

泥跑 2019

Mud Race 2019

參加者須知 Participant Guide

賽前準備 Race Preparation

- 主辦機構建議參賽者自行投購 個人意外保險。

We recommend that you have your own personal accident cover. .

- 參賽者需衡量其身體狀況是否適合參作賽。如有疑問，請先諮詢醫生意見。大會建議參賽者於號碼 布後寫上個人病歷、緊急聯絡人姓名及電話。

Participants should ensure their health condition is suitable to complete the race.

Participants are suggested to seek medical advice in advance if you have doubts.

Participants are also recommended to write down their medical history, emergency contact name and number at the back of bib.

- 參賽者號碼布不得轉讓，如有代跑者，大會將取消其參賽資格。

The numbering cloth cannot transfer, offenders will be disqualified.

- 參賽者有責任熟讀及清楚了解比賽規則。

Familiarization with rules is strongly recommended.

- 領取賽事包時，請檢查清楚賽事包內有的物資

When collecting your race pack, please check and make sure Race Pack have the materials as below

競賽組別

號碼布連計時晶、鞋舌晶片、號碼布橡根帶、耐水索繩袋、紋身貼紙及泥跑 T 恤。

Competitive Run

one Numbering Cloth with timing tag, one Shoe Tag, one Numbering Cloth Straps, one Water Resistant Drawstring Bag, one Tattoo Sticker and One Mud Race Tee.

自由泥跑組別

號碼布連計時晶、號碼布橡根帶、耐水索繩袋、紋身貼紙及泥跑 T 恤。

Causal Run

one Numbering Cloth with timing tag, one Numbering Cloth Straps, one Water Resistant Drawstring Bag, one Tattoo Sticker and One Mud Race Tee.

比賽當天 RaceDay

- 請參加者於比賽時間 1 小時前到達大會場地。

Please arrive 1 hour before your race starts.

- 組別以晶片計時紀錄。參賽者如在賽事途中遺失晶片，大會將無法為閣下提供大會完成賽事之正式時間，同時亦無法提供任何獎項。

This is a chip-timed event. All athletes that lose their timing chip during the race are not guaranteed an official finishing time. They are not eligible for prizes/awards.

- 每項障礙均設有罰時區，裁判將決定每名不能完成或犯規的參加者的處罰時間，參加者需進入罰時區等候，罰時後才可繼續比賽，違者將被取消資格。

There is a “time penalty zone” in each obstacles, the judge has the right to send participants, who failed to complete the challenge or broke the rules, into the “time penalty zone”. Penalized participants should stay in the zone during the penalty time before resume to the challenge. Offenders will be disqualified.

- 在“罰時區”的參賽者場可繼續下一項及餘下的賽事。

Athletes who send to “time penalty zone” are still allow continuing racing and considered finishers.

- 所有參加者必須依次序在大會指定比賽範圍內作賽。障礙賽場地已依次標示的障礙。

All athletes must stay on-course within the boundaries and markings set by officials, passing through all obstacles are numbered in sequence.

- 參加者的個人物件可存放於大會提供之行李寄存區。切勿攜帶貴重物品，如有損毀或遺失，大會將不會負任何責任及作出任何賠償。參加者一旦使用此安排，已被假定接受此條款。

Baggage storage will be provided. Please do not bring any valuable items. The Organizer is not responsible for the lost or damage of the baggage stored with us.

- 如活動過程中須向大會查詢及要求協助，請到詢問處與工作人員聯絡。

Should there be any emergencies or assistance needed during the event, participants shall contact the officials at the information centre.

- 參加者必須確保體格適宜參加比賽，大會工作人員或救護人員有權因應參加者體能狀況，中止參加者繼續參賽資格，參加者不得異議。如有疑問，請先諮詢醫生的意見。

Participants must ensure that they are physically fit to join the event. The Organizer has the right to terminate or pause the participants if there is deemed to be any risk to their health. Participants must abide by this decision. In cases of doubt, please seek medical advice in advance.

參賽者需於比賽後盡快前往行李寄存區取回物品。

Participants are required to collect personal belongings back as soon as possible after race.

賽事成績將以大會時間為標準。

Race result calculation will be based on official clock.

參賽者必須按照及服從大會指示和安排，否則大會有權取消其參賽資格。 Participants should follow Organizer's instruction; offenders will be disqualified.

參賽者如有任何上訴，須於賽果公佈後十五分鐘內提出，逾時個案恕不受理。

Appeal is only acceptable within 15 minutes after result announcement. No appeal will be entertained afterwards.

- 參賽者如對賽果有任何爭議，則以當日賽事裁判為最後決定。

The organizer reserves the right of final decision.

- 所有參加者必須在比賽進行所有賽事中保持前進。(嚴禁坐在障礙上)

All athletes are required to maintain forward progress on all obstacles and throughout the course (e.g. sitting atop obstacles is not permitted)

- 參賽者必須自力走或跑畢全程。

Participants must complete the marked course on foot under their own power.

- 所有參加者務必保持清潔並取回所有自攜物品離場，違例者可能需進入罰時區或取消資格。

All athletes must exit the course with all items they brought in. Please keep the course clean. We take this seriously. Offenders may result in disqualification from competition.

- 參賽者不得破壞或騷擾任何植物或動物。

Damaging or disturbing any flora or fauna is strictly prohibited.

- 參賽者必須於所有時間遵行檢查站負責人員及賽道糾察的方向指示。

You must obey directions of checkpoint staff and course marshals at all times.

- 支援人員必須遵守所有檢查站職員的指示，譬如按職員要求在檢查站區域騰出空間。主辦機構對支援人員的安全或行蹤概不負責。

Support crews must follow the instructions of all checkpoint staff including requests to vacate certain sections of the checkpoint area. The event organizers are not responsible for the safety or whereabouts of support crew.

- 參賽者須對其支援人員的行為負責。參賽者支援人員必須遵從主辦機構職員和負責人員的一切指示。支援人員如有違規或作出不當行為，參賽者可能會被處分或取消參賽資格。

The participant is responsible for the actions of their support crew. Support crews must comply with all instructions from event staff and officials. The participant may be penalized or disqualified for actions or breaches of the rules by their support crew.

- 參賽編號必須置於賽衣前方，於任何時間均清晰可見，沒有號碼布的參加者會被取消資格。 Race numbers must be visible at all times on the outside of clothing (at the front). Otherwise, organizer has the right to disqualify participants.

- 大會允許參加者佩戴眼鏡(可連眼鏡繩)，但基於安全理由大會不鼓勵參加者佩戴。 Glasses (with glasses rope) are allowed but discouraged for safety reasons.

- 除了鞋履，手套和保護裝置外(例如:護肘或護膝)，嚴禁利用任何衣物或個人物件協助完成賽事。 Beyond shoes and gloves or protective gear (i.e. elbow pads or knee pads), clothing/personal equipment may not be used in to assist the completion of an obstacle.

- 嚴禁攜帶酒精，武器及危險物品進於賽事範圍。 Alcohol, weapons, and other dangerous objects are not allowed on the course.

- 檢查站提供的飲料，只供參賽者享用。 Drinks at the checkpoints are reserved for runners only.

- 大會保留更改賽事路程及調整障礙賽難度的權利。 The Race Director reserves the right to introduce additional time cut-offs and modify current obstacles as needed.

- 若參賽者退出比賽，均必須通知最近檢查站的負責人員及簽署退出表格(除非於比賽途中的醫療人員協助)。

If you withdraw from the event, you must inform event officials and sign the withdrawal form at the closest checkpoint (unless assisted from the course by first aid crews).

- 主辦機構保留酌情修改比賽規則、路線及/或其他安排的權利。

The organisers reserve the right to make changes to the event rules and requirements, route and/or other arrangements as they deem appropriate.

處罰 Penalties

● 每個關卡的詳細資料將於比賽前兩星期內於網站公佈。

Details of each challenge will be posted online two weeks before the event.

● 違反以下比賽規則有可能會被取消參賽資格，取決於其嚴重性。

Breaking the following rules of the event may incur disqualification, depending on the severity of the breach.

● 任何取消資格均由大會作最終決定。

Any disqualifications are at the organizer's discretion and are final.

● 以下是一些違反類別：

The following are some types of breaches to highlight:

-走捷徑及/或不根據大會比賽路線作賽

Taking shortcuts and / or not following the official course

-參賽者及/或其支援人員亂拋垃圾 Littering by participant and / or support crew

-乘坐交通工具 Taking transport

-他人代跑

Using substitute runners

-阻礙及/或導致其他參賽者受傷

Deliberately obstructing and/or causing injury to other participants

-服食禁藥

Doping and the use of prohibited drugs

-更改或破壞比賽路線指示牌

Altering, damaging and/or otherwise tampering with course markings

-破壞或騷擾任何植物或動物

Damaging or disturbing any flora or fauna along the course

-不展示號碼布

Not wearing a race bib

-檢查站關閉後仍繼續比賽 Continuing after cut-off times

-不遵守大會、糾察及應付緊急事故工作人員及/或義工的指示

Not following instructions given by race officials, marshals and emergency attendants and/or volunteer

-辱罵大會、糾察、應付緊急事故工作人員及/或義工，以及其他行山人仕

Being abusive to race officials, marshals, emergency attendants, other trail users and/or volunteers

-將號碼布給予其他人使用

Allowing somebody else to use his / her race bib

-使用他人的號碼布

Using a race bib of somebody else

惡劣天氣 Bad Weather Policy

惡劣如於比賽當日凌晨五時或之前懸掛 8 號或以上颱風訊號,黑色或紅色暴雨，賽事將會取消或延遲，並作另行通知。

If Typhoon Signal No.8 or above ,Black/Red Rainstorm Signal is hoisted at any time before 5:00 am on the race day, the race will be cancelled or postponed. Related notice will be sent out separately.

如比賽進行中天氣惡劣或懸掛上述任何警告，賽事總監有權將比賽賽程改變或取消正在進行中的比賽。報名費將不獲退還。

Should the above Inclement Weather/Condition Warnings be raised after the commencement of race, the Race Director has the right to change the course distance or arrangement or to stop the race. If the race is being stopped, the race will be cancelled. Entry fee will not be refunded

請在比賽早上致電香港天文台查詢有關天氣情況。(電話: 1878200)

Please check the race day weather from the Hong Kong Observatory. (Tel: 1878200)

其他事項 Others

- 大會有權因應需要作出更改賽事的安排及時間，包括延遲賽事時間。
Organizer reserves the right to change the race schedule or race starting times as necessary, including postpone race-starting time. Participants are advised to arrive at the race venue as early as possible.
- 本賽事委改及解釋以上規則的權利。任何有關活動的臨時改動或取消，將以大會網站公報為準。The organizer reserves all right to amend or clarify the above race rules. Any changes of event will be announced on the organizer's website.
- 所有參賽者必須遵從大會工作人員之指示，否則可能被取消資格。
All participants must obey the instruction of race officials at all time. Failing to do so may result in disqualification.

參賽者須將垃圾包括水樽等放置於垃圾桶內，如有發現亂丟垃圾，大會可取消其比賽資格。Participants should place the wastes (e.g. water bottle) into the trash can. Anyone disobeying this rule may be disqualified by the organization.

- 大會保留以是次活動照片作日後推廣用途之權利。
The Organizer reserves the right of all photos for future uses and references.
- 所有禮品不可兌換現金。
All prizes are not redeemable for cash.