

**Island Scout Trail Walk cum Walk for Life2011**

**Participant memorandum (Island Scout, Non-Island Scout & District categories)**

Date:	13 <sup>th</sup> March 2011 (Sun)			
Route:	Hong Kong Trail 50km (Big Wave Bay → The Peak)	Hong Kong Trail 25km (Wong Nai Chung Reservoir → The Peak)		
Time limit:	Within 13 hours	Within 7 hours		
Category:	<b>Island Scout (Leader &amp; Youth) Non-Island Scout (Other Scout Regions, Uniform Groups) &amp; Anti-cancer Society</b>	<b>Island Scout (Scout section) Non-Island Scout (Other Scout Regions, Uniform Groups)</b>	District Invitation	Anti-cancer Society
Gathering point:	(1) No. 13 Bus Terminus (Central) (2) Wellcome Supermarket (Shaukeiwan Po Man St.)	<b>Tang Shiu Kin Victoria Government Secondary School (9:00am)</b>	<b>Tang Shiu Kin Victoria Government Secondary School (9:00am)</b>	<b>Tang Shiu Kin Victoria Government Secondary School (9:00am)</b>
Coach departure time:	5:00 am	9:30am	9:30am	10:30am
Reporting time:	5:30 am (Big Wave Bay)	N/A	N/A	N/A
Race start time:	6:00 am	10:00 am	10:00am	11:00 am
Prize presentation time:	4:30 pm (The Peak)			

**Prizes**

- Champion, 1<sup>st</sup> Runners-up & 2<sup>nd</sup> Runners-up; each member of the winner teams will also receive a trophy.
- In order to appreciate the efforts paid by the participants, the Event Organizer (the Organizer) provides also the position 4 & 5 for the competitions, each member of the winning team will receive the prizes with a medal in the prize presentation ceremony.
- Those participants who attended with completion in the event for 3, 5, 7, 10 & 13 years (no necessary to be in successive years) will be awarded a com-memorial cup in the following year.
- All winning teams will receive a “Winner notice card” and “Awardee T-shirts”, they should report to the “Winner waiting zone” by 4:00pm on event day. All winning team members should wear the “Awardee T-shirt” to attend the prize presentation ceremony.

- If the winning teams failed to commit the above instructions, the Organizer reserves the right to revoke the eligibility of this team to win the prize and then the successive team will replace its position.

### **Prizes for the Anti-cancer Society**

- The fastest Teams (50 Km): Champion, 1<sup>st</sup> Runners-up & 2<sup>nd</sup> Runners-up
- The fastest Teams (25 Km): Champion, 1<sup>st</sup> Runners-up & 2<sup>nd</sup> Runners-up
- The most powerful Fund-raising person (Individual)
- The most powerful Fund-raising person (Group)
- The most supportive Group (number of participants)

### **Certificate**

- Certificate of participation will be offered to those who completed the race, which can be obtained at Hong Kong Island Region, Rm 1111 Hong Kong Scout Centre a week after the event.

### **Racing Gear**

- Participants are advised to wear sporting shoes which suitable for such a long walking distance including concrete road and countryside path. New shoes are not recommended due to the period of adaptability.
- In order to avoid getting lost, participants should familiar with the Hong Kong Island maps and know how to use compass. A Route-hints Card may be found useful in finding the direction. This Card will be distributed to the teams on the event day. Participants should also bring along their mobile phones for safety reason.
- If necessary, change shocks in order to avoid toe blain.
- Participants are advised to cut their toe nails before the event.
- Participants are advised to bring to torches which may be used at the beginning of the 50-km race.

### **Food and drink supply**

- The Organizer will provide water, bun, banana in most of the check points, please refer to the location list in the PowerPoint uploaded in the website.

### **Having sufficient rest**

- Participants are advised to have sufficient rest before the event. Abundant dinner is a must before the event day.
- Warm up exercise should be carried out before the starting of the race and each rest time. Rest time is highly advised during the course with event walking distance.

### **Heatstroke**

- Long exposure to sunshine or high temperature will cause heatstroke. Those patients who have suffered heatstroke, his/her skin will turn red and dry. If he/she is still conscious, settle him/her to a cool place with cover, healing with cushion, remove extra clothes and sprinkle his/her body with cool water. All patient suffered with heatstroke should be sent to hospital.
- In order to avoid getting heatstroke, participants should keep drinking water during the competition. In case of feeling sick, he/she should take a break or ask for help at the nearest check point.

Organizer:



Co-organizers & Beneficiaries:



## **Injury**

- First Aid posts will be on garrison in every check point. Participants should ask for help in case of feeling sick or call the emergency hotline 2574 4296.
- People should take of spirit of helping each other. Should the participants finding someone needs help, please give your hands or help to call the emergency hotline. Don't remove any patient if you are not a first aider.

## **Hill fire**

- In case of hill fire happens, keep claim and do not run to higher place; get away from the bush land. In case of emergency and facing a dead end, use your clothes to cover your skin, avoid walking downstream in the wind direction. Call the emergency hotline 2574 4296. Smoking or ignition is strongly forbidden.

## **Love the nature and keep clean**

- Rubbish bins can easily be found at designated point along the whole trail. Use them to drop the rubbish, keep clean with the environment.
- Do not leave tinder or cigarette in the trail.
- HK\$1,500 fine penalty is subjected to those violates the ordinance about cleanness.

## **Severe weather conditions**

- The event will be cancelled or postponed in case of the following weather conditions: No.3 or above tropical cyclone, thunderstorm, flooding, landslip, rainstorm (yellow, red, black) warning signals; API 201 or above. In case there is no warning signal by the time 3:00am, the event will be held normally.
- All special arrangement of the event will be announced on the Regional webpage [www.hkirscout.org](http://www.hkirscout.org)

## **Course and Route-hints Card**

- Starting from year 2011, CP3 (Tai Tam upper Reservoir) has been cancelled; the original name of CP4 will then changed to CP3 and etc.
- Route-hints Card, racing cloth and team participation card will be distributed on the event day. Participants can easy to identify the direction in the road junctions from the Route-hints Card.
- Please keep the Route-hints card for further use.

## **Miscellaneous**

- No changing rooms are provided for the participants.
- The racing clothes and team participation card will be distributed on the event day. All participants should wear their own clothes on their chest position during the competition; team leaders should wear the team participation card also.
- The organizer reserves the right to reject teams to continue the race in case they are late to report at the commencement time or not in the full team reporting (4 persons).
- In case that one of the first-string member cannot turn up on the event day, the registered team substitute member can replace his/her position. Change of members during the race is impossible. All participants should bring along with their own HKID card. Event staffs will have a random checking in the check points or end point. If you are failed to present your own ID card, your team will be disqualified. Random photo-taking will be conducted in the check points.
- The composition of a racing team should meet the requirement set by the organizer once substitute member is used.

Organizer:



Co-organizers & Beneficiaries:



- All teams should report to all check points and end point along the course and obtain a punch mark on their participation card; otherwise, they will be disqualified. Check point staffs will give a punch mark when all of the four members arrived the check point.
- The team will also be disqualified in case one or more team members have injured and cannot continue the race.
- All teams should arrive before the closing time of each check point; otherwise, they will be disqualified.
- The organizer has established an Appeal Committee for the competition. If competition teams want to make an appeal about the results, they should present a black and white letter of appeal to the deputy chairman of the organizer (competition) before 4:00pm. Then he will process your request and give back the reply to you before the prize presentation ceremony. The organizer has reserved rights for the final judgment, no objection can be applied.
- In case any teams want to drop out from the race, they can find the nearest route to the urban area and make a telephone report to the emergency hotline 2574 4296 immediately.
- In case there is no mobile signal coverage, you can dial 112 in emergency.
- If there is any inadequacy or amendments in this memorandum, the organizer reserves the right to make the amendment without prior notice.
- Most of the useful materials can be browsed at <http://www.hkirscout.org>

If there is any dispute of this translation with the Chinese version, all correct information must refer to the Chinese Version.

Updated: 1<sup>st</sup> March 2011

**Organizer:**



**Co-organizers & Beneficiaries:**

