

Ramp Challenge

斜路王-挑戰盃 長跑賽系列 2011 series 2011

首站 大埔道-九龍水塘 5公里
The First Tai Po Rd- Kln Reservoirs 5KM

日期：2011年9月11日(星期日)

Date : 11-09-2011 (SUN)

起步時間：上午9時正

Start Time: 0900

集合地點：石梨貝水塘金山路-主壩涼亭 (麥理浩徑) 大埔公路-琵琶山段

Venue : Shek lei pui Reservoirs , Golden hill road, (Maclehose trail)

Kam Shan Country Park, Pagoda (After the first Dam)

報到時間：上午7時45分至8時45分

Registration time : 0745-0845

交通路線：石梨貝水塘站一可乘 72、81 及 86B 號巴士，
或紅色小巴到大埔公路近琵琶山，
沿金山路步行約十分鐘可到達。

Transportation : Buses that pass through Tai po Road are No. 72, 81,
86B, Shek lei pui Reservoirs stop(10 mins to walk to
pagoda) Car Park also at Piper's Hill

比賽起點：起點主壩涼亭

Start point : Pagoda (After the first Dam)

距離：5公里

Distance : 5KM

比賽時限：1.5小時

Time Limit : 1.5 Hr

比賽路線：比賽由金山路沿車路直上，沿斜道直上，經過金山家樂徑入口
處(即車路頂)，一直下坡至車路回旋處，沿途折返到達終點。

Race route : Race start from the Golden Hill Road along the straight road,
along the ramp straight on, pass Kam Shan Family Walk
through the entrance (the road top), has been Downhill to the
Road roundabout, along the way back to reach the end.

各參賽者請留意：金山路一段為全上斜路段，下坡落斜有凹凸不平處，
敬請各參賽者 加倍小心，沿路必須靠左跑及量力而為。

Attention : The race course includes a few sections of uphill/downhill, During
wet weather, these can be quite slippery. Please be careful and
pay extra attention to others' and your own safety.

The 1st Ramp Route (5KM)

