

Dear participants,

親愛的參賽者：

Please read carefully and prepare for your race:

請細心閱讀，備戰賽事：

- 1) Sign in on the day for our accurate counting of participants (if you don't and something happens, we won't know to look for you).
請記緊報到，確保參賽人數準確（假如你沒簽到而發生事故，我們不會知道要作搜救）。
- 2) Bring your own water as **NONE** will be provided at the start point.
請自備食水，起點**不會**提供飲品。
- 3) Water stops are for refilling only, the organizer's bottles cannot be taken away from checkpoints.
水站只提供飲品補給，請自備補充容器。大會之瓶裝飲品不得攜離水站。
- 4) Prepare your own energy food such as power gel / chocolate / banana for sustenance – **NONE** will be provided.
請帶備能量食品，如 gel / 朱古力 / 香蕉 等補充體力 – 大會**不會**提供。
- 5) We have cut off time for each race; if you ignore our cut-off, you will be disqualified as well as banned or limited to half marathons on future races at the discretion of the organizer.
每場賽事都有 cut off 時間；如你不聽從工作人員指示終止比賽，你將被取消資格；同時主辦單位將考慮禁止你參與其他賽事或只限參與半碼賽事。
- 6) Keep the number bib for the entire series, replacement bibs cost HK\$20.
號碼布通用於整季賽事，請小心保管；補領費用為 HK\$20。
- 7) Return the baggage tag when you collect your bag after the race.
領取行李時，請將行李牌交還。

Regards,

Keith Noyes