

# Salomon

## Lantau 2 Peaks - 20km

### Newsletter

**Sunday Oct 25th – 8:00 am start**  
**Tung Chung MTR (by water fountains)**

NO HELMET NECESSARY – THIS IS A PURE RUNNING AND HIKING RACE  
BUT DO RECOMMEND TRAIL OR HIKING SHOES

COURSE MAP – ON SALOMON LANTAU 2 PEAKS WEB PAGE AT BOTTOM

The series would not have happened without our supporting partners:

**Salomon - Title Sponsor** – [www.salomonsports.com](http://www.salomonsports.com)

Watson's mineral water – Official water - [www.watsons-water.com](http://www.watsons-water.com)

Watson's Iso-Tone – Official sport drink [www.iso-tone.com](http://www.iso-tone.com)

Action Asia Foundation – Official charity – [www.actionasiaevents.com](http://www.actionasiaevents.com)

St Johns Medical – Supporting partner

Action Asia Magazine – Official magazine – [www.actionasia.com](http://www.actionasia.com)

### **Registration**

**Starts at 7:00 am. Finishes 7:45 am (Outside Tung Chung MTR - In main Citygate outdoor plaza area by water fountains opposite the Deli-France)**

**Remember race starts at 8:00 am so go early if you're not sure how to get there. MTR the fastest.**

### **Registration procedure**

Upon arrival check master list to see which number has been assigned to you. Grab a release form, fill it out, write your race number on top of the release form and wait in line for your race number. Hand in release form and you'll be given your number. Go to the next shirt tent to show them your race number and pick up your shirt. No shirts will be mailed to you so if you don't show up please ask a friend to pick up your shirt.

## **Luggage / Baggage check in**

This will be next to registration. Earlier the better. Write your race number on luggage tag and secure to your bag and check in. Show your race number after race to get back.

## **Race Numbers & Singlets**

You will be given your Race number & pins at the start, which must be worn somewhere visible on the FRONT of you. NOT THE SIDE AND NOT THE BACK. You'll also collect **your souvenir dry tech shirt, which we encourage you to wear in the race** to help us keep the sponsorship with them.

## **VOLUNTEERS**

If you have friends or family that can help out we never turn away volunteers and will give them a position of their choice. All volunteers receive a quick dry shirt valued at HK\$250, drinks and one free entry in an Action Asia running or biking race valued HK\$250. Email us at [aae@actionasiaevents.com](mailto:aae@actionasiaevents.com) with VOLUNTEER in the subject headline with contact details if interested.

## **Getting to Tung Chung**

MTR the best as frequency every 10 minutes on Sunday morning.

For buses please check [www.kmb.hk](http://www.kmb.hk) or [www.nwstbus.com.hk](http://www.nwstbus.com.hk) for service to your area.

## **DRINKS**

***NO DRINKS AT START SO PLEASE BRING YOUR OWN DRINKS TO START THE RACE TO GET YOU TO PAK KUNG AU. Recommend 2 liters with gels and salt/electrolyte tablets.***

## **2 WATER CP STATIONS ON COURSE**

Pak Kung Au CP (331m) (7.8km into race)

Watson's Mineral water & Watson's Isotone – (bottles)

Ngong Ping - Nei Lak Shan trail entrance (458m) (12.4km into race)

Watson's Mineral water & Watson's Isotone – (bottles)

Drinks at finish.

Bring your own water bottle waist pack holder or hydration system for re-filling as you will NOT BE ALLOWED TO TAKE WATER BOTTLES FROM WATER CP.

### **GARBAGE ON COURSE**

**PLEASE REPORT TO US ANYONE YOU FIND THROWING GEL WRAPPERS OR ANY KIND OF GARBAGE ON THE COURSE AS RACE DIRECTOR RESERVES THE RIGHT TO DISQUALIFY THEM.**

### **PASSING ON THE COURSE – THE CORRECT WAY**

If you must pass someone please yell “passing on your left” or “passing on your right”. If someone is passing you please be considerate and let him or her by you. No pushing please. There are many passing places along the course.

### **The Course Route**

The start and finish will come in a slightly different way so be aware that the start will leave the Tung Chung MTR and go direct to the bike path by the taxi stand. When returning around 150 meters before the MTR you will run thru the tunnel on the bike path and do a left turn taking you around 100 meters to the entrance between the residential buildings where you will do a right turn and run 100 meters to the finish by the Pizza Hut in the square. This will be explained at the start and will be marked with Salomon A5 size signs and red ribbon.

The course will leave Tung Chung along the bike path heading towards the fire station. Keep on the bike path towards the footbridge and at the top of the footbridge turn left going towards Tung Chung Road and Wong Lung Hang Road. When you come off the footbridge you will go right for less than 100 meters on Tung Chung Road then left turn on Wong Lung Hang Road heading in the direction of the mountain valley following the river. Stay on Wong Lung Hang Road passing the gate and running for over 1km until you see the AFCD signboard and the stairs on your right going up to Sunset Peak (Tai Tung Shan). This is approximately 3km into the race.

Go up the stairs and stay on this Wong Lung Hang Country trail until you meet the Lantau trail near the top and turn right at the AFCD map signboard. This is approx 5.1km (707m) into race. Stay on the Lantau trail passing thru a few mountain huts on top of Sunset Peak (807m high point) and following Lantau trail down the other side to Pak Kung Au - 347m (7.8km into race) (heading in direction of Lantau Peak). This will be your first water cp so make sure you fill up as still another big hill in front of you.

Be careful crossing the Pak Kung Au road (Tung Chung Road) as they built a fence that you can hop over or walk along way around, but still buses and taxis flying by.

Continue up Lantau trail going up over Lantau Peak (934 m) (10.5km into race) then down towards Ngong Ping direction on same trail. When you reach the bottom of the

stairs and arrive at all these “totem poles” (Wisdom Poles) in a grassy area around 20m x 10m in size do a right turn as this is the new Lantau trail diversion. Stay on this Lantau trail going NORTH towards the direction of Nei Lak Shan and after 200m you will cross a cement road path (12.4km). This is the next water cp. Still along ways to go so make sure you refill here.

Cross the road and stay on the Lantau trail going around Nei Lak Shan until you hit a cement barrier that says “Trail Closed”. We have special permission to continue straight along this path so leave the Lantau Trail and turn right (straight actually) and follow Nei Lak Shan contour trail around Nei Lak Shan all the way until the cable car tower.

When you arrive at the cable car tower (15km (561m) you have exactly 5km to the finish or 3km to the bottom of the rescue trail. You must climb the little artificial grassy ramp behind the cable tower to go completely around the tower to get on the actual stairs leading down the final Cable Car Rescue Trail. Please be very careful running down this trail as there are sections definitely not made for running as sheer drop offs that are steep so please be very careful. 95% of the trail is very easy but 5% be careful. You will see MTR has put signs at these sections so please pay attention to these signs.

When you finish the cement stair case trail hitting the bottom near Tung Chung Bay, turn right (2.8km to finish) and stay on the footpath that will be marked leading you back to the bike path and the flyover bridge that you ran on earlier. Stay on the flyover bridge bike path or footpath heading back to the fire station and down the tunnel on the bike path, remember just before the MTR you’ll do a left turn on the bike path and go around the buildings next to MTR and do a right turn leading into the MTR square which is an extra 100m or so extra running. Actual course around 20.8k.

Lastly PLEASE BE VERY CAREFULL RUNNING INTO THE MTR SQUARE BY CITYGATE AS WE DON’T WANT TO SPOIL THE RACE BY HAVING SOME RUNNER HITTING SOME CHILD OR ADULT CAUSING AN INJURY. SO PLEASE BE CAREFUL AND LOOK AROUND YOU WHEN RUNNING TO THE FINISH.

### **FINISH LINE TIMING**

After crossing the finish line (yes we will have your timing on sheets) but to help us with accuracy please report to the timing tent to give them your race number and name, age category/team category.

### **TOILETS**

Inside Citygate Shopping mall on main floor and downstairs by ParknShop.

### **SHOWERS**

Not sure but if you want to walk 5-10 minutes to the LCSD Man Tung Rd Park where Action Asia has the Sprint races there are showers there. Probably better just change into some warm clothes and shower at home.

## **WHERE TO BUY HYDRATION SYSTEMS?**

HK Mountaineering and Chamonix in Mongkok.

Chamonix - G/FI and 1<sup>st</sup> Fl, 6E Nelson St, Mongkok, HK – Tel 2388-3626 / 2384-8190

HK Mountaineering Training Centre – shop 6, no 1 Fa Yuen St, Mongkok – tel – 2770-6602 / 2270-6607

### **Shorter Course if dropping out**

If any competitors want to drop out at the Pak Kung Au please notify the check point staff there and then take bus to the finish line and notify finish line staff also so we don't go looking for you.

**Please DON'T THROW ANY GARBAGE ON THE COURSE.**

### **Average Time Expected**

3.5 hrs – 6 hrs

Expected winning time  
Under 3 hours (2:45)

### **Hydration & Food on course – Race Day – What YOU SHOULD BRING**

**How much water / energy drink to start with??? RECOMMEND SPORT DRINK AS SODIUM INSIDE TO REDUCE CRAMPING.**

**You must bring your own drinks to start with so recommend:**

**2 liters of sport/energy drink– If you plan on walking the course bring at least 4-5 gels and maybe 1 energy bar with some salt/electrolyte tablets that you can take every 45 minutes or so depending on how much you sweat. Real food even better like a sandwich, bun or potatoes.**

### **Hydrating before race on Friday & Saturday**

Recommend to drink lots of water and energy drinks the day before the race. Don't just drink water but get minerals / electrolytes in your body as well. We're serious about this

as with the hot Hong Kong weather and high humidity **it is better to start hydrating TWO (2) DAYS BEFORE THE RACE.**

### **Food on Friday & Saturday BEFORE RACE DAY**

Recommend starting **carbo-loading** at least 48 hours before the race and not just waiting until the night before. **AVOID MEAT THE NIGHT BEFORE** as takes more than 24 hours to fully digest and will make you feel sluggish. Try to have a good breakfast (banana oatmeal, rice, etc) at least 2-3 hours before the start of the race in order for good digestion.

### **Garbage on the course**

**ANYBODY FOUND THROWING EMPTY GEL WRAPPERS, GARBAGE OR EMPTY BOTTLES ON THE COURSE WILL BE DISQUALIFIED AND FINED.**

### **Where to buy food after the race**

Many restaurants in Citygate by Tung Chung MTR.

### **Sunscreen, Clothing and Hat**

Don't forget to put the sunblock on before the race.

Lightweight quick dry material shirt (race shirt) that will dry fast when wet. Normal running shorts / tights are fine. Comes down to what you find comfortable in off road running. Recommend a hat and depending on length of time it will take you the safari hats that cover your neck even better.

### **Prizes**

Winners of:

Overall winning Teams of 4 – Men's

Overall winning Teams of 4 – Mixed

Overall winning Teams of 2 – Men's

Overall winning Teams of 2 – Mixed

Overall winning Teams of 2 – Women's

Overall winners 1st – 3rd place – Individual Men's

Overall winners 1st – 3rd place – Individual Women's

Trophies for top 3 in team of 2 and team of 4 categories.

Medals for top 3 in all individual categories

**Weather** - This race will NOT be cancelled in any type of weather unless Typhoon 8 signal is hoisted at 6am on race morning. A message will be put up on website if cancelled latest 6am race morning.

### **Charity – Action Asia Foundation**

Since its inception in 1997 the Action Asia Foundation has promoted the idea that outdoor activities can play a crucial part in fostering an individual's personal development. Proceeds from the Action Asia Challenge and other fundraising events go to help the work of the Foundation.

The goals of the Action Asia Foundation include:

- Developing personal development opportunities for young people in Asia through organizing outdoor adventure activities.
- Raising the quality of life for disadvantaged young people in Asia by funding health clinics, schools and activity centers.
- Promoting cultural interchange through adventure programmes and events.
- Developing permanent facilities for youth adventure training.

The Foundations achievements so far include funding a day-care and health facilities in Nepal, and organizing kayaking, climbing and other outdoor activities for handicapped and underprivileged youth in Hong Kong and building a bridge in Vietnam.

Would you or your company like to sponsor one of the above programs? We guarantee that 100% of your donation will go directly into the program. If you are interested, contact us for more details.

#### **FOR CHARITABLE DONATIONS:**

Account Name: Action Asia Foundation Ltd.

Bank: HSBC

Hong Kong Dollar Account No: 518-050323-001

(Please note donations of more than HK\$100 are tax deductible.

Train smart and injury free.

Action Asia Events

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[www.actionasiaevents.com](http://www.actionasiaevents.com)