

# PLEASE READ - IMPORTANT REMINDER – HK50

1. Google link for uploading PCR TEST RESULT within 48hrs a must

<https://forms.gle/LmvTUdCnVZHXkwpq5> or email to [payment@actionasiaevents.com](mailto:payment@actionasiaevents.com) if uploading issues. Need to have the record with you for spot checks (paper or digital). Please note that you must get tested by the time the race starts in order to race. Government requires testing so there is ***NO exceptions.***

2. Booking PCR test we recommend <https://www.communitytest.gov.hk/en/>

3. NO luggage checkin so please bring only what you need to race as govt policy.

4. NO FOOD allowed by organizer at CP so bring enough gels/bars/electrolytes to get you thru race.

5. Only water at CP and finish but YOU CANT TOUCH so please let marshal pour for you in your hydration bottle/flask/bladder and stand back 1m for safety.

6. KNOW YOUR WAVE # as you must line up ready to go 10min before 1m apart and be ready for your wave to move into position. This is your chance to be a rockstar so don't mess it up!!!!

7. Face masks must be worn at start (remove 100m after start) and finish after crossing finish line immediately please put on. (Can allow up to 2min if need to catch breath after finish).

8. Upon finishing, please do stop by the finish timing tent also to announce and confirm your bib number and wave in order for double checking.

9. Only 4 people together max so please don't do large selfie photos or you will get organizer in trouble so help us be responsible as government health departments are watching and affects whole industry in setting example that trail runners are professional.

10. You should leave after finishing so we kindly ask you not to wait inside the Action Asia tent area. If you absolutely must wait for a friend, please wait outside the race boundary area or police will give Action Asia difficulty for not following guidelines.