

## 5K Cross Country Challenge & Family Day 2011

- Organizers** : HK Multisports Association and the HKU Marathon Team
- Objectives** : To promote active lifestyle among families and friends while raise funds for needy organizations.
- Receiving Charity:** The Hong Kong Arthritis & Rheumatism Foundation
- Race Date** : 17<sup>th</sup> April, 2011 (Sunday)
- Venue** : The tennis courts at the University of HK, 144 Pokfulam Road (next to Middleton Towers) (No Parking)
- Race Course** : Pokfulam Family Walk
- Registration** : 11:30 a.m. to 12:15 p.m. (Number bibs shall be distributed on race day; please allow enough time for registration)
- Start time** : 12:30 p.m.
- Distance** : 5 Km
- Time Limit** : 1 hr 30 min
- Individual Categories** : Men and Ladies Junior (Age 12-17)  
Men and Ladies Open (Age 18-29)  
Men and Ladies Master 1 (Age 30-39)  
Men and Ladies Master 2 (Age 40 or above)  
(\*actual age on race day)
- 4-pax Team Categories** : Men and Ladies Open (no age limit)  
Men and Ladies Corporate (no age limit)  
(The sum of the category position of each team member will be used to determine winners; in case of ties, the total time will be used)
- Entry Fee** : Individual \$150 (HKU Full Time students \$50)  
4-pax Open Team \$500 per team  
4-pax Corporate Team \$500 per team plus minimum donation of \$2000
- Donation Awards** : Except for Corporate Teams, there is no minimum donation. Please give as you wish.  
Trophies and prizes for the first three positions in each category.  
Extra awards for the following:  
1. \$1500 Cash coupons for Overall Male Winner and Overall Female Winner (members from team categories are also eligible)  
2. Most Vital Award (the most senior person in the 5K race)  
All finishers will receive a souvenir.
- Donation** : Awards will be given to the individual and the team (including Orienteering Teams) that raise the most funds.
- Quota** : 300
- Deadline** : 2<sup>nd</sup> April, 2011
- Entry Methods** : 1. Online registration - please browse [www.hkmsa.hk](http://www.hkmsa.hk) or [www.marathon.hku.hk](http://www.marathon.hku.hk)  
2. By mail - please send the completed entry form together with the entry fee (cheque payable to "Hong Kong Multisports Association"; please do not send cash) to P.O. Box 71264, Kowloon Central Post Office. Please mark "5K Run 2011" on envelope.  
Fill in the donation form and send together with all donations to The Hong Kong Arthritis & Rheumatism Foundation before 12<sup>th</sup> April, 2011.  
Once entry is accepted, all donations will not be refunded.
- Lucky Draw** : Lucky draw will be held before prize presentation. There are plenty of attractive lucky draw prizes and all entrants are eligible.
- Souvenirs** : Goody-bags will be given to all 5K race entrants.
- Transportation** : Buses that pass through Pokfulam Road are No. 4, 7, A10 37A, 37B, 40, 46X, M49, 40M, 43X, 71, 90B, 91, 93, 93A, 93C, 94, 970, 970X, 973 and so do green minibuses that go to Aberdeen.
- Baggage** : Bag drop at the tennis courts. Tags with your race number will be provided. Please do not leave valuables as organizers will not be liable for any lost or damages.
- Number Bib** : Must be visible in the front at all times during race. Number bibs are not transferable. Any non-conformance will lead to disqualification.

- Water stations** : Located at Start and Finish
- First-aid** : Located at Start and Finish
- Bad weather** : If typhoon signal no.3 or above/red rainstorm/black rainstorm/thunderstorm/landslide warning be hoisted at 9:00a.m. or after on race morning, or in case of unexpected circumstances that prevent the safe proceeding of the event, the organizer reserves the right to postpone or cancel the race. If the race is cancelled, all donations will not be refunded but 50% of the entry fee will be refunded to entrants.

- Entry Info** : 81194312 Entry forms can be downloaded from [www.hkmsa.hk](http://www.hkmsa.hk)
- Enquiry** : [Skrun2011@gmail.com](mailto:Skrun2011@gmail.com)
- Race route** : The Start will be on Pokfulam Reservoir Road (in front of the Riding School). Run up to Pokfulam Country Park Entrance and along the Family Walk. At the first intersection, turn right into Service Reservoir #2. Turn around at CP1 right before Service Reservoir #3 and return to the intersection (CP2). Run anti-clockwise along the Family Walk and return to Pokfulam Country Park Entrance. Turn right and back down to Pokfulam Road. Before you hit Pokfulam Road, make a hair-pin turn into a small path that leads to the car park of University Hall at where the Finish is. (There will be Marshals to guide you along race route)
- Attention** : The race course includes a few sections of uphill/downhill, about 2 Km of trails and some steps. During wet weather, these can be quite slippery. Please be careful and pay extra attention to others' and your own safety.

### Route Map



### Orienteering Race

An orienteering race will be organized along side the 5K race. It will commence after the start of the 5K race. Participants must enter in teams of two.

- Family category** : A parent or relative with a kid age 4-12
- Junior category** : Men's and Ladies' (Age 12-17)
- Open category** : Men's and Ladies' (Age 18 or above)  
(\*actual age on race day)
- Race Course** : It will be within area of HKU staff quarters, tennis courts/sitting out area and nearby area of University Hall.
- Rules** : Simple and easy to understand course maps will be distributed. Participants are required to get the most correct check points within the time limit. No compass is needed. Electronic cards will be used. Team members must stay together at all times. The team that gets the most points in the shortest time shall be winner
- Entry Fee** : \$100 per team
- Quota** : 50 teams
- Awards** : 1. Certificates and prizes for the first three positions in each category.  
2. Most Vivid Award (the youngest person in the Family category)
- Note** : Organizers reserve the right for any amendments and in case of discrepancies in Chinese and English versions, the Chinese version shall prevail.