

# **Bonaqua Action SPRINT**

## **Adventure Race Series**

### **Newsletter**

**Sunday Mar 28, 2010 – 9:30 am start**  
**Mui Wo to Pui O, Lantau – 12 km**

**Remember – You need to wear a helmet in the race (bike helmets recommended or climbing helmet). Trail shoes recommend as more comfortable.**

The series would not have happened and all supporting partners:

**Bonaqua – Co-Title Sponsor – Official mineral water - [www.bonaqua.com.hk](http://www.bonaqua.com.hk)**

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

BonActive – Official energy drink. - [www.bonaqua.com.hk](http://www.bonaqua.com.hk)

Protrek – Supporting sponsor [www.protrek.com.hk](http://www.protrek.com.hk)

Stretch – Supporting sponsor – [www.stretchasia.com](http://www.stretchasia.com)

OLN – Legal partner – [www.olin-law.com](http://www.olin-law.com)

Discovery Bay – Supporting venue – [www.hkri.com](http://www.hkri.com)

The Dublin Jack – Supporting venue – [www.delaneys.com.hk](http://www.delaneys.com.hk)

Pure Blonde beer – Official beer [www.fosters.com.au](http://www.fosters.com.au)

Salomon – Official trail shoe - [www.salomonsport.com](http://www.salomonsport.com)

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

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

St Johns Ambulance – Supporting partner

**Please DON'T THROW ANY GELS & BOTTLES / GARBAGE ON THE COURSE. No water bottles allowed to be taken away from water cp.**

### **Registration**

**Starts at 8:20am. Finishes 9:15am (Behind McDonalds next to Ferry Pier/Bus Station). Remember race starts at 9:30 am**

**Remember to check ferry schedule so go early if you're not sure how to get there.**

## **Registration procedure**

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. 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 the start, which must be worn somewhere visible on the **FRONT of you**. 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.

## **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](mailto:sprint@actionasiaevents.com) with VOLUNTEER in the subject headline with contact details if interested.

## **Getting to Mui Wo:**

### **From Central (Mui Wo Pier #6 in front of Exchange Square/IFC)**

Fast ferry: 8 am, 8:30 am (recommend 8am) – takes around 35 min

Slow ferry: 7am – takes around 55 min

### **From Tung Chung:**

Tung Chung MTR station has Mui Wo buses leaving frequently. Bus or Taxi will be a min 25-30 minute ride.

***NO DRINKS AT START SO PLEASE BRING YOUR OWN DRINKS (WITH A HYDRATION SYSTEM) TO START THE RACE. Drinks only at half way cp and finish.***

### ***Pui O Check point***

Bonaqua and BonActive Energy drink will be available to everyone at a little over half way into the course at Pui O Beach (8 km into the race). No bottles allowed to be taken away from checkpoint so please bring your own water bottle or hydration system for the 2<sup>nd</sup> half of the course. **Please DON'T THROW ANY GARBAGE ON THE COURSE.**

Map of course uploaded to Action Asia Events website. Hydration systems available at Protrek store. Good discounts.

### ***Finish Line***

Bonaqua, BonActive, Pure Blonde beer & music.

### ***FOOD***

Remember that HK\$ 95 will get you an awesome Ooh La La 10 ounce Angus Cheeseburger with fries at the finish. If you have family and friends recommend booking ahead for table reservation at 2546-3543.

### **The Course Route**

The start is behind the Mui Wo McDonalds and follows the Mui Wo Ferry Pier Road around 700m to the 2<sup>nd</sup> Lantau Trail entrance at the end of the road near the helicopter pad. You turn right into the mesh fence opening and a short 50m hike up to the Lantau trail, then left and follow the 7km Lantau Trail involving rolling hills and some stairs to Chi Ma Wan Road. When you reach this Chi Ma Wan cement road you will turn right and stay on the road going down hill for around 1km (watch out for cars!!) until you reach the river crossing on your left that is a short cut to the other side of the beach. You will cross this river and continue running along the beach about 400m until you reach Treasure island restaurant checkpoint water station in front of the LCSD lifeguard stand. Recommend refilling your hydration system for the 2<sup>nd</sup> half of the course. Then you'll be continuing a 400m run along the sandy beach to the beginning of the rocky coastline.

From this Pui O coastline point you MUST have your helmets on for the rest of the race. Run 700m-coastline walk/run scramble then a right turn at the first main river stream you meet. When going up this river stream after 300m or so there will be a "Y" river intersection and you will go LEFT and continue along this river under the main hwy bridge and along the river stream for another 1km until you reach the catchwater. Climb the bank on the left side before the catchwater bridge through some shaggy bush and turn sharp left on catchwater and after only 20m on catchwater TURN SHARP LEFT again in BBQ pit and run to the back of the BBQ pit where there will be a small trail going downhill 400m until San Shek Wan village. Continue running through San Shek Wan village on the cement main road until you hit the South Lantau Road and TURN RIGHT.

Follow the South Lantau Road along the sidewalk for around 300m or so and cross the road to the LEFT SIDE at the S. Lantau Rd BBQ pit. BE CAREFUL from oncoming fast moving buses and cars. Run through the BBQ pit and down the trail at the back towards the ocean around 300m then you will hit the beach coastline and TURN LEFT and continue along the ocean coastline all the way back to the finish line at Treasure Island about 1500 m away. Please be careful on the final coastline stretch as this is where you'll be tired.

Public showers on the beach at LCSD facility with public toilets. Checked in baggage will be delivered to a luggage tent at the side of Treasure Island opposite the showers. Total course close to 12 km.

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

### **Shorter Course**

If competitors take more than 2 hours to get to the river section they will NOT be allowed to continue past PUI O Beach as we want everyone off the course in 3.5 hours. There will be a cut-off at the bridge near San Shek Wan village as slow competitors will not be allowed to continue up the river after 11:45am and will be turned directly to the BBQ pit on S. Lantau Rd to go back following end of race course route.

### **Previous Winners on Mui Wo course**

#### **Men**

Jul 2003 – Wong Wai Kin – 1:40:02 (MW to Cheung Sha)

Feb 2004 - Adrian King - 1:19:05

Nov 2004 - Adrian King – 1:23:35

Mar 2006 – Gary Mandy - 1:13:04

Apr 2007 – Ryan Blair - 1:17:45

Apr 2008 - Tsang Siu Keung - 1:12:51

Apr 2009 – Pedro Ribeiro - 1:11:39

#### **Women**

Jul 2003 - Claire Price - 2:00:26 (MW to Cheung Sha)

Feb 2004 - Lam Lai Po - 1:44:20 (Rachel Sprosten-team 1:32:49)

Nov 2004 - Lam Lai Po - 1:45:01

Mar 2006 - Hiko Takeda - 1:35:39

Apr 2007 - Jeanette Holmes-Thomson - 1:32:53

Apr 2008 - Claire Price - 1:28:03

Apr 2009 – Nadia Koucha - 1:37:20

### **Average Time Expected**

2 hrs

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

After the main 1km road start the first 2-3 km of Lantau trail will have very narrow trails before the course opens up. This means if you are competitive we suggest you run the first km on road hard to get in front in the Mui Wo race.

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 on the Lantau trail.

## **Toilets upon arrival**

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

## **Helmet**

You must start with the helmet and **carry** with you the whole race. You **MUST** wear it for the 2<sup>nd</sup> half of the race starting at Pui O Beach when entering the coastline rock scrambling section and keep it on until the finish.

If you don't like wearing it for the first half we recommend clipping your helmet on to your hydration system for the first half of the course and wearing it after the Pui O check point. Most will prefer just to wear the helmet the whole race as much easier.

## **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 3-4 gels, maybe 1 energy bar and possibly 2-3 salt tablets.**

**750 ml - 1 liter of sport/energy drink – If you plan on running the course with 2-3 gels and 2 salt tablets).**

**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.**

### **Luggage / Clothing / Drop bags – Yes at start**

Number tags will be given out at registration to put on your own bags/packs. All bags will be transported from the start (Mui Wo) to the finish (Pui O Beach Treasure Island) by the race organizer. 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.

### **Where is the finish line?**

Pui O Beach is around 10 minutes by bus/taxi from the Mui Wo ferry terminal. You will go along South Lantau Road until Chi Ma Wan Road then along Chi Ma Wan Rd for 200m and turn right directly to the beach 500m away. Note taxis are difficult to catch on Lantau on Sundays. Pui O Beach will take around 30 minutes by bus/taxi from Tung Chung MTR.

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

Treasure Island is helping us sponsor the venue so it would be appreciated if some of you support them by purchasing food of some sort in their restaurant. The seats inside are reserved for those eating.

### **Sunscreen and Clothing**

Recommend using sunscreen as in any kind of weather you can get burnt and wear light weight quick dry material shirt or singlet (or Bonaqua Volvo Action SPRINT singlet) that will dry fast when wet. Note if you prefer running in cycling pants/tights a few people have ripped holes in their bums before 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.

### **All the prizes**

Protrek, Marathon & Giga sports, Salomon shoes and more. Trophies for top 3 in each category so stick around for 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](mailto:sprint@actionasiaevents.com)  
[www.actionasiaevents.com](http://www.actionasiaevents.com)