



FIVE TEN WALKATHON 2011



HK Marathon Pro

Race Hotline : 8104 8500

Organizer : Hong Kong Marathon Pro

Web : <http://www.ecotourism.org.hk/hkmp/>



Objective : An opportunity as well as a rehearsal to raise competition endurance and co-operation with support team members.

Racing Routing : Starting from Pak Tam Chung, via Pak Tam Rd. to Pak Tam Au, connecting MacLehose Trail Stage 3 at M049 (before CP3 don't entrance GILWELL CAMPSITE)and then continue hiking to Stage 5 (M115), 117 meter more to go to Tai Po Rd. and turn left and walk for 263 meter, i.e. walk up the footbridge lane and down the lane to the 50km speed sign and finish at the Tai Po Rd. piper's Hill Car Park. Total distance is around 36km and participants are required to finish within 12hours (20:30).

Race Date : 16th October 2011 (Sunday) **Registration** : 7:30am **Venue** : Pak Tam Chung leisure park immediately after control point

Category : Solo, Team of 2 - Male & Mixed & Veteran (The total age should be above 80 of any two combination) or Quad (Men's team or any four combination) **Start Time** : 8:30am "A Finisher Certificate will be awarded to finisher within 12hours"

Entry Fee : \$300 foe person, \$600 for team of two, \$1,200 for team of four **Qualification** : Participants should know MacLehose Trail and race route before the race.

Souvenir : All turning up participants will be awarded a souvenir T-shirt and a Hiking bag. **Deadline** : 3rd October 2011(Monday) "No entry after deadline, No entry on Event Day"

Timing Chip : This race will use Timing chip, not need deposit & return. **Awarding** : Men Solo First 12 runners, Women Solo First 4 runners and other Group First 3 teams will be awarded prizes after finishing the race on the event day.

CP Opening Hours ~"distance between CPs" distance from Starting Point :

Pak Tam Chung Start (0830) →CP1 Pak Tam Au M049 (08:40—09:15~ "3.2km"/ 3.2km) →CP2 Kei Ling Ha M069 (09:30—12:30~ "10km"/ 13.2km)

→CP3 Sha Tin Pass Rd. M098 (11:00—18:00~ "14.5km"/ 27.7km) →Tai Po Rd. M115 (12:00—21:00~ "8.9km"/ 36.6km)

* Starting Point served water only. *Luggage consignment (Pak Tam Chung to Tai Po Rd.) *Water, Sport drink, fruit and bread will be served at CP2,CP3.

Entry Method: 1. Please fill in the entry form below together with crossed cheque and name endorsed (payable to "**Hong Kong Marathon Pro**"), send to : "**Flat C, 33/F, Block 1, Jubilee Garden, Shatin (Pre-36K)**" 2. Form should enclose 2 self-addressed enough stamped envelopes for each team. 3. Incomplete form will not be processed. 4. Typhoon signal No. 8 or above, Red or Black rainstorm or any situation beyond control, the race will be postponed or cancelled. 5. I.D. Card should be available for verification. 6. Entry fee is non-refundable once has been accepted. Successful entry depends cheque clearing. 7. Change of team member or special arrangement should requires payment of \$100 each time (change can only be accepted before the race 7 days). 8. Not receipt service. 9. Participant bears your own insurance. 10. Entrants should be 18 of age or above. 11. Number cloth & chip are non-transferable. 12. Entry fee will not be refunded & send back & change participate name & change race for double entry. 13. All souvenirs and awards can't award after the race.

Entrant 1 (Team Leader)

FIVE TEN WALKATHONN 2011 <Entry Form>

No.

Team Name (except solo): _____

CHI Name : _____ ENG Name: _____ Address: _____

I.D. Number: _____ Year of Birth : _____ Sex: _____ Age: _____ Fax: _____ Expected Finished Time: _____

Telephone: (daytime) _____ (Night) _____ Mobile: _____ Cheque Number: _____

Email: _____ [Emergency Contact Person: _____ Telephone: _____]

Category : Men Solo Women Solo (\$300 each)

Men Duo Duo Mix (\$600 for each Duo)

Male Quad Quad Mix (\$1200 for each Quad)

Veteran (The total age should be above 80 of any two combination)

Morning coach: (\$20 per ticket) Fare : HK\$20 x () ticket = _____

Tin Hau MTR Park Tower Exit (06:15am) _____ ticket Middle Rd., Kln YMCA (06:30am) _____ ticket Entry Fee: Solo/Duo/Quad = \$ _____

Tsuen Wan MTR Luk Yeung Fong Parking Space (06:30am) _____ ticket Pai Tau St., Shatin (06:45am) _____ ticket Total : HK\$ _____

DECLARATION : I certify that I am physically fit and I understand that I am entering this race at my own risk and responsibility. I herewith expressly agree to abide by all rules and conditions of the Organizer. I hereby discharge the Organizer and any other individual or organization connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as consequence of or while traveling to or from the race. I grant permission and assign of rights, title and interest to the organizer to utilize my appearance, name, voice, bio-dare and likeness in connection with the event in any and all media throughout the Organizer would in perpetuity and agree to waive any right of inspection or approval associated thereto.

Date: _____ Signature: _____

Entrant 2

No.

CHI Name : _____ ENG Name: _____ Address: _____

I.D. Number: _____ Year of Birth : _____ Sex: _____ Age: _____ Fax: _____ Expected Finished Time: _____

Telephone: (daytime) _____ (Night) _____ Mobile: _____ Cheque Number: _____

Email: _____ [Emergency Contact Person: _____ Telephone: _____]

DECLARATION : I certify that I am physically fit and I understand that I am entering this race at my own risk and responsibility. I herewith expressly agree to abide by all rules and conditions of the Organizer. I hereby discharge the Organizer and any other individual or organization connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as consequence of or while traveling to or from the race. I grant permission and assign of rights, title and interest to the organizer to utilize my appearance, name, voice, bio-dare and likeness in connection with the event in any and all media throughout the Organizer would in perpetuity and agree to waive any right of inspection or approval associated thereto.

Date: _____ Signature: _____

Entrant 3

No.

CHI Name : _____ ENG Name: _____ Address: _____

I.D. Number: _____ Year of Birth : _____ Sex: _____ Age: _____ Fax: _____ Expected Finished Time: _____

Telephone: (daytime) _____ (Night) _____ Mobile: _____ Cheque Number: _____

Email: _____ [Emergency Contact Person: _____ Telephone: _____]

DECLARATION : I certify that I am physically fit and I understand that I am entering this race at my own risk and responsibility. I herewith expressly agree to abide by all rules and conditions of the Organizer. I hereby discharge the Organizer and any other individual or organization connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as consequence of or while traveling to or from the race. I grant permission and assign of rights, title and interest to the organizer to utilize my appearance, name, voice, bio-dare and likeness in connection with the event in any and all media throughout the Organizer would in perpetuity and agree to waive any right of inspection or approval associated thereto.

Date: _____ Signature: _____

Entrant 4

No.

CHI Name : _____ ENG Name: _____ Address: _____

I.D. Number: _____ Year of Birth : _____ Sex: _____ Age: _____ Fax: _____ Expected Finished Time: _____

Telephone: (daytime) _____ (Night) _____ Mobile: _____ Cheque Number: _____

Email: _____ [Emergency Contact Person: _____ Telephone: _____]

DECLARATION : I certify that I am physically fit and I understand that I am entering this race at my own risk and responsibility. I herewith expressly agree to abide by all rules and conditions of the Organizer. I hereby discharge the Organizer and any other individual or organization connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as consequence of or while traveling to or from the race. I grant permission and assign of rights, title and interest to the organizer to utilize my appearance, name, voice, bio-dare and likeness in connection with the event in any and all media throughout the Organizer would in perpetuity and agree to waive any right of inspection or approval associated thereto.

Send to : Flat C, 33/F, Block 1, Jubilee Garden, Shatin(Pre-36K) Date: _____ Signature: _____