

Bonaqua Action SPRINT

Adventure Race Series 2010

Race 1

Newsletter

Sunday March 14 – 9:00 am start

Repulse Bay, HK Island – 12 km

(11.7 km)

Remember – You need to wear a helmet in the race (bike helmets recommended or climbing helmet). Trail or road shoes ok, but trail shoes more comfortable.

The series would not have happened and all supporting partners:

Bonaqua – Co-Title Sponsor – Official mineral water - www.bonaqua.com.hk

Action Asia Magazine – Official magazine - www.actionasia.com

BonActive – Official energy drink. - www.bonaqua.com.hk

Protrek – Supporting sponsor www.protrek.com.hk

Stretch – Supporting sponsor – www.stretchasia.com

OLN – Legal partner – www.olin-law.com

Discovery Bay – Supporting venue – www.hkri.com

The Dublin Jack – Supporting venue – www.delaneys.com.hk

Pure Blonde beer – Official beer www.fosters.com.au

Salomon – Official trail shoe - www.salomonsport.com

Tough Jeans – <http://www.toughjeans.com>

Action Asia Foundation – Official charity – www.actionasiaevents.com

St Johns Ambulance – Supporting partner

Registration

Starts at 8:00 am. Finishes 8:45 am (Walk in beach entrance by 7-11 / Pizza Hut / Starbucks and facing ocean turn left at toilets. Start is around 100m along beach by children's playground/wooden hut. On the beach.

Remember race starts at 9:00 am so go early if you're not sure how to get there.

Getting to Repulse Bay

Buses from Queensway (in front of Admiralty MTR) and Exchange Square, Central 6, 6A, 6x, 61, 66, 260, 262, 315, 399, 63, 64, 65, 73, 973

Registration procedure

Upon arrival check master entry 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 and 4 pins. Pick up shirts in separate area after this. Baggage check next to registration. Earlier the better.

Race Numbers & Singlets

You will be given your Race number & pins at registration at the start between 8am – 8:45am. Must be worn somewhere visible on the FRONT of your shirt. You'll also collect **your souvenir singlet quick dry shirt, which we encourage you to wear in the race** to help us keep the sponsorship with them. *If you can't make the race and have paid recommend you telling your friend to pick it up for you as race organizer will not be responsible for saving shirts after the race.*

Luggage / Clothing / Drop bags

Number tags will be given out at registration to put on your own bags/packs. All bags will be stored near the start line, which is the same as the finish line so just you're your race number after race to pick up. 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.

Toilets upon arrival

Large LCSD facility with showers, toilets for all in front of start & finish area.

Helmet

You MUST carry the helmet with you entire race and WEAR the helmet during all rock scrambling sections and for all river rock sections on the 2nd loop. Recommend wearing helmet the whole race for convenience.

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, Bonaqua and BonActive on the course, a free coffee coupon from Starbucks and one free entry in a SPRINT race valued HK\$200. Email us at sprint@actionasiaevents.com with VOLUNTEER in the subject headline with contact details if interested.

Getting to Repulse Bay

Buses from Queensway (in front of Admiralty MTR) and Exchange Square, Central 6, 6A, 6x, 61, 66, 260, 262, 315, 399, 63, 64, 65, 73, 973

NO DRINKS AT START SO PLEASE BRING YOUR OWN DRINKS TO START THE RACE.

Drinks on course at HALF WAY CHECK POINT – Please bring your own water bottle waist pack or hydration system for re-fill.

Tai Tam Rd Check point

Bonaqua and BonActive Sport drink will be available (max 2 bottles each) at the river gully entrance near Tai Tam Rd at end of Tai Tam Intermediate Reservoir roughly about 60% through the course. ***No bottles are to be taken away from checkpoint*** so please bring your own water bottle or hydration system/camelpak for the 2nd half of the course.

No bottles will be allowed to be taken away from check point.

See course map on website. Protrek and Chamonix stores has good discounts for you if you need to purchase hydration systems.

Finish Line

Bonaqua, BonActive, Pure Blonde Beer. (and hopefully music if we can get electricity).

The Course Route

Starts at 9am at Repulse Bay Beach 100m east along the beach from the 7-11 store and starts with a beach run going West direction for 200m around a lifeguard stand, turns back running on the sand back East direction to the small pier in front of the Chinese temples, short jump off the 1.5 - 2 meter wall into the ocean, (PLEASE TAKE YOUR TIME AND DON'T LAND ON THE PERSONS HEAD IN FRONT OF YOU AS CAN BE DANGEROUS IF YOU JUMP ON SOMEONE) short 5m - 7m swim (sometimes waist to chest deep so don't be scared) or wade as water is not very deep to the sand,

running along the sand 300m to the main road near the 7-11. Turn right when facing 7-11 and then first left turn at round-a-bout that takes you up the main road to the Repulse Bay Gap trail entrance (Tsin Shui Wan Au) above the petrol station and school. Hike/run up Wilson trail stairs until first intersection and left turn on Tsz Lo Lan Shan Path trail going around Violet Hill. Just before catchwater right turn up the ridgeline (if you keep running to the cement catchwater you have gone to far). Trail goes up the backside of Violet Hill to the top (very overgrown with many tree branches near your eyes so keep your hand in front of your face for protection) and does a sharp right turn immediately back down towards Wilson trail going down a short 10 meter slippery section that you will have to hold the grass to you're your balance for majority of you. Straight back down Violet Hill Wilson trail stairs to the Repulse Bay Gap (Tsin Shui Wan Au) again, (bottom of the Twins) turn left when facing the Twins along a lower easy hiking trail that follows the Tai Tam Intermediate Reservoir.

You must wear your helmet on your head for this last 2nd loop until you reach the cement catchwater. After this if you don't want to wear it on your head you still must carry it with you as the rules are you must carry the helmet with you the entire race.

After a short distance of 200m trail running in the direction of the Tai Tam Intermediate Reservoir, sharp left down a river gully 300m which is more like rock scrambling or bolder hopping, hand rope lines off a small waterfall cliff, climb along rocky slab section and turn sharp right up another 300m river gully (rock scrambling) back to same reservoir trail and turn left on trail continuing to the end of reservoir dam. At the reservoir cement dam you will go on to the cement road downhill 200m until the Bonaqua/BonActive water checkpoint.

After the water cp, turn left into the reservoir and cross a small river and up the Tai Tam river gully and follow up gully in the direction of the upper Tai Tam Reservoir. Usually there is very little if any water in this river so you should be able to go the whole way up without getting your feet wet.

After running on rocks and slabs for around 1km you will exit by climbing a short 2 meter ladder on the left side and follow a cement trail/road that leads to a small house on a hill, then down some stairs covered in leaves to the cement catchwater. From here the rest is quite easy as you follow the catchwater for 2km back in the West direction of Violet Hill, then when reaching the Wilson trail stairs turning left down to the Tsin Shui Wan Au (Repulse Bay Gap). **DON'T CROSS THE BRIDGE AGAIN OR YOU WILL DO THE SAME LOOP AGAIN.**

Instead you will see the garbage cans at the beginning of a catchwater and turn right here which is the same way you came up at the beginning of the race to this point. You are following the same route back going down the dirt trail to the main road by the school. From here please stay on the left side of the road and try your best to take the sidewalk down to the Repulse Bay beach as there are cars & buses on the road. The beach entrance will be 50 meters before the 7-11 if open as there is a gate here or we will just use the same entrance depending if LCSD leaves the side gate open or not. If the side gate is

closed then continue to the 7-11 entrance that you started at and enter here and when reaching the sand turn left and run along the sand to the beach finish.

Shorter Course

If competitors don't want to do the 2nd loop please inform the marshal at Tsin Shui Wan Au (Repulse Bay Gap) that you will take the shortcut back to Repulse Bay beach and are pulling out of the race. Please note you will be marked as "DNF" or Did Not Finish if you do this. You must wear your helmet on the 2nd half of the course.

Problems passing

Due to the Violet Hill overgrown single track trail early in the race passing on this section is very difficult so we suggest if you are competitive and are looking for a top category position to push a little harder than normal to get into a good position before the Violet Hill climb. After Violet Hill there will be plenty of passing opportunities.

Please DON'T THROW ANY GARBAGE ON THE COURSE.

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 first aid at the main entrance finish area. 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 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 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.

Safety Briefing before the race

There will be a short briefing before the race at 8:50 – 8:55am at the start area. 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 sprint@actionasiaevents.com with "safety briefing" as the headline and we will view your comments.

Course route, race signage and ribbon marking

There is a map of the Repulse Bay course uploaded as an attachment to our website at the bottom of the Repulse Bay page for your viewing. We request all competitors to print out

the map and bring with them incase they get lost. Their will be **Bonaqua arrow 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 little markings once you are on the trail or road until you reach the next intersection.

Average Time Expected

1.5 hrs – 3.5 hrs

Previous Winners:

2004 - Neil Tate / Mark Williams (tie) - 1 hr 07 min 01 sec (shorter course)

2005 - Gary Mandy - 1 hr 17 min 10 sec

2006 - Pedro Ribeiro - 1 hr 23 min 05 sec

2007 - Adrian King - 1 hr 17 min 40 sec

2008 – Stone Tsang – 1 hr 13 min 35 sec

2009 – Chuck Cosman – 1 hr 16 min 30 sec

see website for all winners and previous races for full results

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 overtake you. No pushing and shoving please.

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:

1.5 - 2 liters of sport/energy drink– If you plan on walking the course bring at least 4-5 gels and maybe 1 energy bar.

750 ml - 1 liter of sport/energy drink – If you plan on running the course (with 3-4 gels).

DON'T THROW GARBAGE ON THE COURSE. BRING YOUR OWN WATER WAIST BOTTLE OR HYDRATION SYSTEM.

Hydration on Friday & Saturday BEFORE RACE DAY

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. Please help us report anyone you see blatantly throwing garbage.

Where is the finish line?

Same as start line. Repulse Bay beach.

Where to buy food after the race

There is a Pizza Hut, 7-11, Starbucks, small noodle shop by parking lot and a supermarket opposite Repulse Bay beach.

Sunscreen and Clothing

Recommend using sunscreen on back of neck, shoulders, face and arms as in any kind of weather you can get burnt.

Shirts - Recommend wearing lightweight singlet or the official quick dry material singlet given out at registration if you have paid and registered before the race. Quick dry material will dry fast when wet.

Shorts - Some prefer running in cycling pants/tights, but a word of caution that some have slipped on their butt in past races and ripped holes from sliding on their bums so beware. Normal running shorts are fine. Some prefer a bit stronger material and slightly longer pair of shorts compared to the ultra thin running shorts. Comes down to what you find comfortable in off road running.

Prizes

There are some great lucky draw and category prizes from Protrek, Salomon and more with trophies for top 3 in each category so stick around for the lucky draw after the awards ceremony around 11:30 – 12:00.

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.

Train smart and injury free.

Race Director & Course Designer – Michael Maddess and staff at Action Asia Events
sprint@actionasiaevents.com
www.actionasiaevents.com