



Newsletter

Sunday Oct 6th, 2013 – 8:00 am start **Tung Chung MTR (by water fountains at Citygate)**

NO HELMET NECESSARY – THIS IS A PURE RUNNING AND HIKING RACE BUT DO RECOMMEND TRAIL OR HIKING SHOES

COURSE MAP – BOTTOM OF OFFICAL WEB PAGE

The series would not have happened without our supporting partners:

SUUNTO - Title Sponsor – www.suunto.com

Gatorade - Official sport drink – <http://www.gatorade.com/>

Action X Store - Official trail running store - <http://www.actionxstore.com/>

Tibetan Safflower - Supporting sponsor - <http://www.tibetred.com/>

OtterBox - Supporting sponsor – <http://www.otterbox.com.hk/>

Citygate Outlets - Supporting venue

Salonpas - Supporting sponsor - <http://www.dksh.hk/>

ASUS - Supporting sponsor

Salomon - Supporting sponsor - <http://www.salomon.com/hk/>

HK Chiropractors Assoc - Supporting sponsor

OLN – Supporting sponsor – <http://www.ohn-law.com/>

CRC China Amateur Radio Study Club - Official Radio Club

ISF - Supporting sponsor

Digital Butter - Supporting sponsor - <http://www.butter.com.hk/>

St. John - Official First Aid

Action Asia Foundation - Official charity – www.actionasiaevents.com

REGISTRATION PICK UP OF RACE NUMBER, SHIRT, PINS, TIMING TAG, BAGGAGE TAG

Action X Store (+852 3102 2977)

28 Bonham Strand, Sheung Wan, HK - MTR exit A2 (Sheung Wan MTR)

Opening Hours 11am – 8pm

English map on last page.

TIME TABLE - Recommended race pack collection				
15km Individual	SEP/27 (FRI)	SEP/28 (SAT)		
21km Teams	SEP/29 (SUN)	SEP/30 (MON)		
21km Individual	OCT/1 (TUE)	OCT/2 (WED)	OCT/3 (THU)	OCT/4 (FRI)

Pick up in person:

Bring signed release form of your own (can download pdf file from bottom of 2 Peaks page on website www.actionasiaevents.com).

Pick up for friends and teammates:

Bring signed release form of friends (can download pdf file from bottom of 2 Peaks page on website www.actionasiaevents.com). You are allowed to pick up for all your friends, but they need to download release form from website and sign for you to bring.

Registration procedure

Upon arrival check master entry list (will be posted to website also) to see which number has been assigned to you. Grab a release form, fill it out (unless you downloaded from web and signed already and brought with you), write your race number on top of the release form and wait in line for your race number, timing tag, shirt, pins. No shirts will be kept after race as any left over from those not showing up will be donated to charity.

Wristband timing

Each wrist band has your RACE NUMBER so please CAREFULLY make sure you have the correct number wrist band matching your race number if you are picking up for friends.

**PLEASE put timing band on
separate wrist.**



NO

YES

Start location for race day:

(Outside Tung Chung MTR) - In main Citygate outdoor plaza area by water fountains outside the movie theatre signs and MTR.

Remember race starts at 8:00 am so go early if you're not sure how to get there. MTR the fastest. 1 minute walk from MTR exit to start.

NO Registration on race day.

Luggage / Baggage check in

Put the baggage tag given to you on TOP of your bag and hand in to our luggage helper race morning. If you want to speed up this process, write down your race number on a piece of paper and tie it to the TOP of your luggage and hand in. Your luggage will be kept in race number order.

Race Numbers & Singlets

RACE NUMBER MUST BE ON FRONT OF YOUR BODY and very visible. Anyone who puts on back will face a time penalty if found. This is a Suunto sponsored race so please help us give proper exposure to our sponsor, who are helping us make this event happen.

We encourage you to wear your souvenir shirt in the race if possible.

VOLUNTEERS

If you have friends or family that can help out we never turn away volunteers and will give them a position of their choice. All volunteers receive a quick dry shirt valued at HK\$250, drinks and one free entry in an Action Asia running or biking race valued HK\$250. Email us at events@actionasiaevents.com with VOLUNTEER in the subject headline with contact details if interested.

Getting to Tung Chung

MTR the best as frequency every 10 minutes on Sunday morning.

For buses please check www.kmb.hk or www.nwstbus.com.hk for service to your area.

DRINKS

NO DRINKS AT START.

PLEASE BRING YOUR OWN DRINKS TO START THE RACE TO GET YOU 2 – 3 HOURS TO FIRST WATER CP.

2 WATER CP Stations on 21km course and 1 Water CP on 15km

Pak Kung Au CP (331m) (8 km into race) **LONG 21km category only**

Water and Gatorade – (bottles) (NO BOTTLES **ALLOWED TO BE TAKEN AWAY FROM CP**
SO BRING HYDRATION SYSTEM OR WAIST BELT WITH BOTTLE.

Ngong Ping - Nei Lak Shan trail exit (458m) (12.5 km into race)

Water and Gatorade – (bottles) (NO BOTTLES **ALLOWED TO BE TAKEN AWAY FROM CP**
SO BRING HYDRATION SYSTEM OR WAIST BELT WITH BOTTLE.

Drinks at finish

Water and Gatorade

NO GARBAGE ON COURSE

PLEASE REPORT TO US ANYONE YOU FIND THROWING GEL WRAPPERS OR ANY KIND OF GARBAGE ON THE COURSE AS RACE DIRECTOR RESERVES THE RIGHT TO DISQUALIFY THEM.

PASSING ON THE COURSE – THE CORRECT WAY

If you must pass someone please yell “passing on your left” or “passing on your right”. If someone is passing you please be considerate and let him or her by you. No pushing please. There are many passing places along the course.

The Course Route

MASS START FOR EVERYONE IN BOTH 15KM & 21KM

Remember clockwise course this year - COURSE MAP – BOTTOM OF OFFICAL WEB PAGE

The start and finish will come in a slightly different way so be aware that the start will leave the Tung Chung MTR and go direct to the bike path by the taxi stand. When returning around 150 meters before the MTR you will run thru the tunnel on the bike path and do a left turn taking you around 100 meters to the entrance between the residential buildings where you will do a right turn and run 100 meters to the finish by the Pizza Hut in the square. This will be explained at the start and will be marked with Salomon A5 size signs and red ribbon.

The course will leave Tung Chung along the WALKING PATH heading towards the fire station. After the fire department keep on the walking path towards the footbridge and at the top of the footbridge the 21km LONG CATEGORY TURNS LEFT towards Wong Lung Hang Valley while the 15km Shorter category GOES STRAIGHT.

15km category will keep going straight ahead until end of the bridge and continue heading towards the direction of Tung Chung Bay and the Ngong Ping 360 along the hiking path next to bike path. 15km category to turn left near toilet block at Hau Wong Temple and run along path to Shek Mun Kap, Lo Hon Monastery, Tei Tong Tsai and water cp joining 21km route near Ngong Ping turn to Nei Lek Shan trail.

21km Long will turn left on top of footbridge after fire department to Wong Long Hang Valley, turn right at end of footbridge (when heading to Wong Long Hang direction) and only go right for 50 meters to intersection of Tung Chung Road and Wong Lung Hang Road. Here left turn on Wong Lung Hang Rd and stay on this Wong Lung Hang Rd for heading in the direction of the mountain valley following the river for over 1km. Stay on Wong Lung Hang Road passing the gate and running for over 1km until you see the AFCD signboard and the stairs on your right going up to Sunset Peak (Tai Tung Shan). This is approximately 3km into the race.

Go up the stairs and stay on this Wong Lung Hang Country trail until you meet the Lantau trail near the top and turn right at the AFCD map signboard. This is approx 5.1km (707m elevation) into race. Stay on the Lantau trail passing thru a few mountain huts on top of Sunset Peak (807m high point) and following Lantau trail down the other side to Pak Kung Au - 347m (7.8km into race) (heading in direction of Lantau Peak). This will be your first water cp so make sure you fill up as still another big hill in front of you. There will be a cut off here and those not making the cut off will be sent down Tung Chung Road to the Shek Mun Kup entrance and following the 15km course backwards to Tung Chung.

Be careful crossing the Pak Kung Au road (Tung Chung Road) as they built a fence. You must run up to the new crosswalk and run back down past bus stop and up stairs. Many buses and taxis flying by.

Continue up Lantau trail going up over Lantau Peak (934 m) (10.5km into race) then down towards Ngong Ping direction on same trail. When you reach the bottom of the stairs and arrive at all these “totem poles” (Wisdom Poles) in a grassy area around 20m x 10m in size do a right turn as this is the new Lantau trail diversion. Stay on this Lantau trail going NORTH towards the direction of Nei Lak Shan and after 200m you will cross a cement road path (12.4km). This is the next water cp. Still along ways to go so make sure you refill here. This will also be wear the 15km route intercepts so many of you will see 15km participants on the trail in front of you at this point.

Cross the road and stay on the Lantau trail going around Nei Lak Shan until you hit a 3 way junction. Lantau trail goes left but you will go straight staying on Nei Lak Shan trail all the way contouring around the mountain until you reach the cable car tower.

When you arrive at the cable car tower (15km (561m) you have exactly 5km to the finish or 3km to the bottom of the rescue trail. You must climb the little artificial grassy ramp behind the cable tower to go completely around the tower to get on the actual stairs leading down the final Cable Car Rescue Trail. Please be very careful running down this trail as there are sections definitely not made for running as sheer drop offs that are steep so please be very careful. 95% of the trail is very easy but 5% be careful. You will see MTR has put signs at these sections so please pay attention to these signs.

When you finish the cement stair case trail hitting the bottom near Tung Chung Bay, turn right (2.8km to finish) and stay on the footpath that will be marked leading you back to the bike path and the flyover bridge that you ran on earlier. Stay on the flyover bridge bike path or footpath heading back to the fire station and down the tunnel on the bike path, remember just before the MTR you'll do a left turn on the run bike path and go around the buildings next to MTR and do a right turn leading into the MTR square which is an extra 100m or so extra running.

Lastly PLEASE BE VERY CAREFULL RUNNING INTO THE MTR SQUARE BY CITYGATE AS WE DON'T WANT TO SPOIL THE RACE BY HAVING SOME RUNNER HITTING SOME CHILD OR ADULT CAUSING AN INJURY. SO PLEASE BE CAREFUL AND LOOK AROUND YOU WHEN RUNNING TO THE FINISH.

CUT OFF TIME

21km - 4 hrs 15 min (12:15PM) cut-off at Pak Kung Au will be in effect meaning those arriving after 12:15 or 4 hrs 15 min after start will be re-routed down Tung Chung Rd to Shek Mun Kap to rejoin the end of the 21km route.

15km - 3 hours (11AM at Ngong Ping CP) – re-routed same way back.

COURSE MARKING

Pink ribbons on trees along trail and A5 size signages



FINISH LINE TIMING

After crossing the finish line please use your timing wrist band and touch lightly the sensor board (don't smash it). We will be writing all numbers down as backup in case any problems as they are never perfect.

TOILETS

Inside Citygate Shopping mall on main floor and downstairs by ParknShop.

SHOWERS

Not sure but if you want to walk 5-10 minutes to the LCSD Man Tung Rd Park where Action Asia has the Sprint races there are showers there. Probably better just change into some warm clothes and shower at home.

WHERE TO BUY HYDRATION SYSTEMS & SHOES?

Action X Store – Official trail running store - <http://www.actionxstore.com/>

Shorter Course if dropping out

If any competitors want to drop out at the Pak Kung Au OR ANYWHERE ON THE COURSE please notify the check point staff there and then walk or take bus to the finish line and notify finish line staff also so we don't go looking for you.

Please DON'T THROW ANY GARBAGE ON THE COURSE.

Average Time Expected

3.5 hrs – 7 hrs

Course Male Solo winners:

2009 - Will Davies – 2:30:18

2010 - Stone Tsang Siu Keung – 2:31:00

2011 - Clement Dumont – 2:31:07

2012 - Jeremy Ritcey - 2:25:54

Course Female Solo winners:

2009 - Corinna Turner - 3:34:43

2010 - Lucy Marriott - 2:58:56

2011 - Claire Price - 2:53:24

2012 - Claire Price - 2:55:05

Hydration & Food on course – Race Day – What YOU SHOULD BRING

How much water / energy drink to start with??? RECOMMEND SPORT DRINK AS SODIUM INSIDE TO REDUCE CRAMPING.

You must bring your own drinks to start with so recommend:

2 to 3 liters of sport/energy drink– If you plan on walking the course bring at least 4-5 gels and maybe 3 energy bars with some salt/electrolyte tablets that you can take every 45 minutes or so depending on how much you sweat. Real is food even better (sandwich, bun, potatoes almonds, dried fruit).

Hydrating before race on Friday & Saturday

Recommend to drink lots of water and energy drinks the day before the race. Don't just drink water but get minerals / electrolytes in your body as well. We're serious about this as with the hot Hong Kong weather and high humidity **it is better to start hydrating TWO (2) DAYS BEFORE THE RACE.**

Food on Friday & Saturday BEFORE RACE DAY

Recommend starting **carbo-loading** at least 48 hours before the race and not just waiting until the night before. AVOID MEAT THE NIGHT BEFORE as takes more than 24 hours to fully digest and will make you feel sluggish. Try to have a good breakfast (banana oatmeal, rice, etc) at least 2-3 hours before the start of the race in order for good digestion.

Garbage on the course

ANYBODY FOUND THROWING EMPTY GEL WRAPPERS, GARBAGE OR EMPTY BOTTLES ON THE COURSE WILL BE DISQUALIFIED AND FINED.

Where to buy food after the race

Many restaurants in Citygate by Tung Chung MTR.

Sunscreen, Clothing and Hat

Don't forget to put the sunblock on before the race.

Lightweight quick dry material shirt (race shirt) that will dry fast when wet. Normal running shorts / tights are fine. Comes down to what you find comfortable in off road running. Recommend a hat and depending on length of time it will take you the safari hats that cover your neck even better.

Prizes

Trophies -Top 3 teams in team of 4 categories for 21 km - Men's, Women, Mixed - Total 36 trophies.

Trophies - Top 3 teams in team of 2 categories for 21 km - Men's, Women, Mixed -Total 18 trophies.

Trophies - Top 5 overall individual Men in 21 km (total 5 trophies)

Trophies - Top 5 overall individual Women in 21 km (total 5 trophies)

Medals - Top 3 individuals in each Men's category for 21 km (total 15 medals)

Medals - Top 3 individuals in each Women's category for 21 km (total 12 medals)

Medals - Top 5 individual Men in 15 km (total 5 medals)

Medals - Top 5 individual Women in 15 km (total 5 medals)

CASH Prize (21km):

Cash for Overall top 5 individual Males 21 km Solo category.

HK\$5000 - 1st overall Male in solo category
 HK\$3000 - 2nd overall Male in Solo category
 HK\$2000 - 3rd overall Male in solo category
 HK\$1000 - 4th overall Male in solo category
 HK\$500 - 5th overall Male in solo category

Cash for Overall top 5 individual Women 21 km Solo category.

HK\$5000 - 1st overall Female in solo category
 HK\$3000 - 2nd overall Female in Solo category
 HK\$2000 - 3rd overall Female in solo category
 HK\$1000 - 4th overall Female in solo category
 HK\$500 - 5th overall Female in solo category

HK\$500 cash prize for each team winning the category of Team of 2 in Men's, Women's and Mixed team in 21 km category.

HK\$1000 cash prize for each team winning the category of Team of 4 in Men's, Women's and Mixed team in 21 km category.

Weather - This race will NOT be cancelled in any type of weather unless Typhoon 8 signal is hoisted at 6am on race morning. A message will be put up on website if cancelled latest 6am race morning. If postponed the race will be held 1 week later same time.

Charity – Action Asia Foundation

Since its inception in 1997 the Action Asia Foundation has promoted the idea that outdoor activities can play a crucial part in fostering an individual's personal development. Proceeds from the Action Asia Challenge and other fundraising events go to help the work of the Foundation.

The goals of the Action Asia Foundation include:

- Developing personal development opportunities for young people in Asia through organizing outdoor adventure activities.
- Raising the quality of life for disadvantaged young people in Asia by funding health clinics, schools and activity centers.
- Promoting cultural interchange through adventure programmes and events.
- Developing permanent facilities for youth adventure training.

The Foundations achievements so far include funding a day-care and health facilities in Nepal, and organizing kayaking, climbing and other outdoor activities for handicapped and underprivileged youth in Hong Kong and building a bridge in Vietnam.

Would you or your company like to sponsor one of the above programs? We guarantee that 100% of your donation will go directly into the program. If you are interested, contact us for more details.

FOR CHARITABLE DONATIONS:

Account Name: Action Asia Foundation Ltd.

Bank: HSBC

Hong Kong Dollar Account No: 518-050323-001

(Please note donations of more than HK\$100 are tax deductible)

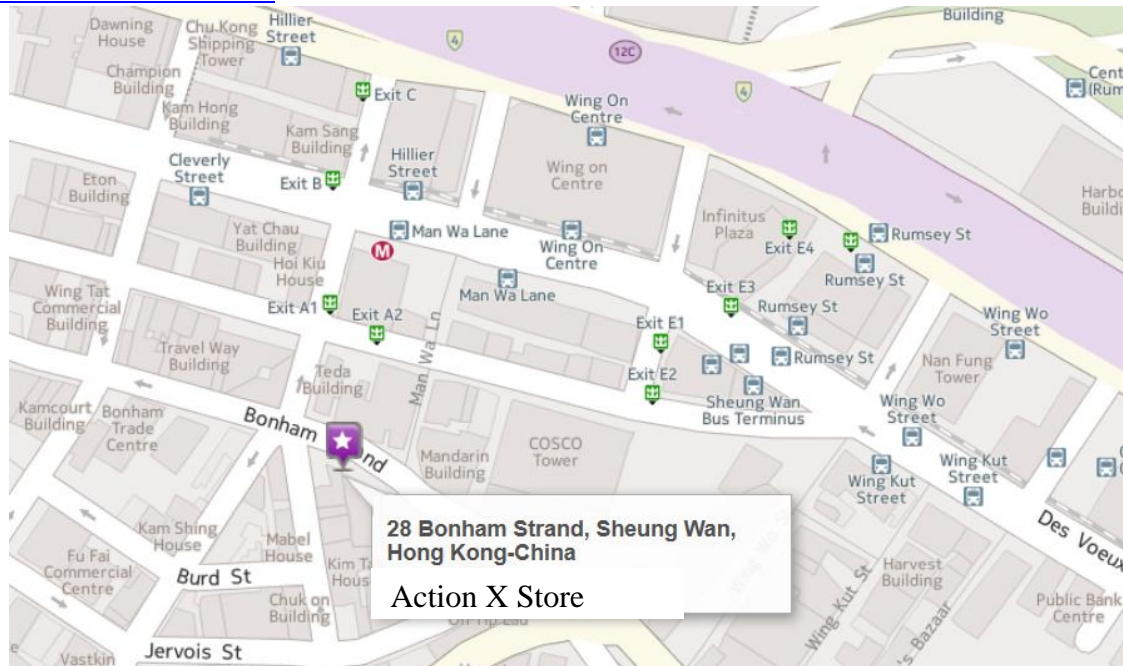
Train smart and injury free.

Action Asia Events

Action Asia Foundation

aaf@actionasiaevents.com

www.actionasiaevents.com



Action X Store (+852 3102 2977)

28 Bonham Strand, Sheung Wan, HK - MTR exit A2 (Sheung Wan MTR)

Opening Hours 11am – 8pm

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END