

Dear all New Balance Action Asia Challenge competitors,

The start and finish is at the Man Tung Road Park next (50 meters away) to the Novotel Hotel in Tung Chung, Lantau.

We highly recommend you bring your bike (remember no cleats allowed on bike pedals so you must change pedal to suit your running shoes. Tire width MUST be minimum 1.8 inches with NO SLICK tires allowed. Semi-slicks are allowed. Anyone caught in breach of these rules will face disqualification or a serious time penalty.

The Saturday night mandatory equipment check and registration plus bike parking in the tennis court will start at 4pm with the MANDATORY briefing at 6:00pm.

We would like it if all teams could come during the following times:

**4pm - 5pm - Equipment check - Sat Dec 12**

Comb age 36+  
Comb age 60+  
Comb age 70+

**5pm - 5:30pm - Equipment check - Sat Dec 12**

Comb age 80+  
Mixed team 36+  
Mixed team 70+  
Women team 36+  
Women team 70+

**Equipment Check and registration:**

Your equipment will be checked and if wrong equipment you must immediately purchase new equipment or not race.

You will then be asked to put on your climbing harness, slings, carabiners and fig 8, to go thru a fixed line, abseil check. After passing this successfully your team (both members must pass) then can pick up your racing bibs, souvenir shirts, bike numbers. If you can't make it you must prove to the race director that you have taken a climbing course or equivalent experience and notify the Race Director Michael Maddess latest Weds Dec 9th at 5pm by email to [aae@actionasiaevents.com](mailto:aae@actionasiaevents.com). No excuses after will be entertained as a very technical challenging section on the course that all must have experience and knowledge of their climbing equipment.

**BIKES IN TENNIS COURT**

Bike check-in will be between 4pm and 7pm. There is only 1 entrance in and out of the tennis court and in front of the management office with security. The gate will be locked after this so no bikes after this will be allowed in or out. If you can't bring your bike on Saturday to stay overnight then you will be responsible for bringing your own bike on Sunday morning race day. If you put your bike in a bike bag (remove your wheels) you can take the MTR as long as your bike is not sticking out of bag.

**RACE MORNING BUS - Star Ferry 4:45am - Confirm by [aae@actionasiaevents.com](mailto:aae@actionasiaevents.com)**

Action Asia Events have arranged one 55 seater bus leaving Central star ferry pier #7 (next to the Mui Wo pier) leaving 4:45am. This bus should arrive at the Tung Chung start line latest 5:30am. Race starts at 6:30am SHARP. Email us at this email with "Central bus" in subject headline confirming you need the bus latest Weds Dec 9th at 5pm.

## **NO BIKE TRUCK RACE MORNING**

We urge you to bring your bikes on Saturday as no bike truck will be arranged Sunday morning.

### **Equipment for race**

Per Team:

1. 1 x first-aid kit (adhesive plaster, sterilizing solution or antiseptic wipes/ointment, medical adhesive tape, gauze pad, triangular bandage)
2. 1 x bicycle pump
3. 2 x spare tubes
4. 1 x tool kit
5. 1 x patch kit
6. 1 x compass
7. 1 x whistle
8. 1 x pencil or pen

Per Competitor:

1. 1 x climbing harness - UIAA and CE approved
2. 1 x screw gate locking carabiner FOR ABSEIL connected to Fig 8
3. 2 x screw gate or auto-locking carabiners FOR FIXED LINES connected to slings
4. 1 x helmet, either bike or climbing
5. 2 x 50-60cm slings, commercially sewn (length measured when laid out flat)
6. 1 x figure 8 descending device (size medium) NO ATCs allowed
7. 1 x mountain bike (tires min width 1.8 inch and wheels 26 inch diameter) (Semi-slicks ok)
8. 1 x pair of gloves suitable for abseiling (FINGERLESS OK FOR ABSEIL)
9. Running shoes
10. 2 Litre minimum hydration fluid system
11. 1 x windbreaker / rain jacket

Recommended Items:

12. 1 x energy bar/gel for each hour on the course (waterproof packaging recommended)
13. Sunscreen
14. Quick dry/polypropylene clothing (i.e. Salomon, Equinox Extreme, Mountain Hardwear, etc.)
15. Salt tablets or rehydration salts

### **Course maps**

Course maps will be given out at 6am race morning. Don't forget your compass as most of the course will NOT be marked with your team finding checkpoints. You will be allowed to bring your own Lantau country park map if you choose.

## **NO EQUIPMENT CHECK ON RACE MORNING**

No participants will be allowed to register race morning and maps will only be given out to those with the racing bibs who have passed the equipment check the night before.

Kind regards  
Michael Maddess  
Action Asia Foundation  
Action Asia Events  
[www.actionasiaevents.com](http://www.actionasiaevents.com)