

HK Rally 2016 (Trail Running) English please roll down

香港環丘拉力 2016 (越野跑)

主辦：香港全能運動學會

活動目的：推廣運動文化，增進友誼和團隊精神，為有需要幫助之慈善團體籌款。

是次活動的部份收益，將撥捐受惠組織 — 國際肌肉骨骼疼痛協會

Multidisciplinary International Association of Musculoskeletal Pain (91/14565)

比賽特色：環繞港島東半山，具挑戰性與及特色的路段

大潭水塘 -紫羅蘭山 -金督馳馬徑 -小馬山 -柏架山 -畢拿山 -渣甸山

日期：2016 年 11 月 06 日(星期日)

集合地點：大潭水塘道自然徑起點(樂聚園)2 號燒烤場內

比賽地點：大潭郊野公園

起步時間：上午 0900 時正

距離：12 公里 (適合初階者) / 30 公里 (越野路段)

比賽時限：3 小時 / 6 小時

個人組別

男子及女子組別

18-29 歲

30-39 歲

40-49 歲

50> 或以上

2 人隊際組別 (不限年齡組合，隊員必須為 18 歲或以上)

男子 2 人隊際組別

女子 2 人隊際組別

男女子混合隊際組別 2 人 (必須為一男及一女所組成)

4 人隊際組別 (不限年齡組合，隊員必須為 18 歲或以上)

男子 4 人隊際組別

女子 4 人隊際組別

男女子混合隊際組別 4 人 (至少一隊員為異性)

(隊際組別比賽進行時，全隊組員必須全程一起，包括到達所有檢查站及終點)

費用：

12 公里

- 個人 -港幣 250 元正

- 2 人隊際 - 港幣 500 元正
 - 4 人隊際 - 港幣 1000 元正
- 30 公里
- 個人 - 港幣 350 元正
 - 2 人隊際 - 港幣 700 元正
 - 4 人隊際 - 港幣 1400 元正

名額：500 人

截止日期：2016 年 10 月 15 日

報名辦法：

網上報名 **Online Registration**：www.hkmsa.hk 報名一經接納，費用恕不退還

交通路線：參賽者可以選擇

(1)於金鐘地鐵站外的金鐘道巴士站乘搭 6 號或 61 號巴士,或

(2)於銅鑼灣地鐵站外的軒尼詩道巴士站乘搭 76 號巴士,或

(3)於北角地鐵站外的英皇道 478 號巴士站(近琴行街)乘搭 41A 號或 63 號巴士

以上各線巴士都在黃泥涌峽道近黃泥涌水塘公園巴士站(油站旁)下車,跟住沿大潭水塘道步行約 10 分鐘便可到達陽明山莊；或乘搭的士到達陽明山莊，再步行約 3 分鐘

號碼布：選手包將於比賽前兩星期開始派發，大會將以電郵通知參賽者，號碼布必需清楚掛於胸前當眼處作賽，不得轉讓別人，否則大會有權取消其資格

水站位置：起點、檢查站及終點均設有水供應

救護站：起點及終點均設有急救工作人員

行李寄存：參加者可於起點處，跟據比賽之號碼布擺放行李，但個人之貴重物品不作處理，如有遺失或損壞，大會概不負責

頒獎典禮：頒獎典禮將於下午 1300 時開始

獎項：個人組-每組頭五名每人可以獲得獎牌及禮品。

隊際組-每組頭三名每人可以獲得獎牌及禮品。

*頒獎典禮獎於所有賽事完結後一小時後進行，得獎者如未能出席領獎，大會將不設後補，敬請留意。

慈善抽獎：大會將於頒獎典禮前進行慈善大抽獎，獎品豐富，絕對不容錯過!

惡劣天氣：如活動當日下午 3 時懸掛紅色暴雨、黑色暴雨和三號或以上風球，或發生其他不可預計之情況，引致活動無法如期進行，大會有權延期舉行或取消/終止當日賽事；如賽事取消者，所有報名費將不會退還予參加者。

*頒獎典禮獎於所有賽事完結後一小時後進行，得獎者如未能出席領獎(朋友可作代領)，但大會將不設後補或補領，敬請留意。

大會已為賽事購買公眾責任保險，所有賽員須自負個人意外責任，賽會概不負責，建議參加者自行購買合適保險。

備註:大會保留最後修訂之權利，一切資料以中文版為準，敬請留意!

報名查詢：81194312

查詢電郵：hongkongrally@gmail.com

網上報名:

比賽路線 (12 公里)：比賽於大潭水塘道，自然徑起點(樂聚園)燒烤場內，沿大潭水塘道之車路走入大潭水塘，轉入水壩，往淺水灣坳(CP1)，上紫羅蘭山，返回陽明山莊前之停車場(CP2)；大潭水塘道，再走入大潭郊遊徑，沿引水道走，直至黃泥涌峽徑下山路段，往畢拉山道，沿馬路往練靶場方向上走，沿山邊樓梯上引水道，經港島徑 5 段走至陽明山莊，沿行人道折返大潭郊野公園，到達(樂聚園)燒烤場內終點。

比賽路線 (30 公里)：比賽於大潭水塘道，自然徑起點(樂聚園)燒烤場內，沿大潭水塘道之車路走入大潭水塘，轉入水壩，往淺水灣坳(CP1)，上紫羅蘭山，返回陽明山莊前之停車場(CP2)；大潭水塘道，再走入大潭郊遊徑，沿引水道走，直至黃泥涌峽徑下山路段，往畢拉山道，沿馬路往練靶場方向上走，再入金督馳馬徑(CP3)，一直順時針方向至尾走出柏架山道，右轉入康柏郊遊徑(CP4)，沿躉柏架山再駁回引水道至大風坳，涼亭位後港島徑上山(CP5)，沿港島徑 5 段走至陽明山莊，沿行人道折返大潭郊野公園，到達(樂聚園)燒烤場內終點。

(# 備註：大會保留最後修訂之權利，一切資料以中文版為準，敬請留意!)

HK Rally (Trail Running)

Organizer: HK Multisports Association

Objectives: to promote cross-country running; enhance friendship and teamwork

Race features: a challenging course around mid-eastern Hong Kong Island with stunning views

Help to raise fund for charity organization – partial proceeds of the HK Rally will be donated to Multidisciplinary International Association of Musculoskeletal Pain (91/14565)

Tai Tam Reservoir - Violet Hill - Sir Cecil's Ride - Pony Hill – Mt. Parker – Mt. Butler Hill - Jardine's Lookout- Tai tam country park

Date: 18 OCT 2015 (Sunday)

Meeting Place: Tai Tam Reservoir Road (Park View) No. 2 barbeque Site

Race Venue: Tai Tam Country Park

Start Time: 0900

Distance: 12KM / 30KM

Time Limit: 3 Hours / 6 Hours

Category

Individual - Men's and Women's

18-29

30-39

40

49

50> or over

Team of Two (No age limit to team up, members must be age 18+)

2-men Team

2-women Team

2-person Mixed Team (Must be a male and a female)

Team of Four (No age limit to team up, members must be age 18+)

4-men Team

4-women Team

4-person Mixed Team (At least one member from the opposite sex)

(All members in a team must stay together at all time during the race, at Checkpoints and at Finish)

Entry Fee:

12KM

Individual \$250 / **Team of Two** \$500 / **Team of Four** \$1000

30KM

Individual \$350 / **Team of Two** \$700 / **Team of Four** \$1400

Quota: 500 participants in total

Deadline: 15 OCT 2016

Entry Method:

Online registration - please visit www.hkmsa.hk Once entry is accepted, there will be no refund.

Transportation :

Participants can choose Admiralty bus station (1) in the Admiralty MTR Station No. 6, or No. 61 to take a bus, or

(2) on the outside Hennessy Road, Causeway Bay MTR Station No. 76 bus stop to take a bus, or

(3) on the outside of the King's Road, North Point MTR Station 478 bus stop (near Kam Hong Street) take the No. 63 bus 41A or

Buses are above Wong Nai Chung Gap Road near Wong Nai Chung Reservoir Park Bus Station (next to the petrol station) and get off to reach the catch along Parkview Tai Tam Reservoir Road and walk about 10 minutes; or take a taxi to Reach Parkview, and then walk about 3 minutes to the start.

Awards:

Individual: Medal and prizes will be awarded for the top five positions in each category.

Team: Medal and prizes will be awarded for the top three positions in each category.

Baggage: Bag drop at the barbeque site. Tags with your race number will be provided.

Please do not leave any valuables as organizer will not be liable for any lost or damages.

Number Bib: Race pack pick up to be collected two week before the race.

Participants will receive email by organizer; the bib must be visible in the front at all times during race and it is not transferable. Any non-conformance will lead to disqualification.

Water stations: Located at Start, Checkpoint and Finish

First-aid: Located at Start and Finish

Charity Lucky Draw: Lucky draw will be held before /after prize presentation.

There are plenty of attractive lucky draw prizes and all runners are eligible.

Bad weather: If typhoons signal no.3 or above/red rainstorm/black rainstorm warning is hoisted at 3:00p.m. , 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, the entry fee will not be refunded to entrants.

***The award ceremony will start about an hour after the Race Event. All winners must be personally present to accept the award, Please note that the organizer will not distribute the prize and award after the Ceremony.**

The organizer has purchased Public Liability Insurance for the race. Competitors participate the race at their own risk. The organizer undertakes no Liabilities to any personal injury. Competitors are recommended to purchase their Own suitable insurance.

Note: Organizers reserve the right for any amendments and in case of discrepancies in Chinese and English versions, the Chinese version shall prevail.

Online Registration : www.hkmsa.hk

Entry Info: 81194312

Enquiry : hongkongrally@gmail.com

The Route (12KM)

Race start in Tai Tam natural trail No.2 barbecue site, along the Tai Tam Reservoir Road, Wong Nai Chung Reservoir dam, tsin shui wan au (CP1), to violet hill trails, back down to the road car parking (Park View),and then into the Tai Tam Country Trail (CP2), along the trails catchwaters go until the wong nai chung gap trail, down to Mt. Butler Road, right up to Mt. Butler radio station, then access to stair up to catchwaters, along Hong Kong Trail no. 5 segments back downhill to Parkview, along the walkway to reach the Tai Tam Country Park finish point No.2 barbecue site.

The Route (30KM)

Race start in Tai Tam natural trail No.2 barbecue site, along the Tai Tam Reservoir Road, Wong Nai Chung Reservoir dam, tsin shui wan au (CP1), to violet hill trails, back down to the road car parking (Park View),and then into the Tai Tam Country Trail (CP2), along the trails catchwaters go until the wong nai chung gap trail, down to Mt. Butler Road, right up to Mt. Butler radio station, then access to Sir Cecil's Ride (CP3), in a clockwise direction to tail out of Mount Parker road , turn right in Hong Pak Country trails(CP4), in a clockwise direction to Quarry Gap(CP5), along Hong Kong Trail no. 5 segments back downhill to Parkview, along the walkway to reach the Tai Tam Country Park finish point No.2 barbecue site.