

Updated on 2nd March, 2020

Healthy Hike & Run updated measures Mar 8, 2020.

For the Healthy Hike & Run coming Mar 8 we will require everybody to **make sure you bring a water bottle**, flask or hydration system (something to put your water in) and you will NOT be allowed to touch our large water bottles as only the Action Asia staff will be touching the nozzle to pour water for you into your bottle/flask/hydration pack. This means you must hold your water bottle **at least 6 inches away** while staff pours the water. Please **DON'T put your mouth near the water tap** of the Action Asia large water bottle that is for the race.

Please **bring enough water to start the race** and ideally your own food to get you thru the race. Temperatures are increasing now so stay well hydrated before, during and after the race.

We will skip the oranges this race and only have **whole bananas at the checkpoints and finish** area so easy to grab and go which will be separated already.

Recommend all to **bring your own hand-sanitizer pocket gel** to keep hands always clean.

If you have **purchased shuttle bus tickets we recommend you to wear a mask on the bus.**

Obviously if you are **not feeling well or sick please don't come** and stay home to get better.

For anyone who is traveling or not from Hong Kong please observe there is a 14 day quarantine on some countries to come to Hong Kong.

Race pack pick up will be 1 day only Saturday March 7th at the Action X Sheung Wan store.

Time: 11:30am – 7:50pm

Location: ACTION X STORE - 28 Bonham Strand, Sheung Wan, HK - Sheung Wan MTR exit A2 and walk 50m behind 7-11 - Map of store at www.actionxstore.com

Stay healthy and keep fit as it's good for your immune system. We welcome your advice & recommendations but please email them to enquiry@actionasiaevents.com Thanks again and see you all this week.

更新於 2020 年 3 月 2 日

2020 年 3 月 8 日, Healthy Hike and Run 賽事特別安排

對於即將舉行 3 月 8 日的“Healthy Hike and Run”活動，我們要求每個參賽者自備水瓶，保溫瓶或背包水袋（可以將水倒入其中），參賽者不得接觸大會飲用水機，Action Asia 的工作人員會協助將水倒入您的瓶子/保溫瓶/水袋中。這意味著在工作人員倒水時，您必須和水瓶保持至少 6 英寸遠。

請帶備足夠的水開始比賽，及帶上自己的食物參加比賽。

我們將在本次比賽的檢查站和終點區域提供原條香蕉，以作補充。

建議所有人自備搓手液，以保持雙手清潔。

如果乘坐穿梭巴士，我們建議您在車上戴口罩。

海外參與者請先隔離 14 天。如果您感覺不舒服或生病，請留在家中休養。

領取選手包日期為 3 月 7 日（週六）在 Action X 上環商店。

時間：上午 11:30 – 下午 7:50

地點：ACTION X STORE-香港上環文咸街 28 號-上環港鐵 A2 出口，並在 7-11 後走 50m-

商店地圖請於網址觀看：www.actionxstore.com

希望大家注意身體健康。我們歡迎您提出建議，請通過電子郵件將其建議發送至 enquiry@actionasiaevents.com。再次感謝，下週再見。

Action Asia Events Team