or HKDRC lead runner distribute (\*) Q&A forms to each trainee and request them to complete and return to the Coach or HKDRC lead runner at the last training session.
9. The 3<sup>rd</sup> training run finished at about 8:45pm

(\*) HKDRC hope to receive from trainees completed Q&A form.



**HKDRC Cross Country Training Run – Training Session Four**  
**Sunday, 17 March 2007 ( 4:30pm – 6:00pm )**

( Route : Start from Hau Yuen Lane at the end of Breamar Hill Road, adjacent to Public Bus Station #25, #25C, #27, #529 proceed to Mount Butler exit, then turn right downhill along Mt. Butler Road to the entrance of another section of Sir Cecil's Ride and follow the trail to the Public Carpark finish )

**INSTRUCTIONS FOR PARTICIPANTS**

1. Report to Mr. David Chow, our coach or DRC officials at the public bus station at the end of Breamar Hill Road around 4:00pm – 4:15pm and sign up your attendance
2. Hand to DRC official your knapsack and collect a bottle of water or sport drink
3. Follow Mr. David Chow, our coach or DRC lead runners walk up to Hau Yuen Lane back yard and step up on the Sir Cecil's Ride for 3 – 4 mins.
4. All participants arrive and START run at 4:30pm ( Participants will be separate in groups depend on their pace ) uphill to the Mt. Butler exit, then turn right run downhill along Mt. Butler Road to the entrance of another section of Sir Cecil's Ride at Mt. Butler Road.
5. All participants reach the entrance of Sir Cecil's Ride at the Mt. Butler Road – 13km point ( see location shown in map ) take rest for 1-2 mins.
6. After rest, continue follow Mr. David Chow, our coach or DRC lead runners follow the trail to the Public Carpark finish point
7. All participants reach the Public Carpark, finish point ( a water station will be set-up there )
8. All participants report to Mr. David Chow or DRC lead and collect back from DRC official your knapsack.
9. The 4<sup>th</sup> training run finished at about 5:30pm.

**越野長跑訓練推廣(備戰)HKDRC第31屆畢拉山越野長跑賽**  
**2007年3月17日(星期六) – 4:30pm – 6:00pm**

**參加練習賽者須知**

1. 於下午 4:00pm - 4:15pm 集合寶馬山道校園里側鄰之#25, #25C, #27, #108 巴士站向 Mr. David Chow 教練或本會導師報到，並登記出席練習。
2. 將攜來的背囊交給本會工作人員保管並領取蒸溜水一瓶或運動飲料一罐。
3. 跟隨Mr. David Chow 教練或本會導師步行5分鐘往校園里後巷往石級至金督馳馬徑。
4. 於4時30分開步(參加練習賽員需分成小組，以自己步速跟隨教練或本會導師均速前進)。
5. 起點由校園里後巷石級處向山上進發，到達畢拉山出口轉右沿畢拉山道下斜跑至另一個金督馳馬徑入口13公里處休息1-2分鐘(參閱路線圖)。
6. 休息過後跟隨Mr. David Chow教練或本會導師沿金督馳馬徑跑往公眾停車場。
7. 沿金督馳馬徑跑約2公里處為公眾停車場終點(終點處設有水站)。
8. 到達公眾停車場終點需向Mr. David Chow 教練或本會導師報到。經核實全部練習賽員後各練習賽員需向本會工作人員領回攜來的背囊。
9. 越野長跑訓練第4課完畢。訓練時間約1小時15分。

( Remarks : 1. Toilet facilities are available at the park area, 100m point before the bus station  
 2. For normal runner, the estimated time of this training run is about 1hr. 5 mins  
 3. HKDRC Souvenirs will be presented on the day of HKDRC 31<sup>st</sup> Mt. Butler Race )