

2005 Kenting Exploration Race – Newsletter 3, 16 March 2005

2005 『勇闖墾丁』通訊三—2005年3月16日

Dear competitors, friends and family,
親愛的參賽者、好友及親屬：

The 2005 Seyon Asia Kenting Exploration Race is fast approaching. Below are several items that may be of interest and of use to those coming for the event.

2005 賽安亞洲 『勇闖墾丁』快到了，以下是最新資訊。

1. Collecting Flight Tickets 領取機票

Those who have booked tickets through Sunpac Tours can collect them from Monday 21st March to Wednesday, 23rd March at Sunpac Tours & Travel, 602-03 Hang Seng Building, 77 Des Voeux Road, Central, HK. (Ask for Thomas Tavares, 9020-5225). Otherwise, Ms. Ling Tsang will have tickets for handout at Chek Lap Kok Airport on Friday, 25th March from 9-9:30am. Ling will be standing by the China Airlines check in counter and wearing an orange King of the Hills t-shirt and can be reached at 8101-4501.

所有經 Sunpac Tours 訂票的可於 3 月 21-23 日到 Sunpac Tours & Travel 領取（中環德輔道中 77 號恒生大廈 602 室），請聯絡 Thomas Tavares，電話 9020-5225。未領取的機票將由 Ling 在機場（華航櫃位前）派發。時間為 3 月 25 日早上 9:00 – 9:30。她會穿著橙色的 KOTH（山野之王）T-恤。聯絡電話：8101-4501。

2. Arrival Logistics 接機安排

We will provide pick ups at Kaohsiung International Airport on Friday, 25 March (including bike truck) at two times: 1) 12:15 to meet flight AE 822, and 2) 15:00 to meet the Dragon Air flight. If you have booked through Sunpac Travel on AE 822, we have already allocated seats for you. If you have made your own travel arrangements to Kaohsiung and wish to insure space for yourself and your bike at one of these two times, please email keith@seyonasia.com.

3 月 25 日（星期五）在高雄國際機場將有兩班專車接機，時間為：1) 中午 12:15，航班 AE822 及 2) 下午 15:00，港龍航班。我們已為所有經 Sunpac Travel 訂票，乘搭 AE822 航班的人仕預留位置。假如你自行安排航班而需要搭乘該專車，請電郵 keith@seyonasia.com。

3. Registration Procedures 登記安排

The 2 most important things to do on Friday in order to be ready for the race on Saturday are to register and to prepare and load your bike on the bike truck. After the bike truck is loaded on Friday afternoon, you will not see your bicycle again until during the race the next day.

在星期五有兩項重要事情辦理，就是登記及將腳踏車放上運送專車。

Registration will take place at the Howard Beach Resort Hotel in Kenting between 15:00-19:00 (and again after dinner if necessary). You can speed up the registration procedure by printing out and signing the waiver form located on www.seyonasia.com for handing in at the start of registration. The Race Rules also make for interesting reading as competitors will have several options along the course to choose between running and biking, how many orienteering control points to solve, etc. Competitors may have to make strategic decisions during the race that will impact their finishing times and knowledge of the rules and time penalties will help with making these decisions.

登記將於下午 15:00~19:00 在福華渡假飯店進行（如有需要，會於晚膳後繼續）。為方便登記，請攜同已簽妥的“豁免法律責任聲明”，有關聲明可於網頁 www.seyonasia.com 下載。比賽規則及處罰條例亦已於上列網頁發放，其中包括賽段中騎腳踏車或步行的選擇、攫取控制點的數量等，參賽者可利用當中資料先作部署。

All competitors should be prepared to show their mandatory equipment at the equipment check. 2-day Explorer Category competitors will also need to go through rope procedures with the technical marshals (Note that competitors who have successfully completed any 3 of the following Seyon Asia races are deemed to possess sufficient rope prowess to skip the rope coaching at their own option but must still go through the equipment check. The qualifying races are The Protrek Guilin Challenge, The North Face Yangshuo Challenge, The Seyon Asia Yangshuo Exploration, The 2004 Seyon Asia Kenting Exploration and the 2004 HK AXN Challenge.)

所有參賽者必須於器材檢查時展視必備器材。所有專業組參賽者需參與由大會提供的繩索輔導課。（註：任何曾經參加下列 3 項或以上『賽安亞洲』賽事的人仕可豁免繩索輔導課；有關賽事包括：保捷行桂林挑戰賽、The North Face 亞洲挑戰賽—中國陽朔、賽安亞洲『勇闖陽朔』、2004 賽安亞洲『勇闖墾丁』及 2004 香港 AXN 挑戰賽。）

4. Activity Timeline 活動時間表

Friday, 25th March
3月25日(星期五)

15-19:00 Race Registration 比賽登記
15:30 Press Conference 傳媒招待會
18:30 Marshals meeting 工作人員會議
19:30 Welcome dinner followed by pre-race briefing
歡迎晚宴及賽前簡報

Saturday, 26th March
3月26日(星期六)

08:00 Race Start from Kenting National Park Entrance
比賽開始—墾丁國家公園入口
12:30-18:00 Finish area/post race meal at Hsiao Wan Beach
終點／賽後晚宴於小灣沙灘

Sunday, 27th March
3月27日(星期日)

08:00 Race Start from Howard Beach Resort Hotel
比賽開始—福華渡假飯店
12-17:00 Race finish/post race meal at Howard Hotel pool
終點／賽後晚宴於福華渡假飯店
17:00 Awards Ceremony at Howard Hotel pool
頒獎禮—福華渡假飯店泳池
20:00 Happy hour price party at the Cactus Café, Kenting
歡樂派對於墾丁 Cactus Café

Monday, 28th March
3月28日(星期一)

13:00 Bus/bike truck departs for Kaohsiung Int'l Airport
往高雄國際機場

5. Family, friends and spectators 親友及觀眾

Accompanying family members will find it easy to watch the start and finish of the race on both days as they take place either at the Howard Beach Resort or nearby.

Viewing the middle sections of the race will be more challenging and require knowledge of the area as much of the race takes place off the beaten track.

賽事的起點／終點設於福華渡假飯店及其附近，歡迎隨行親朋吶喊打氣。

Friends and family who would like to attend the welcome dinner on Friday night should email keith@seyonasia.com. The dinner consists of a Chinese buffet meal at the Howard Beach Resort and bottomless Taiwan Beer. Cost is NT\$500 for adults and NT\$300 for children (no charge for babies or infants.)

隨行親友有意參與星期五歡迎晚宴者，請電郵 keith@seyonasia.com。晚宴設於福華渡假飯店，有中式自助餐及台灣啤酒。費用：成人 NT\$500，小童 NT\$300。

6. Volunteer marshals 義務工作人員

We do not wish to follow in the footsteps of other organizers who constantly harangue competitors to bring along family members and friends to marshal. We recognize that some people are accompanying competitors to enjoy their own holiday while others enjoy being part of the race. Those wishing to help marshal will get a souvenir t-shirt, free entry to the pre-race dinner and the post-race meals and the chance to get out into the spectacular countryside and see some of the action. Please email keith@seyonasia.com if interested in marshaling.

我們不像其他主辦者要求參賽者帶同家人或朋友作工作人員。我們知道有人樂於參與其中，亦有人喜歡悠閒的享受假期。有興趣協助工作的，將可享有免費膳食及紀念 T-恤，請與 keith@seyonasia.com 聯絡。

7. Recommended equipment 建議器材

An equipment list for both Explorer and Adventurer category racers has been posted on www.seyonasia.com since the beginning of January. Competitors should refer to this equipment list when preparing and packing. Additionally, competitors may wish to consider two additional items: 1) A handle bar map holder to facilitate map reading during the mountain bike orienteering section, and 2) Sports drink powder mix and energy gels as sports drink and bread will only be provided at the later checkpoints during the race stages.

器材清單已於一月初在網頁 www.seyonasia.com 發放，參賽者請根據清單準備器材。另外，參賽者可考慮增加下列兩項：1) 於腳踏車加裝地圖支撐架，協助定向項目；2) 運動飲品沖劑或能量食品，因運動飲料及麵包只在較後的檢查站派發。

8. Physiotherapy 物理治療

Wendy Graham, a professional physiotherapist, will be in attendance during the race to provide physiotherapy to those who need it. Her rates are HK\$200/NT\$800 for 30 minutes and HK\$400/NT\$1600 for one hour. You can find her at any time during the weekend to make an appointment or contact her in advance via email at wendy_m_graham@msn.com to make a booking.

專業物理治療師Wendy Graham於比賽期間將為有需要人士提供服務，收費為：1) 30 分鐘，HK\$200/NT\$800；2) 1 小時，HK\$400/NT\$1600。您可隨時與她接觸或以電郵wendy_m_graham@msn.com預約。

9. Media Coverage 傳媒報導

TVB and Cable TV of Hong Kong in addition to several Taiwanese media outlets will be covering the race. Participants are requested to be helpful if asked for interviews or posing for photos.

香港無線電視、香港有線電視以及台灣各媒體將隨團報導有關賽事，請各參賽者盡量協助，提供訪問及拍照。

10. Emergency Medical 緊急醫療服務

Ambulances and medical checkpoints along the course will be ready to provide first aid to anyone injured. The Howard Beach Resort Hotel also has a medical clinic attached to it with a doctor in residence much of the day. Competitors, their friends and family are responsible for their own medical insurance.

比賽沿途都設有救護車及醫療隊幫助有需要人士。福華渡假飯店附設醫療中心亦有醫生常駐。各參賽者及親友均需自行作醫療保險安排。

Please feel free to contact us with any questions. We look forward to sharing a great race with you!

如有任何問題，歡迎與我們聯絡。期待著在比賽場上見！

Keith Noyes (駱嵐)
Seyon Asia Limited
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