

### New KOTH Water Stop Policy

As part of our on going efforts to minimize the environmental impact of holding races in our beautiful country parks, we are going to change the way in which we provide water support this year. Cups of water will still be available at each designated checkpoint. Runners can help themselves to the cups, but must deposit them in a litter bin within the checkpoint area. We will no longer hand out bottles of water or sports drink. Those runners wishing to take more than a cup of water will have to bring their own water container on the race and will be welcome to refill that container at the designated checkpoints. Runners will not be allowed to bring any bottles of water or sports drink provided by the organizer out of the checkpoint area. We believe that this new policy will greatly reduce the amount of litter left along our wonderful trails. Thank you in advance for your cooperation and happy trails.

### 『山野之王』 水站新措施

為保護美麗的郊野公園，減少賽事對環境做成的破壞，今年將會推行新的水站措施。水站將**不會**提供瓶裝水／運動飲品，而改為供應杯裝飲品，各參賽者可盡量享用，惟紙杯必須棄置在 CP 的垃圾箱內。所有紙杯不得攜離 CP。如有需要，參賽者可自備盛水器材在水站補充飲料。我們相信這新措施能幫助保持郊野清潔，減少污染。多謝各位合作。