



LANTAU TRAIL 70 race rules

Bag drop

-solo runners

- We will announce race pack pickup info prior to the race
- Solo runners will find their number bib, t-shirt, gift, blue finish line drop bag tag & green Tai O drop bag tag in their race pack
- Solo runners may drop their finishing bag which will be stored at the finish area in Mui Wo until they cross the finish line, as well as 1 drop bag for Tai O (CP2).

個人組別參賽者

- 個人參賽者將於賽前領取號碼布 - 時間及地點請留意我們的郵件及Facebook更新
- 參賽者可於起點寄存行李，行李將存於 start/finish line 內供參賽者於完成比賽後領回
- 每名參賽者亦可寄存一個補給包於大澳（2號檢查站）領取。

-relay runners

- We will announce race pack pickup info prior to the race
- All relay runners can drop a bag in Mui Wo at the finish area for safe keeping, during the duration of the event, to be picked up after their run leg. Alternatively, runners can give a finish bag to their teammates running the next section to retrieve at the finish of their own relay leg. We highly recommend relay teams coordinate drop bags within the

team. **Only Solo Race runners are allowed to send a drop bag to Tai O.**

四人賽接力參賽者

- 只需要團隊中的一名參賽者提供隊員資料報名
- 接力參賽者將於賽前領取號碼布 - 時間及地點請留意我們的郵件及Facebook更新
- 所有接力參賽者可於比賽期間於梅窩 start/finish line 存放一件行李，並於完成自己的賽程後於梅窩取回
- 參賽者亦可選擇預先將行李交給負責下一段賽程的隊友，以便於完成自己接力的賽程後取回

Littering

Littering

- We stress the importance of keeping our country parks and trails free of rubbish. Runners must carry their own rubbish until they find a rubbish bin along the route or at check points.
- Any runner found littering will be automatically disqualified and banned from future LBC + The Trail Hub events. Please help maintain our beautiful country parks and trails in Hong Kong

垃圾處理

- 我們應力保郊野公園的清潔。參賽者不得隨地丟棄垃圾。任何參賽者被發現在賽道上丟棄垃圾將被取消參賽資格，並將失去日後參加Lantau Base Camp+The Trail Hub舉行的其他賽事的資格。

Mandatory Gear

- Hydration system of a minimum of 1.5 litres or more. – All runners – solo and relay runners.
- Mobile phone with race directors phone number in it. Valerie Lagarde 94400440, Jeremy Ritcey 90109069, Martijn Doekes 6015 8215 (English), Echo Gong 6495 8251 (English and Chinese)
- Octopus card or cash (\$200 hk) to use public transport and ID so we can see who you are in case of emergency.
- Food, energy gels, bars, of at least 250 calories to get you to the next CP.
- Headlamp with spare batteries to get you to the finish (From CP2)
- Spare headlamp or torch (From CP2)

Recommended Gear

- Lantau Trail Map
- Electrolytes and or salt tabs
- Sunblock, hat visor
- Small towel
- Hiking Poles
- Cash in case you choose to buy food or drinks at Ngong Ping, Tai O, Shui Hau or Pui O or need transport to Mui Wo.

必需裝備

****本賽需所有參賽者帶必需品，任何參賽者被發未有帶以下必需品將會被取消參賽資格****

- 1.5升或以上飲品，所有參賽者（個人及接力）均須達到要求
- 手機，並已記下主辦人聯絡方式：Valerie Lagarde 94400440, Jeremy Ritcey 90109069, Martijn Doekes 6015 8215 (英文), Echo Gong 6495 8251 (中文)
- 八達通或200元以上港幣（以作乘搭公共交通用途）和身份證
- 擁有最少250卡路里的食品,能量膠或其他小吃
- 頭燈和電池（2號檢查站起）

- 備用頭燈或電筒 (2號檢查站起)

建議裝備

- 大嶼山地圖
- 電解質片及鹽丸
- 防曬霜, 帽子
- 頭巾
- 爬山杖
- 足夠現金

Check points / Aid stations

- There will be a check point at the end of every leg, with water and food available for solo runners and runners of that leg only. Runners are allowed support crew **in the aid station area only**, and can only relay in this area too
- We will also have a first aid team set up at the aid stations and the finish line. Although there are aid and water stations on course, racers should make every attempt to carry their own aid / fluid replacement systems while on course. No plastic bottles will be allowed to be taken away from aid stations.
- Runners need to carry enough water to complete the long sections. Aid by teammates or other people outside the checkpoints is strictly forbidden. Runners or teams violating this rule will be disqualified from the race. Suggest water amount at each leg:
 - Section 1 - carry 1.5 - 2.5 litres of water
 - Section 2 - Carry 1.5-2.5 litres of water
 - Section 3 - carry 1.5-3.0 litres of water
 - Section 4 - carry 1.5-2.5 litres of water

比賽規則

- 請參考英文版本

退款或轉讓

- 在任何情況下，報名費將不獲退還（包括取消賽事）。賽事只會於懸掛八號風球或黑色暴雨警告下取消或延期。主辦機構會盡力重新安排賽事於稍後日期舉行。如登記參賽者未能於重新安排的賽事日期參賽，參賽者認可有關於報名費將不獲退還
- 參賽名額轉讓可通過racematix.com網站申請。轉讓截止日期為開賽前兩週（10月13日），100港幣的轉讓費用將由Racematix公司收取。參賽者資料的變更將不收取費用
- 請妥善保管遺失號碼布及計時器，若遺失需要收取各50港幣

Race Rules

- Race participants must follow the marked course route the entire way and have the timing chip scanned at check points
- Taking short cuts, altering the course markings and signs is strictly prohibited and will be grounds for disqualification.
- Pacers, Bandit Runners is strictly prohibited
- Outside check point support is strictly prohibited. Outside support is only permitted at the checkpoints. Runners may use their own money that they carry themselves to purchase food and supplies from shops along the course.
- Being rude or abusing volunteers is strictly prohibited and will be grounds for disqualification
- Bib number must be visible at all times on the outside of your clothing and on the front of your body. Do not cover over your bib number
- Littering on the course is strictly prohibited
- Respect the public's use of trails, country parks and road and assist injured runners
- Dropping Out: You must notify the check point staff at the closet check point and/or phone the race director
- Missing a Cut Off Time: If you miss a cut off time, you must exit the race. No exceptions.

- You must carry the mandatory gear at all times during the event. Random gear checks may be performed during the event. Any participant without the mandatory gear will incur a penalty ranging from a time penalty to disqualification based on the severity of the breach
- Lantau Base Camp Limited and The Trail HUB have their own public liability insurance. This does not include personal accident of race participants. We suggest race participants to have their own insurance
- Breaking any of the rules may incur a time penalty or disqualification. Race organisers are authorised to uphold regulations and to impose a penalty or disqualification
- Race participants must provide true and accurate information to the organisers. Any wilful dishonesty may render a participant's entry invalid and the organisers reserve the right to amend and / or cancel such participant's entry without compensation.
- The organisers reserve the right to make changes to the event rules and requirements, route and/or other arrangements as they deem appropriate.

Refunds or transfers

- There are no refunds for any reason including event cancellation EXCEPT PREGNANCY. The event will only be cancelled or postponed due to T3 or Black Rainstorm and Lantau Base Camp Ltd. and The Trail Hub will make every effort to reschedule the race to a later date. If the registrant can not make the rescheduled date, the registrant acknowledges that no refund will be granted.
- Transfers can be done on the registration page up till two weeks before the race day (12th October 2019). A fixed fee of HK\$100 will be charged for any registration changes (personal information changes are free of charge).
- Replacement chips are charged HK\$50 per chip and BIBs are charged HK\$50 per BIB to the participants.

Participant Waiver

- By signing up to Lantau Base Camp and The Trail Hub's races, the registrants acknowledge participating at their own risk and hereby for themselves, heirs, executors and administrators, waive and release any and all rights and claims no matter how arising they may have as a result of having participated in this event including without limitation and negligence. They expressly confirm their understanding that the participation in this event is entirely at their sole risk and that the organizers and sponsors of the event, and their respective officers, employees, agents, and all volunteers or other persons engaged in the production of the event or otherwise associated with it shall have no liability for any damages sustained by them or any injury or loss, including personal or property loss, which they might suffer.
- They acknowledge that their image may be recorded (by video or photograph) during the events. They agree to the use of their name and image in broadcasts, newspapers, brochures, promotional material and other media without compensation.
- Lantau Base Camp and The Trail Hub have their own public liability insurance. This does not include personal accident of participants. We recommend that you have your own personal accident cover.