

斜路王 - 挑戰盃 長跑賽系列 2011

終極站 鯽魚涌-香港柏架山 10公里
Final Quarry Bay- Mount Parker 10KM

日期：2011年11月6日(星期日)

Date : 06-11-2011(SUN)

起步時間：上午9時正

Start Time: 0900

集合地點：港島東，鯽魚涌市政大廈旁公園
(鯽魚涌港鐵站A出口，步行約3分鐘)

Venue : A Rest Sitting Area, Side of Quarry Bay
Municipal Service Building(3 mins walk by
Quarry Bay MTR Station)

報到時間：上午7時45分至8時45分

Registration time : 0745-0845

交通路線：港鐵鯽魚涌站A出口，步行約3分鐘

Transportation : Quarry Bay MTR Station Exit A

比賽起點：柏架山道自然徑起點

Start point : Mount Parker Road Green Trail Start

距離：10公里

Distance : 10KM

比賽時限：2小時

Time Limit : 2 Hrs

比賽路線：比賽於柏架山道自然徑起點，沿柏架山道之車路直上山頂發射站(全長五公里上山路段)，沿途必須經過山頂中兩段發射站之環繞路段，落山沿車路折返 到達終點。

Race route : Start in the Mount Parker Road Green Trail starting point, along Mount Parker Road, straight on to the top of the stations (five kilometers up the mountain road length), must be along the top two stations in the surrounding road, downhill to reach the end of exhumation along the carriageway.

各參賽者請留意：柏架山道一段為全上斜路段，山頂一段為樓梯級，落山及樓梯級比較濕滑，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 and Mount Parker Road Green Trail downhill step, During wet weather, these can be quite slippery. Please be careful and pay extra attention to others' and your own safety.

Ramp Challenge

series 2011

The Final Ramp Route (10KM)

