

UD Trail 50 2020

日期: Date:	2020年10月18日(星期日) 18 Oct, 2020 (Sunday)
比賽起點及終點: Start/Finish location:	大棠燒烤區 Tai Tong BBQ Area https://goo.gl/maps/LBW4uMuLv4vgGCFB6
比賽活動距離: Distance:	30 公里 Km, 56 公里 Km
比賽起步時間: Start time:	30 公里 Km – 上午 9:00 AM 56 公里 Km – 上午 8:00 AM
比賽限時: Cut off time:	30 公里 Km – 7 小時 hours 56 公里 Km – 12 小時 hours
比賽補給站: No. of Check Point	30 公里 Km – 3 56 公里 Km – 5
報名費用: Entry fee:	<30 公里 Km - 早鳥優惠(8 月 15 日或前) - \$500, 8 月 15 日後 - \$550> <30 Km – Early Bird (On or before 15 August) - \$500, After 15 Aug - \$550> <56 公里 Km - 早鳥優惠(8 月 15 日或前) - \$650, 8 月 15 日後 - \$750> <56 Km – Early Bird (On or before 15 August) - \$650, After 15 Aug - \$750>
比賽截止報名日期: Entry Deadline:	2020年9月15日 15 Sep, 2020
組別: Age Category:	男子公開組及女子公開組 (18-39 歲) Male Open and Female Open (Age 18 -39) 男子高級組及女子高級組 (40 歲或以上) Male Senior and Female Senior (Age 40+) 各個組別前三名可獲獎品 Prize for top three of age category 30 公里及 56 公里, 全場男女子冠軍, 可獲\$3000 獎金 \$3000 cash prize for overall male and female champion of 30 Km and 56Km **以活動當日年齡計算 Age as of race day
比賽費用包括: Price include:	UD 紀念 TEE 乙件 UD souvenir race tee



FRONT

BACK

56 公里 Km



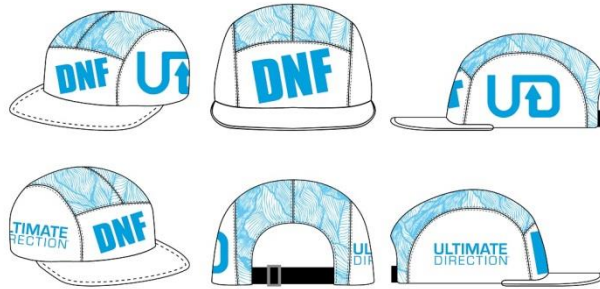
FRONT

BACK

30 公里 Km

完賽紀念帽 Finisher Cap





比賽會進行幸運大抽獎活動，豐富獎品超過 100 份。
Lucky draw for participants with more than 100 prizes will be held.



比賽簡介

UD Trail 50 設有 56 公里，跨越元朗大棠附近的山徑，包括四排石山、蓮花山、清快塘、元荃古道及甲龍古道等。全程總爬升幅度大約 2,000 米。這是一個非常富挑戰性的越野賽事，參加者必須要有充份的訓練才能於時限 12 小時內完成比賽。賽事另設 30 公里組別，限時為 7 小時。

** 路線審批中，路線及檢查點位置可能略有更改

UTMB 資格賽事：56 公里 - 3 分, 30 公里- 1 分 (待確定)

RACE DETAILS

56Km of UD Trail 50 covers the most scenic trails in Yuen Long Tai Tong Area, including Lin Fa Shan, Tsing Fai Tong, Kap Lung Ancient Trail and Yuen Tsuen Ancient Trail , for a cumulative elevation gain of about 2,000 meters. This is a challenging trail run which requires adequate training to complete the full route within 12 hours. This race will also have 30Km category with time limit of 7 hours.

** Route are subject to approval. Minor change on course and check point location will be updated.

Qualifying Race UTMB: 56Km – 3 points, 30Km – 1 point (TBC)

賽道標記、檢查站和地圖

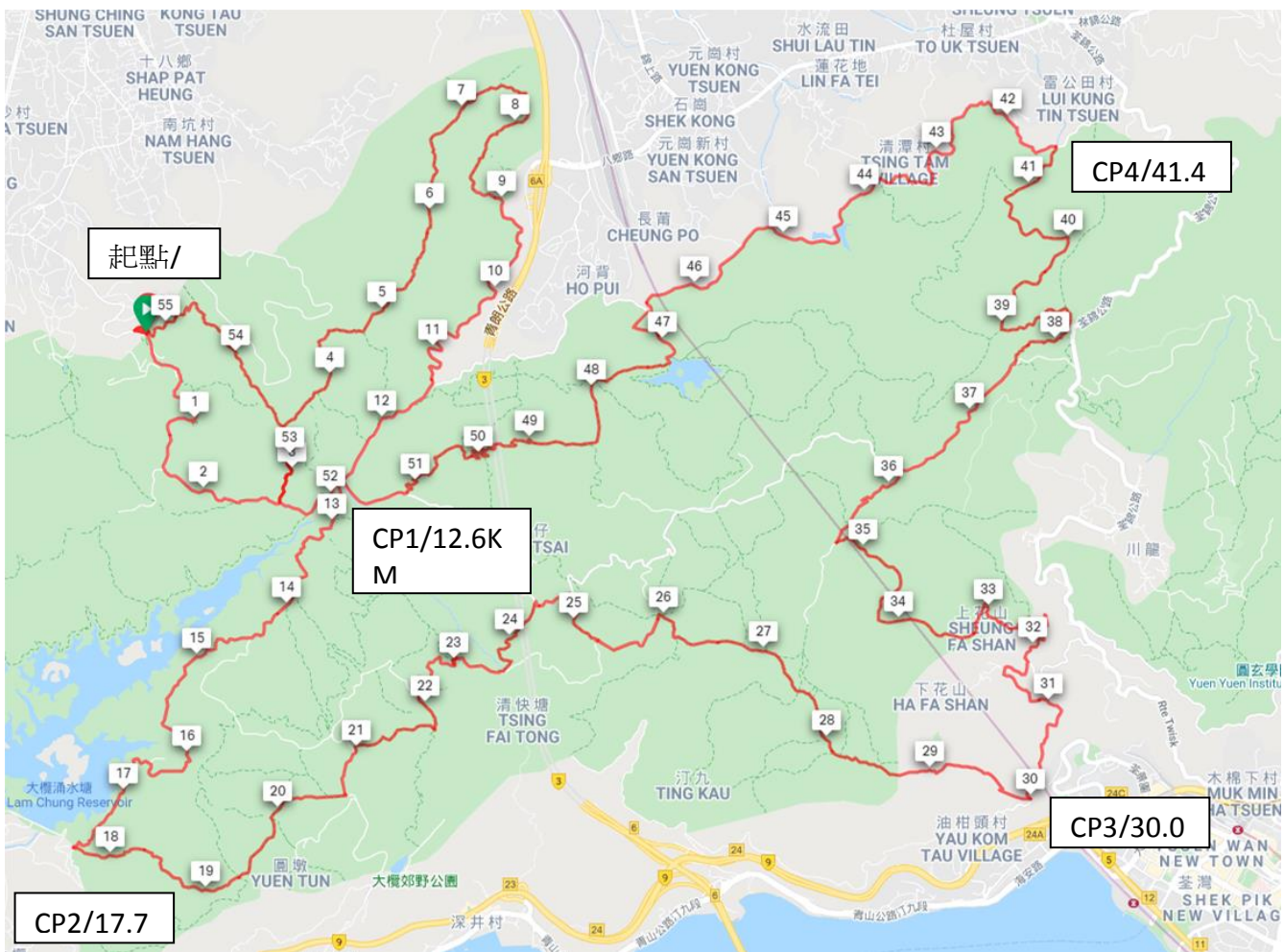
- 賽道和分岔路口以橙色反光絲帶和路標標記。
- 56 公里賽事共設 4 個檢查點 (30 公里 2 個檢查站) (位置於頁下方地圖顯示) 提供飲用水，電解飲品及食物。飲品及食品詳情即將更新。

COURSE MARKING, CHECKPOINTS AND MAP

- The route will be marked with reflective orange ribbons and signs at intersections.
- There will be 4 checkpoints for 56km and 2 checkpoints for 25km (see locations on map) with drinking water, electrolytes, and food. Details drink and food list will be updated.

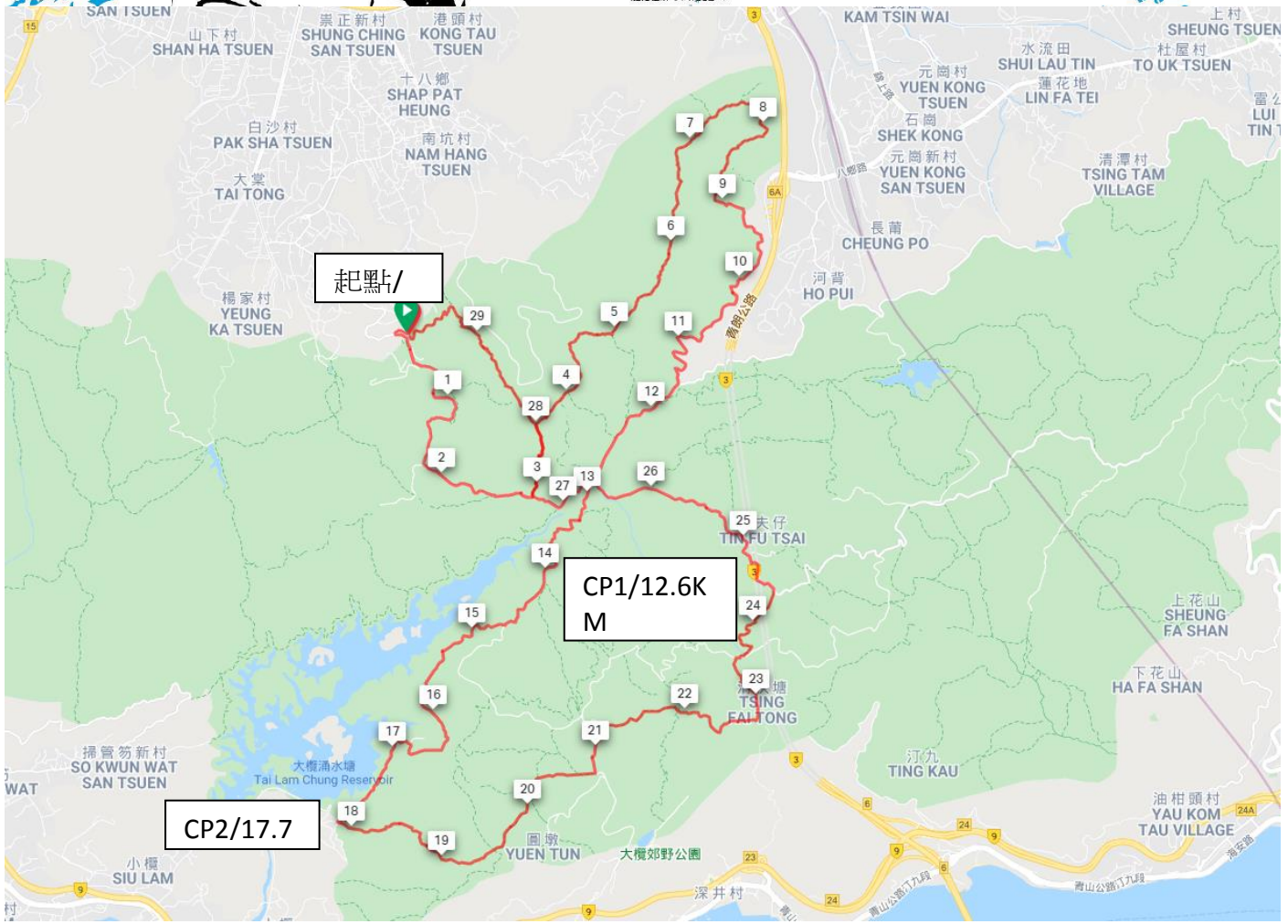


路線圖及檢查站



** 路線審批中，路線及檢查點位置可能略有更改

** Route are subject to approval. Minor change on course and check point location will be updated.



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比賽規則與裝備

是次比賽以半自給自足形式進行，參賽選手需於整個比賽過程中攜帶大會指定裝備。比賽不設中途補給包寄存和提取，支援人員只限於各個檢查站提供支援。檢查站以外不允許支援（如發現參賽選手於檢查站以外領取食物或飲料，將對參與者予以懲罰）。然而，參賽者在沿途的商店、餐廳和售賣機購買飲料/食物，則不在此限。

嚴禁陪跑員或支援跑手陪跑。違規的參賽選手將受到處分或者取消比賽資格。

參與 UD Trail 50 的參賽者必須遵守大會所定下所有規則及裝備要求。在比賽期間大會會進行隨機裝備檢查，如發現參賽者有任何裝備遺漏，將有可以增加時間處罰或至取消比賽資格，所有判決一律以賽事總監決定為準。

RULES & EQUIPMENT

Runners are required to be semi self-sufficient, and must have their mandatory equipment with them at all times during the race. There won't be drop bag on the course and support crew can only provide food/drinks at the check points. NO outside assistance is authorized beyond the limits of the check points (any food/drinks found on the course will be collected by the staff and the participant responsible will be penalized). Pacer and support runners are strictly prohibited. The participant may be penalized or disqualified for breaches of the rules.

Taking part in the UD Trail 50 involves accepting without reservation the current regulations and the ethic of the race. There will be random gear checks during the event and if you are missing any item you will incur a time penalty up to the disqualification, on the discretion to the race director.

強制裝備

- 隨身攜帶至少 1 公升水（水壺或水袋）
- 一支頭燈及備用電池 (不能以手提電話取代)
- 防風外套
- 手提電話 (必須能夠打出電話)
- 哨子
- 個人補給食物（至少 200 大卡）
- 現金（至少 100 港元）



- 號碼布 (主辦單位聯絡人電話將會列印在號碼布上)
- 個人環保杯。為提倡環保賽事，比賽全程不提供任何形式瓶裝水或紙杯，選手須自帶環保杯以飲用檢查站所提供的各種飲料(湯，茶，咖啡)。

MANDATORY EQUIPMENT

- Stock of water minimum 1 litre (bottle or bladder)
- One headlamp with replacement batteries (Cannot use mobile phone to replace)
- Windproof jacket
- Mobile phone (Must be able to make phone calls)
- Whistle
- Food reserve (min. 200 cal.)
- Cash (min. HKD100)
- Race number (phone numbers of the organizers will be on your bib)
- Personal cup. To avoid the wastage of plastic cups at the checkpoints, you must bring your cup along in order to enjoy the different beverages offered (soup, tea, coffee).

建議裝備

- 登山杖。如果您決定使用登山杖，您必須從比賽一開始就配帶使用。禁止在比賽開始時不配備帶登山杖，卻在比賽過程中經由各種途徑取得及使用登山杖。
- 長袖衣服。應付低溫、下雨或受傷的各種情況
- 急救包 (膠布、繃帶、消毒劑、水泡墊片等)
- 太陽油
- 外置充電器供手提電話使用
- 主辦單位已為參賽選手購買公共意外責任險，但不包括個人人身意外險，建議選手慎重考慮自身安全，自行加保個人人身意外保險。

RECOMMENDED EQUIPMENT

- Hiking poles. If you decide to use poles, you must keep them throughout the whole race. It is forbidden to start without poles and recover them up along the way.
- A long sleeves layer in the case of cold weather, rain or injury
- First Aid kits (band, disinfectant, blister pads)
- Sunscreen
- Portable Charger for your mobile phone
- Even though the organizer is covered by liability insurance, participants are strongly recommended to



enroll in their own insurance coverage plan

強制裝備檢查

- 比賽途中將會設有強制裝備檢查站。
- 所有參賽者必需停下及依照工作人員指示出示強制裝備。
- 工作人員可能要求參賽者啟動手提電話以檢查電話能夠打出。
- 所有參賽者必需配合工作人員及比賽義工要求作裝備檢查。如證明有對工作人員或義工有無禮言語或行為，將會導致嚴厲處罰或取消資格。
- 如對裁決有任何異議，請於終點向賽事總監反映。

MANDATORY GEAR CHECK

- Mandatory gear check will be carried out during the race.
- All participants have to stop and present the requested gear to our staffs.
- Our staffs may ask participants to turn on the mobile phone to check its functionality to make calls.
- Participants must cooperate with our staffs and volunteers, any rude gesture, may lead to penalty or disqualification.
- If you have any objection or complaint please reflect directly to the race director at the finishing area.



救援和醫療協助:

- 急救站設於賽道不同位置。比賽期間將有醫療隊伍值班。
- 如果在比賽過程中出現不宜作賽或嚴重受傷的情況，請及時尋求協助。
 - 自行到急救站
 - 尋求其他參賽者協助，代為通知急救站工作人員。
 - 發揮互助精神，若遇上其他參賽者受傷或不適，應加以援手並通知急救站的工作人員。
 - 致電大會緊急聯絡電話

緊記：由於賽道的某些地方比較難以到達，可能會延長等待救援的時間。因此，等待救援期間，參賽選手的安全將取決於隨身的指定裝備及物品。

參賽選手在選擇求助醫療隊伍後，將被視為同時授權並接受醫療隊伍的決定。

急救人員特別授權：

- 終止不適宜繼續比賽的選手繼續進行比賽（記錄號碼布號碼並退出賽事）。
- 在必要時撤離參賽者。
- 如有醫療需要，將參賽者送院治理。
- 緊急救援和接載的費用將由被救的參賽者承擔，其中包括救援人員來回救援的費用。
- 在無法聯絡大會的情況下，可以直接撥打救援電話（特別身處不在移動網絡覆蓋範圍內，請使用「緊急呼救」）

參賽者應緊隨標示賽道前進。即使休息時，每位參賽選手都必須留在賽道上。任何一個參賽選手如果擅自偏離賽道而導致任何意外，主辦單位將不為其承擔任何責任。

RESCUE AND MEDICAL ASSISTANCE

- First aid posts are positioned at different points throughout the course. A medical control team is present during the entire duration of the event.
- If it appears that a runner is in difficulty or seriously injured to call for assistance :
 - Go in person to a first aid point
 - Ask another runner to alert the first aiders
 - It is essential that each runner helps anybody in danger and alerts the first aid point.
 - Call the emergency number of the organizer

Do not forget, that due to the difficulty of access of certain locations, one might have to wait for assistance



for longer than anticipated. Your safety depends upon the items you carry in your bag pack.

A runner calling on the medical team submits himself to its authority and undertakes to accept its decisions.

The first-aiders are authorized to:

- Put any participant with problem to discontinue on the race (by invalidating the race bib).
- Evacuate participant whom they judge in danger, by any means at their disposal.
- To hospitalize at their convenience any runners whose state of health requires.
- Expenses incurred, resulting from emergency assistance or evacuation, are payable by the person rescued who is also responsible for all costs relating to their return from the area to where they were rescued.
- If for any reason it is impossible to make contact with the course organizer, you can call directly the rescue services (especially if you find yourselves in a zone « emergency call only » as several sections do not have mobile network coverage).

Each runner must stay on the way-marked paths, even to take rest. Any runner who voluntarily leaves the way-marked path is no longer under the responsibility of the organization.

檢查站/補給站:

每個參賽選手都必須掛上號碼布。號碼布須置於衣服正面並清晰可見（請勿將號碼布掛在側面或折疊，否則計時系統將無法識別記錄）。沒有全程掛上號碼布的參賽選手將被處罰。

飲料和食物將於各補給站提供。

在比賽過程中，為了避免浪費大量即棄膠杯，所有參賽選手必需自行配備水壺或者水袋，大會不會提供即棄膠杯或紙杯。

參賽者嚴禁在沿途亂扔垃圾。被發現亂扔垃圾者，將被記案並予以處分。請善用各檢查站的的垃圾桶。

CHECKPOINTS

Every runner will be provided with a race bib, and the race bib must be clearly visible and worn on the front and outside of the clothing during the entire race. Runners will be penalized for not having their race bibs with them at all times.



Refreshments (drinks and foods) are offered at each checkpoint.

To avoid the wastage of disposable plastic cups during the race, every runner has to equip himself with bottles or bladders. We will not provide disposable cups at any checkpoints.

Any runner is seen littering along the route will be penalized. Trashcans are provided at every checkpoint.

行李寄存:

選手包中有一個行李牌，必須在行李牌填上閣下的參賽編號、手機號碼與緊急聯繫號碼。比賽當天早上可寄存行李於大會帳篷並於賽後取回。

DROP BAGS

Drop bag only at the start/finish. A bag tag is provided in your race pack. You must write on the tag your race number, your mobile number as well as your emergency number. On the morning of the race there will be tents where you can drop your bag that you will recover at the finish.

上限完成時限和各個檢查站關站時限

各個檢查站都設有關站時限，關站時限即將公布。各參賽選手必須於關站時限前通過各個檢查站，才被允許繼續進行比賽。

若因天氣條件惡劣或者為了安全的情況下，大會保留改道和修改時限的權利。

MAXIMUM AUTHORIZED TIME AND TIME BARRIERS

Cut off time will be imposed at all check points. Cut off time at each check point will soon be announced. To be authorized to continue with the event, runners must set off from each checkpoint before the time limit.

In the case of poor meteorological conditions and/or for reasons of safety, the organization reserves the right to modify the course and the time barriers.

退出比賽:



除了傷病的特殊情況，參賽選手不能在檢查站之外的地方退出比賽。參賽選手必須通知檢查站的負責人，由工作人員記錄號碼布號碼並取回電子計時芯片作為退出手續。

大多數的檢查站鄰近公共交通接駁，退出比賽的選手將被送至最近的巴士站（每一位參賽選手必須攜帶充足的現金或八達卡-見指定裝備）。在巴士服務時間以外的情況下，大會才會安排車輛接送各個檢查站的退賽選手。請注意：等候接載需時，或有延誤，請耐心等待。受傷的退賽選手在滿座的情況下將擁有優先權。

請注意，一但決定要退賽後，將不能再次加入繼續比賽。

如參加者須於檢查點以外退出比賽，請致電大會緊急聯絡電話。

DROPPING OUT OF THE RACE

Except for injuries, a runner must not retire anywhere else other than at a check point. Participant must therefore inform the person in charge of the checkpoint, who will definitively invalidate his race bib and recuperates the electronic chip.

Most check points are easily accessible by public transportation. Therefore, the runner who retires from the race will be redirected to the closest public bus/train (each runner must have cash/Octopus card – see mandatory equipment). Outside bus/train schedule, the organizer will arrange a shuttle to pick up runners at the different checkpoints. Note that the shuttle may experience delays in bringing the retired runners back to the finish area. Injured runners will have the priority if the numbers of seats are limited.

Once you are dropped out of the race you can no longer rejoin.

If participant need to drop out not at a check point, he/she must call emergency contact number to inform the organizer.

賽道標記:

比賽路線將以專用彩帶標記，分岔路口另設箭頭標記指示方向。為了確保參賽者於入黑後仍能依循標記行進，標記都帶有黃色反光物料，頭燈照明下很容易辨識。同時建議參賽選手隨身攜帶比賽地圖。

必須遵循大會指定路線，不能取道捷徑。如發現參賽選手另取捷徑，將被嚴厲處罰或取消資格。



COURSE MARKERS

The route will be marked with ribbons and arrows at intersections. For better night vision, the markers include a section of reflective material, which will be easily visible with a headlamp. It is recommended to bring the map with you.

It is imperative that you follow the paths with the markers without taking any short cuts. Any runner seen taking a short cut along the route will be penalized/disqualified.

一般規則

- 尊重及保護大自然，不要採摘或取走任何植物或動物。
- 選手如在比賽中使用行山杖，請小心不要傷害到其他選手及行山人士。
- 比賽進行期間行山徑仍然對所有行山人士開放，請尊重其他享用行山徑人士的權利。
- 選手在比賽期間嚴禁使用擴音器。
- 在狹窄或危險的路段請不要超越其他選手。
- 比賽進行途中會經過民居及住宅區，尤其在晚上請保持安靜。
- 如在比賽時使用耳機，請保持警覺及不要隔絕所有外來聲音。可能有其他人士會向你求助。
- 請禮貌對待工作人員及義工。

GENERAL RULES

- Respect the nature environment, do not damage any plants and animal you encounter along the course. Leave no trace.
- If you are using trekking poles, please be considerate and be careful not to hurt runners/hikers around you.
- The trail is still open to other hikers during the race, please respect other people who share the trail.
- Using loud speaker is prohibited during the race.
- Do not attempt to pass other runners on narrow or dangerous trail sections.
- The course will be passing some residential areas, please lower your voice and do not disturb local residents especially at night.
- If you are wearing earphones, please make sure you are not isolated from the surrounding environment. Other people may need your help.
- Please respect and be polite to our volunteers and staffs at all time.

取消及轉讓名額政策



如比賽因不可抗力的因素而取消，本賽事機構只收回\$120 用作行政費用(包括計時晶片公司及其他手續費用)，其餘退回給參加者，而比賽紀念 T-shirt (價值\$399)以及完成比賽帽 (價值\$250)如常派送給已報名的參加者。

Cancellation and Transfer Policy

All registrations are non-refundable, unless the event has to be cancelled for reasons beyond our control. Under such circumstances, we will charge an administration fee of \$120 and refund the balance. Souvenir T-shirts and caps will also be distributed to all registrants.

選手包領取

請依以下日期到指定地點領取選手包：

家樂坊 Cam2

地址：旺角登打士街 56 號 1006-1013 室

營業時間：12pm (中午) - 7pm

<http://www.cam2.com.hk/>

日期：2020 年 10 月 8 日至 11 日 (暫定)

代領比賽物資注意事項：

閣下可同時領取多個選手包，為朋友或隊友領取選手包時必須出示相關參加者的身份證明（列印或數碼圖檔）。

只適用於海外選手：海外選手可於比賽當日 7:00am 開始到起點領取選手包。

RACE PACK COLLECTION

Race packs will be available for collection at:

Gala Place Cam2 Store

Address : Room 1006-1013, 10/F., Gala Place, 56 Dundas Street, Mong Kok

Race Pack Pick Up Hours: 12pm (noon) - 7pm

<http://www.cam2.com.hk/>



Date: 8-11 Oct 2020 (TBC)

Pick up for friends: You can collect race pack for several runners but you must bring a copy (print or digital) of the I.D. of each participant.

For overseas participants (ONLY), it will be possible to collect your race pack at the start on race day from 07:00.

交通

賽事的起點及終點均設於元朗大棠燒烤區 (大棠山道旁)。海外選手可於早上開賽前於起點領取選手包 (只限海外選手)。

接駁巴士服務

參加者除了自行前往比賽地點。亦可選擇大會提供的去程接駁巴士服務，上車地點將於灣仔及旺角兩個地點，供參加者選擇，上車地點及開出時間容後公佈，每位車票為\$50，車票可網上報名時購買，及於領取選手包時派發。

起點及終點 – 元朗大棠燒烤區

1. 的士 - 從元朗西鐵站出發: 約 7 公里車程約 20 分鐘。車資大約港幣 60 - 80 元。

2. 港鐵巴士路線 K66，由西鐵朗屏站開出終站大棠(黃泥墩村)。首班車 06:00，每 10-15 分鐘一班。車資為港幣\$4.9

<http://www.mtr.com.hk/ch/customer/services/searchBusRouteDetails.php?routeID=K66>

3. 紅色公共小巴，由元朗(紅棉圍)出發終點站大棠(黃泥墩村)。24 小時服務，客滿即開。車資為港幣 \$6.0

*到達大棠(黃泥墩村)總站後，沿大棠山路走就會到達起點

TRANSPORTATION

The Start/Finish will be in Yuen Long Tai Tong BBQ Area (Next to Tai Tong Shan Road). It will be possible to collect your race pack on the event morning (only for overseas runners).

Shuttle Bus:

Shuttle bus are provided as an option to go to the start point. The departure location will be at Mong Kok and Wan Chai. The actual locations and departure time will soon be confirmed. The one way bus ticket price is \$50. The ticket can be purchased on online registration, and distributed during race pack pick up .



Transportation:

Start & Finish – Yuen Long Tai Tong BBQ Site

1. Taxi from Yuen Long Station: 7km driving distance around 20 minutes. Estimate cost HKD\$60-\$80

2. Bus: KCR Bus K66 from Long Ping Station to Tai Tong Wong Nai Tun Tsuen, first bus 06:00, frequency - every 10-15 minutes. HKD\$4.9

<http://www.mtr.com.hk/en/customer/services/searchBusRouteDetails.php?routeID=K66>

3. Red Minibus: From Yuen Long Hung Min Court to Tai Tong Wong Nai Tun Tsuen, 24 Hrs, frequency – Depart when fully loaded HKD\$6.0

*Arrived Tai Tong Wong Nai Tun Tsuen, follow the Tai Tong Shan Road to the Start Point.

元朗紅棉圍 Yuen Long Hung Min Court





ROUTE VIEW

Long Ping

- Yung Uk Tsuen
- Ping Cheong Path (MTR Long Ping Station)
- Yuen Long Home for the Aged Blind
- Yuen Long Town Hall (ILR Fung Nin Road Stop)
- On Hong Road
- Yuen Long Commercial Centre
- Manhattan Plaza
- Sereno Verde
- Fraser Village
- Sham Chung Tsuen
- Lau Ka Yuen
- Shung Ching School
- Shung Ching Vegetable Market
- Lo Wai
- Chun Wah Villas
- Nam Hang Pui
- Shui Chiu San Tsuen
- Wah Yuen
- Tai Tong Roundabout
- Tai Tong Shan Road

Tai Tong Hong Hai Tsun Tsuen

Tai Tong Hong Hai Tsun Tsuen

- Tai Tong Shan Road
- Tai Tong Roundabout
- Wah Yuen
- Shui Chiu San Tsuen
- Nam Hang Pui
- Nam Hang Tsuen
- Hung Tso Tin Tsuen
- Po Shing Wai
- Shung Ching School
- Lau Ka Yuen
- Sham Chung Tsuen
- Fraser Village
- Sereno Verde
- Hang Heung Cake Shop
- Manhattan Plaza
- Oil Mall
- On Hong Road
- Yuen Long Town Hall (ILR Fung Nin Road Stop)
- Hong Shui House, Shui Pin Wai Estate
- Yuet Ping House, Long Ping Estate (MTR Long Ping Station)
- Wai Chow School
- Chu Ping House, Long Ping Estate

Long Ping

途徑

朗屏

- 博愛村
- 皇皇徑 (港鐵朗屏站)
- 元朗善人安老院
- 元朗大會堂 (輕鐵皇年路站)
- 安樂路
- 元朗商業中心
- 皇皇廣場
- 錦翠樓
- 樓仔村
- 深灣村
- 樓寮圍
- 英正公立學校
- 錦翠樓
- 錦翠花園
- 帝業
- 錦翠花園
- 高坑排
- 水渠新村
- 樓苑
- 大美徑路邊
- 大美山路

大美泥泥圍村

大美泥泥圍村

- 大美山路
- 大美徑路邊
- 樓苑
- 水渠新村
- 樓仔村
- 高坑排
- 紅泥圍村
- 皇皇圍
- 英正公立學校
- 樓寮圍
- 深灣村
- 樓仔村
- 錦翠樓
- 錦翠新街
- 皇皇廣場
- 千色廣場
- 安樂路
- 元朗大會堂 (輕鐵皇年路站)
- 水渠渠畔康水樓
- 朗屏郊悅里樓 (港鐵朗屏站)
- 菁洲學校
- 朗屏郊悅里樓

朗屏

