



Action Asia Events / Action Asia Foundation
www.actionasiaevents.com

VOLVO AA XC MTB Series Race 1
Tai Lam Chung DAM, N.T., Hong Kong
Feb 27, 2010 (Saturday)

Newsletter

Big thanks for registering for the SATURDAY Feb 27th event (AFCD issue as they said too many hikers on trail on Sunday!!!!) and to all the supporting sponsors making this happen who care about the environment like many of you.

The series would not have happened and all supporting partners:

VOLVO – Title sponsor
Fox Racing Shox –Supported by
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Meko – Official Water
OLN – Legal partner
ProGold Lubricants – Supported by
Tung Chung MTB Shop – Supported by
Pure Blonde – Official beer
Action Asia Foundation – Official Charity

CHECK YOUR BIKE BRAKES BEFORE THIS RACE – IMPORTANT

REMEMBER – COUNTRY PARK ROAD IS NOT CLOSED TO VEHICLES SO WATCH OUT – WE WILL DO OUR BEST TO WARN VEHICLES OF RACE.

TRANSPORT – Recommend too hire a van if on Kowloon side. HK side will have bus/truck arranged.

VAN RENTAL numbers – 2396-6666, 2789-9999, 2380-2211, 2833-0008, 2110-3333

FREE TRANSPORT AT NEW STAR FERRY CENTRAL – deadline Feb 24th

E-mail us if you need transport and check entry list at bottom of Tai Lam page to confirm bike truck/bus are confirmed next to your name. (Or put in biography line when you register in online registration).

Feb 7 - 7:40am at New Star Ferry Central Pier #7 (outer island ferry terminal in front of IFC)

(PLEASE arrive 10-15 min before) - Return will be departing after awards around 12:30pm

DRIVING – On Highway take Gold Coast turn-off, the go East towards Castle Peak Rd & Tai Lam Chung Rd. Turn towards the mountain and you will see parking at the big BBQs. Please don't park in private residences as they always complain to us. Then ride your bike to the prison around 800m down the road and straight thru (no permit needed to bike thru the prison) and left at end by bridge and up WSD road to DAM.

1. Registration

Starts at 8:00am. Finishes 8:50am In the BBQ grass area on top of the Tai Lam Chung DAM. Ride thru the prison (Correctional Institute) and stay LEFT on the WSD road going up the hill on left side after crossing a bridge at end of prison. This is where the race starts. Remember race starts at 9:00 am so arrive early if you're first time to this area.

Registration procedure

Upon arrival check master list to see which number has been assigned to you. Grab a release form, fill it out, put race number on top and wait in line for your bike number and separate letter number for your back. Hand in release form and you'll be given your bike number/back number/High5 gel. Baggage/Luggage check next to registration in Action Asia tent. Earlier the better.

Bike numbers placement

Bike numbers must be placed on front handlebars facing down 90 degrees and not at an angle. Please use 3-4 cable ties to do this (2 on top and 1-2 on bottom). Sponsors logos and race

number are not allowed to be altered, removed or disqualification. Race letter for your age category must be put on your back so riders behind you can see your age category. Pins are at registration.

Luggage baggage Check

Number tags will be given out at registration luggage tent to put on your bags/packs. Register first to receive your bike race# as this # will go on your bag. All bags stored at the start/finish area next to registration area by race timing. 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.

2. VOLUNTEERS

CAN ALWAYS USE MORE PEOPLE AROUND THE RESERVOIR TO STOP / WARN ANY VEHICLES DRIVING ON THE ROAD SECTION OF THE COURSE.

Email us at aae@actionasiaevents.com with VOLUNTEER in the subject headline with contact details if interested.

It's never easy getting volunteers for a race so please say "thanks" or "good job" or something nice to the marshals/volunteers when you pass them as were sure they'll appreciate it.

3. Bike Helmet

MANDATORY - You need to wear a helmet or you can't race.

4. Use of Public Roads in Country Park. Please note that the cement road sections around the reservoir are NOT closed. This means that a government vehicle with a permit can drive on the cement road section of the course.

If you can help us find more volunteers we can do our best to convince most vehicles to go away and use another entrance/exit. But it is never easy to convince villagers who live inside the country park to use another exit.

Please beware of BLIND CORNERS and STEEP HILLS.

On a separate note we do encourage you to write to the media, write to AFCD (see link in bike forum) to make it known that the government should try and close the road in a bike race as it is only for 3 hours on a Sunday and not in Central on a main street causing very little inconvenience.

5. IMPORTANT INFORMATION – PLEASE READ

HIKERS – Please show respect and do not hit them. Yell “BIKE COMING” and try to pass slowly on OUTSIDE of trail Let the hiker stay on the mountain side as they will be more scared of you then you of them. Remember, “this is a country park for all to enjoy”. Don’t make a bad name for the biking community please. Show consideration to hikers & runners.

6. What to do if an accident on the course

There is an emergency rescue safety radio team around the course and marshals with mobile phones, together with medical at 3 locations around the reservoir including finish line. If you see someone who is in obvious need of help please stay with them and ask the next person who passes you to request for help to the next marshal on course and let them know the competitor bike number/name if possible and what kind of injury it is. (i.e. broken ankle, twisted knee, injured arm, life threatening, etc). The person you ask to get help should continue along the course to the first available marshal and tell them the location of the injured person. The marshal they contact will phone, radio or SMS the emergency headquarters who will dispatch someone to come out. Depending on the seriousness and location of where on the Tai Lam course this could be someone walking/running, car even helicopter depending on seriousness. If at finish line and injured they may call an ambulance or even a taxi and tell you to go to the Hospital to be treated.

7. Safety Briefing before the race

There will be a short safety update briefing before the race at 8:45am at the start location. This is to highlight issues above and any other new forgotten issues. If any competitors have issues that think should be raised that are not in this newsletter, please email them to us at aae@actionasiaevents.com with “safety briefing” as the headline and we will view your comments.

8. Course route, race signage and ribbon marking

The Tai Lam Chung race course map is attached to the website <http://www.actionasiaevents.com> and we request all competitors to print out the map and bring with them incase they get lost. For this race there will be **A5 size signs** with left, right, straight ahead arrows around at all intersections of the race course together with RED silk ribbons hanging from fences/tree branches on any confusing intersections to guide you the correct way. There will be no markings once you are on the trail or road until you reach the next intersection.

Drinks NOT AT BEGINNING, ONLY AFTER 1st loop AT BBQ FINISH

NO DRINKS AT START SO PLEASE BRING YOUR OWN DRINKS TO START THE RACE. Recommend hydration system as easier to use during a race.

Please bring your own water hydration system/bike bottle for re-fill.

No bottles allowed to be taken from the water checkpoint area, so please bring your own water bottle or hydration system for refilling. Drinking out of a water bottle can

prove to be quite difficult while riding a twisty turning single-track course so recommend highly a hydration backpack system.

Gatorade Sport Drink and Meko Mineral Water will be available to everyone at the finish of your first loop and the rest of the race at the finish for all. Usually we recommend 1-litre per hour of drinking for all so you will need to figure out yourself how many hours you will be riding. We know the fastest will go under 50 minutes per loop (1-litre) but the average could much longer 60-80 minutes per loop (1 – 1.5 litres per loop) so recommend you work out if you will have a “pit stop strategy” or use a hydration system with up 2-3-litres inside.

We don't want you to run out of drinks on the course so play it safe and bring extra and play it smart. It can be very dangerous to your health and a possible risk to others on the course if you are dehydrated or getting heat stroke. Play it smart and take more than you need. Yes we know it is a race, but it's not worth dehydrating yourself over.

SALT & ELECTROLYTE TABLETS

Many participants will take 1-2 salt tablets every 30 minutes in endurance racing to keep the salt levels high that you sweat out. Electrolyte tablets are worth looking into. As anything it is worth experimenting with these in your training and not waiting until race day to test to see what works best for you.

Please DON'T THROW ANY GARBAGE ON THE COURSE OR YOU WILL BE DISQUALIFIED.

Finish Line

Gatorade & Meko Mineral Water for all competitors and volunteers. Pure Blonde beer for finishers.

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 them by you. No pushing please. There are many passing places on the road and trail.

The Course Route

UPDATE – AFCD has requested a course change just before the bridge at the end of the reservoir so we might shorten the course 1km by having you cut behind the old closed AFCD building, down the hill behind and popping out in the grass picnic area where the reservoir trail (MacLehose trail) begins. This is to keep drivers happy who don't like the bikes crossing the road bridge on Tai Tong Shan Rd.

15km bike loop

The race will start with competitors lining up by the BBQ area on the cement road by the fence at the 3-way junction. Slight uphill to spread you out. The Race Director reserves the right to change this to a “Le Mans” style start if the majority feels it is a safer way to start.

Participants will ride across the Dam (single lane road so please be careful as 90 meter drop off the side!!), and go up a windy road until the first road junction. Turn left up a steep hill which will level out then steep and fast downhill following the reservoir counter clock-wise (be very careful here as another 100m cliff on your left). A few windy blind corners (be very careful here please) leading you to another intersection where you stay on the main road going right up a another hill, passing a river bridge then down again steep hill (careful dusty dirty corners here), continue up to crest of hill (ignore junction on right) and stay on main road going straight down a steep fast and windy road which has some pot holes.

(SEE ABOVE NEW UPDATE FOR THIS SECTION)

You will pass a bridge (high speed downhill) then up and down again leading you to the Wing Kat Bridge 3 way road intersection where you turn left and now on the MacLehose road section. After 500 meters turn left into the grass area and go across a very narrow bridge leading you for the next 6 km along a single-track windy dirt trail. At M184.5 there will be a short cut to avoid walking up some stairs but please be careful if you use this as it is not maintained by AFCD as you are crossing the side of a steep bank leading to a waterfall and will choose to do this at your own risk and take full responsibility of your own actions. It is up to you which way you want to go as the race organizer will not make any recommendations.

When you reach M186 on the cement road you will turn LEFT (be careful coming down this cement road hill as potential govt working vehicles). This is where the water of the reservoir can be clearly seen and you are on the small dam while turning left. If you miss this turn you will end up going down a long road towards a village of So Kwun Wat and getting lost so please bring your map if you don't know this turn. After turning LEFT at M186 you will ride single track for the next 3 km. Hugging the reservoir you will ride a dirt trail climbing slightly in elevation until you come down to the next Dam (Pak Shek Hang). You will continue on the same trail hugging the reservoir until you meet another small dam where you will continue on the same trail hugging the reservoir all the way until the BBQ pit on top of the main Tai Lam Chung reservoir Dam above the Correctional Institute Prison. When you hit the cement road after the BBQ area you will be finished one lap and continue staying on the cement road that takes you across the DAM for additional laps.

Repeat the whole circuit again if doing 2-loop race. Cut-Off will be around 1 hr 40min for permission to start the 2nd loop. Race Director reserves the right to adjust this on race day.

WHEN YOU FINISH please inform finish line timing staff your bike number and your name & category to double check.

9. Hydration – Before the race

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.

10. Food 48 hours before

Recommend starting carbo-loading at least 48 hours before the race and not just waiting until the night before. Try to have a good breakfast (oatmeal, rice, etc) at least 2-3 hours before the start of the race in order for good digestion.

11. Garbage on the course

Any competitor caught throwing any bottles or garbage on the course will be disqualified and possibly fined. So remember to pack away those empty gel or bar wrappers.

12. Sunscreen, Vaseline and Clothing

Recommend using sunscreen as in any kind of weather you can get burnt and wear lightweight quick dry material shirt that will dry fast when wet. Padded cycling pants seem to be the choice for majority to reduced chafing between the legs. Using Vaseline/grease or something similar to grease up as helps reduce chafing on legs, waist, chest, under arms and shoulders.

13. Prizes

Lucky draw prize will be a US\$700 (HK\$5600) POV camera that you can hook on your bike or helmet for filming sponsored by Chay International Ltd. (see news article on website).

BELL is supplying first 100 participants bike gloves.

More prizes by BELL, ProGold Lubricants, bike prizes from Flying Ball, HK Bicycle North Point.

CATEGORY WINNERS

Trophies for top 3 in each individual category in 2 lap 30 km race

Certificates for all category top 3 winners.

HK\$500 cash for Overall top individual male of 2-lap race courtesy of Fox Shox.

HK\$500 cash for Overall top individual women of 2-lap race courtesy of Fox Shox.

ProGold lubricant for all 45 km top 3 male & female category winners.

More prizes – If your company is interested shoot us an email at aae@actionasiaevents.com with “prizes” in the subject headline.

14. Where to buy food after the race

There is a BBQ down the road from the prison (Tai Lam Chung Rd) but have no idea if it is open at lunch time so recommend planning on bringing your own or consider riding to the Gold Coast Shopping center (10-15 minute ride on road) where there are plenty of restaurants to choose from including Thai. Remember no tables or chairs in grass area so bring one of those little beach mats if you want to chill out after if you don't like grass.

15. PHOTOS – Click on PHOTO on toolbar of www.actionasiaevents.com as over 20,000 uploaded.

16. VIDEO – Click on VIDEO on toolbar of www.actionasiaevents.com as over 90 videos uploaded.

17. OTHER STUFF

Consider using this race to look for your partner for other team events like Action Asia Challenge or Kayak n Run races / Off Road Triathlons.

Kind regards,

Action Asia Events