

Newsletter

Asia Miles Eco Action Asia

Dear participants entered in the Asia Miles Eco Action Asia,
Re: Eco Family Walk & Eco Adventure,

On Sunday October 5th, 2008 the 2nd annual Asia Miles Eco Action Asia will bring together families and adventure racers taking part in a range of activities to raise awareness and funds for environmental issues and conservation projects in Hong Kong.

QUICK FACTS YOU NEED TO KNOW.

Transport – Due to purpose of event, we encourage you all to use public transport. See the Ocean Park website www.oceanpark.com.hk to view bus information as Aberdeen Sports Stadium is across the street from the Ocean Park bus station.

Start Location – Inside the Aberdeen Sports Stadium, Wong Chuk Hang, Aberdeen, HK Island.

Registration procedure – Opens 7:30am (Arrive early for little line-ups). Upon arrival check master list to see which number has been assigned to you. Grab a release form, fill it out, put number on top and wait in line for your number. Hand in release form and you'll be given your number with 4 pins. Pick up souvenir shirts in separate area after this. There will be toilets open inside the stadium. We encourage you to wear the official souvenir shirt. The official number must be on the front of your shirt.

Luggage check-in – You can check-in your bag next to registration inside Aberdeen Sports Stadium and the organizer will transfer all bags to the finish line at Repulse Bay. Please write your race number on the luggage tag for us to find easy at the finish. Even though we have volunteers looking after the luggage check the race organizer takes no responsibility for lost property so please leave anything expensive at home.

Start Line - Face Painting for kids – Starts 7:50am and finishes 8:50am. Be early as this is popular as children can choose from a book of different pictures of pandas, fish, flowers, trees, etc. Or you can try at home before the event if you're feeling creative.

Safety Briefing and Opening ceremony for Eco Adventure– 8:20am

Start - Eco Adventure – 8:30am

Eco Adventure - Remember – You need to wear a helmet in the race (bike helmet best). Trail running shoes recommended as more comfortable.

Eco Adventure Course – After leaving the Aberdeen Sport Stadium you will turn right on Wong Chuk Hang Rd and run on the sidewalk. You MUST USE THE SIDEWALK AND PLEASE DO NOT GO ON THE ROAD AS VERY DANGEROUS. After 100m there is a road crossing flyover and please be very careful and listen to the security at this junction. After this it is around 400m along the sidewalk until the Mills & Chung Path stairs, down a set of steps for 20m, then reaching the cement path you will turn right and climb over the fence onto the ocean coastline, then turn left. You will be coasting and rock scrambling 1-km along this coastline until Deep Water Bay Victoria Rowing Club (VRC). At the VRC please go into the water after the floating pontoon. You will be in waist deep water for 10m until the river tunnel where you will turn left and go thru under the main road. Anyone caught cheating will be automatically disqualified if found using the road crossing. Once thru the tunnel (you can run thru the tunnel as very big) you will climb the riverbank on your left side immediately and run along the mountain-hiking trail for next 500 meters until a river stream. You will go into the river stream and rock scramble up the river for the next 1 km until the trail junction bridge where you will turn left and hike uphill. This is the main hiking trail up to the catchwater below Wong Nai Chung Gap. You will turn left on the catchwater and run until the main road. You must go thru the tunnel (again if caught cheating using road crossing you will be disqualified) and come out on other side of road. You will keep going to another larger tunnel where you will go thru and make an immediate left at the exit and you will arrive at a 3-way junction by a set of stairs. You will go down this set of stairs (only 10m) then do an immediate right turn on a hiking trail that goes for around 1-km. Following signage (red ribbons and Asia Miles signs) you will follow a hiking trail until a catchwater. You will turn right on catchwater and go a short distance before turning left (climbing down and up over catchwater) to go up a short 100m trail before finding a staircase leading up to Blacks Link. At Blacks Link there will be a water checkpoint if needed. You will cross Blacks Link and continue up a trail with stairs to Mt Nicholson and turn down trail on backside. This trail is rather steep and technical so please be very careful, as it will be very difficult for our emergency rescue team to carry you down from this section. You will come out again on Blacks Link after this downhill technical section, cross Blacks Link and continue down a long set of hiking stairs until the same tunnel you earlier came through following the same route all the way back using the tunnels with the only exception not doing the rock scrambling but using a trail by the golf course near Deep Water Bay.

When you come out of the tunnel at Deep Water Bay the kayaks will be in front of you. Please grab a life jacket (only 2 sizes small & large), a paddle and a kayak.

Kayak along the coastline where you came running from heading towards Ocean Park following the buoy markers until the last big buoy approximately 1 km out. Turn around and come back the same way on the other side of the buoy markers.

Upon arrival at Deep Water Bay, pull your kayak up on the beach, as it will be used by others, remove your life jacket, place your paddle down and continue running along the sand waterline on the beach until the BBQ pit. Cut through the BBQ until the promenade leading all the way to Repulse Bay beach. Please be very careful as there still may be some walkers from Eco Family and general public walking their dogs so please be very careful. The last 200+ meters you will climb over the railing and rock scramble to the finish climbing over the fence to the finish line.

Eco Adventure - Hydration & Energy on course – You must bring your own drinks to start with so recommend:

1-1.5 liters of sport/energy drink – If you plan on running the course in under 2 hours (with 2 gels & 2 salt tablets).

1.5 - 2 liters of sport/energy drink– If you plan on running/walking the course in less than 3 hours (with 3-4 gels & 3-4 salt tablets).

As with anything highly recommend in your training to experiment with sport drink, gels, salt tablets to find what works for you, as everyone is different.

Garbage on the course - ANYBODY FOUND THROWING EMPTY GEL WRAPPERS, GARBAGE OR EMPTY BOTTLES ON THE COURSE WILL BE DISQUALIFIED AND FINED.

Opening Ceremony for Eco Family Walk – 8:50am – We’ve confirmed someone special.

Start - Eco Family Walk – 9:00am

Eco Family Walk Course – Similar to the Eco Adventure at the beginning except when you leave Aberdeen Sports Stadium you will be walking behind the animal mascots. Please no running and stay on the Wong Chuk Hang sidewalk when you leave the Aberdeen Sports Stadium. You will walk along the sidewalk for around 600m until the Mills & Chung Path stairs just past Ocean Park & HK Country Club, down a set of steps for 20m, then reaching the cement path you will turn left and stay on the cement walking path above the ocean for the next 1-km until the Victoria Rowing Club (VRC) at beginning of Deep Water Bay. You will take the sidewalk to get around the VRC and proceed across the Deep Water Bay beach. For those with children’s strollers as this is sand for 300 meters we recommend you to carry your child for this section or let them have some fun walking in the sand while you carry the stroller for this short distance. At the end of the Deep Water Bay you will be back on the cement path and will cut thru the blue colored BBQ site which leads you onto the coastal cement path promenade leading for next 2km to Repulse Bay beach

which many families enjoy taking children in strollers or walking their children as lovely views of the ocean, boats, Middle Island Yacht Club, etc.

Finish at Repulse Bay – Please remember purpose of this event is to try to encourage everyone to be self supported, bringing your own water, food, recyclable items, etc. Asia Miles has been kind enough to provide you with an Eco bag at the finish line with some fruit. Meko Mineral Water, Gatorade and beer will be in ice buckets.

Finish Line Games For Children – There will be more opportunity with the make up artists at the finish to do face painting, different games on the beach and a fancy dress competition for the kids.

Prizes for Eco Family Walk dress up competition - 6 Ocean Park annual passes and 6 pairs of walkie-talkies for the children to encourage them to go outside.

Prizes for Eco Adventure – HK\$5000 worth of Giga Sport/Marathon Sport vouchers divided over categories.

CHARITY DONATIONS – We will have a donation box at the finish at the AAF tent and do encourage all to donate cash or make checks payable to “Action Asia Foundation Ltd”. All entries and donations from this event will go to Hong Kong Dolphin Conservation Society (25%), Ocean Park Conservation Fund (25%), Action Asia Foundation (50%), so please help us any way you can or encourage your friends to sponsor you with the sponsorship fund raising form attached on the official event page of the Asia Miles Eco Action Asia at www.actionasiaevents.com.

Extras – If you feel we have missed something important and should be brought up in the race briefing before the event or even another email, please email to aae@actionasia.com with the subject headline “Race briefing”.

Look forward to seeing you all,
Action Asia Foundation Team