



## POTTINGER GREENRACE - 18 MAY 2019 @8AM)

### 15K SOLO & PAIRS, 6.5K SOLO, 6.5K FAMILY (10AM)

[Strava 15K](#) | [Strava 6.5K](#) | [GPX](#) | [JPG](#)

Landing Page & Race Info: [thegreenrace.hk/pottinger](http://thegreenrace.hk/pottinger) | [Race Updates](#)

Virtual [Run2Gather](#) Challenge: 13 April - 5 May (tentative)

Course maps (Strava, gpx, jpg): [tgr.run/maps](http://tgr.run/maps)

#### 1. REGISTRATION 比賽報名

- Registration for this race is [open](#).
- Registration Closes: 11 May 2019
- Transportation: *Shuttle Bus Service from Prince Edward & Admiralty is included in the registration fee.*

#### 2. OVERVIEW 概覽

Welcome to our 4th annual Pottinger GreenRace held at [Pottinger Gap, Shek O](#). This event promises to once again be fully heart, laughter, sweat, possibly a few tears and ice cold beverages! Various routes are on offer depending on your experience level and whether you'd prefer to run solo or pairs. Access the course maps [here](#).

#### 3. RACE DATE, VENUE, START & CUT-OFF TIMES 日期 / 如何前往 / 時間

##### DATE & VENUE

- 18 May 2019, 110 Shek O Road (石澳道110號) @[Pottinger Gap, Shek O](#).
- [View the Start / Finish location here](#).
- [1.5K walk-in from Tai Tam Gap Correctional \(110 Shek O Road\)](#).

##### START TIMES & CUT-OFFS

- 15K Solo & Pairs Team – start 8:00am, cut-off @11:30am (3.5hrs)
- 6.5K Solo – start 8:15am, cut-off @11:00am (2hrs 45mins)
- 6.5K Family challenge – start 10:00am, cut-off 1:15pm (3hrs 15mins)

\* Participants are automatically entered in respective age category on race day.

\* Some distances / age categories have restricted entry. Review our race rules and regs [here](#).

\* Teams: Male, Female and Mixed Teams are available wherever 'Team' is listed.

\* Pairs means Team of 2: males, females, mixed. Triples means Team of 3: males, females, mixed.

\* All Teams must start together, scan in at each checkpoint together, and cross the finish line together.

\* Register for this trail running race [here](#).

#### 4. REGISTRATION FEES & CATEGORIES 比賽報名 / 比賽組別

Distance	Price	Date
<b>15KM - Solo個人</b>		
Entry fee	300.00 HKD	31 March 2019 23:59
Entry fee	400.00 HKD	Apr 30, 2019
Entry fee	500.00 HKD	17 May 2019 12:00
<b>15KM - Pair二人組</b>		
Entry fee	300.00 HKD	31 March 2019 23:59
Entry fee	400.00 HKD	Apr 30, 2019
Entry fee	500.00 HKD	17 May 2019 12:00
<b>6.5KM - Solo個人</b>		
Entry fee	225.00 HKD	31 March 2019 23:59
Entry fee	300.00 HKD	Apr 30, 2019
Entry fee	375.00 HKD	17 May 2019 12:00
<b>6.5KM - Family challenge (Price Per Adult, Children Run Free) 家庭挑戰組</b>		
Entry fee	225.00 HKD	31 March 2019 23:59
Entry fee	300.00 HKD	Apr 30, 2019
Entry fee	375.00 HKD	17 May 2019 12:00

\* Shuttle Bus Service from Prince Edward & Admiralty is included in the cost of registration for Pottinger.

\* Participants are automatically entered in respective age category on race day.

\* Some distances / age categories have restricted entry. Review our race rules and regs [here](#).

\* Teams: Male, Female and Mixed Teams are available wherever 'Team' is listed.

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\* All Teams must start together, scan in at each checkpoint together, and cross the finish line together.

\* Register for this trail running race [here](#).

## 5. ENTITLEMENTS & ADD-ONS

GreenRace participants have access to the following optional items and entitlements:

1. Sustainable Natural Finisher's Awards by GreenRace! (Donate - HK\$25)
  - YES - I would like a sustainable wood finisher's medal
  - NO - I prefer to donate HK\$25 to [Exchange & Empower](#)
2. Uglow + GreenRace singlet (+ HK\$100) for one.
  - a. +HK\$150 for more than one.
3. Virtual [Run2Gather](#) Challenge with Finishers Medal : 13 April - 5 May (tentative) (+ HK\$200)
  - a. Get out and complete for top spot on the course during the 4 week run up to actual race day!
  - b. Get Ranked on [run2gather.com](#) and receive a finishers medal for your efforts.
  - c. You'll have 2 changes to upload your best time / gpx to Run2Gather's website.
4. GreenRace Bib Belt: Save HK\$20 off regular online price. (+HK\$70)
5. Ice Cold Beer - I'd like to join my mates at the finish line for a cold beer.
  - All glass bottles will be collected and returned for recycling.
  - YES - Number of beers to reserve:
    - 1 - Tear away ticket on race bib
    - 2 - Tear away ticket on race bib
    - 3 - Tear away ticket on race bib
  - NO - I'll have a non-alcoholic beverage please.
6. Discounts and Special Offers from our [Green Partners](#).

## 6. RACEPACK COLLECTION & BAG DROP ON RACE DAY 領取跑手包

**Racepack Pick Up for 2019 Pottinger GreenRace will be at Gone Running.**

Dates: 3-17 May 2018

Location: 16/F, Simsons Commercial Building, 137 Johnston Road, Wanchai, Hong Kong. (Wan Chai MTR A3 exit turn left then walk 20m)

Phone: +852 3461 9792

Website: [gone.run/pages/contact-us](#)

- Runners not collecting their racepack at the above location may collect on race day.
- Please arrive at least 45 mins prior to race start.

### Bag Drop & Racepack Bags

- We have a secure bag drop tent available on race day.
  - Maximum 1 bag per participant please.
- We do not provide plastic bags for personal belongs.
- Please bring your own bag to be left at the Start/Finish while you're out racing.
- Do not leave any valuables or cash/cards/keys in your drop bag.
- Race Director reserves the right to check any bags in possession of the GreenRace.

- We will not be held responsible for any lost or missing items on race day (although we do keep a lost and found bin at the Bag Drop tent).

## 7. ENTRY LIST 參賽名單

Full Race Entry List available approximately 2 weeks before race day on our [Race Timing Solutions results page](#).

## 8. SHUTTLE BUS SERVICE 穿梭巴士服務

Shuttle Bus Service is included in the cost of all race registrations @GreenRace. Please let us know if you plan to take the bus so we can arrange a sufficient number of seats:

### [A] ADMIRALTY > 110 SHEK O ROAD

- 06:30 am
- One way trip from Admiralty Centre
- Exit C2 (Near Oliver's/McDonald's & taxi stand)
- \*Have your bib or registration+ID ready to board the bus*
- \*Additional tickets for friends or family HK\$30*

### [B] PRINCE EDWARD > 110 SHEK O ROAD

- 18 May 2019
- 06:15 am
- One way trip from Prince Edward
- Exit A at the junction of Playing Field Road and Sai Yeung Choi North Street.
- \*Have your bib or registration+ID ready to board the bus*
- \*Additional tickets for friends or family HK\$30*

## 9. ACCESS & PARKING 交通 (巴士服務)

- Taxi: 110 Shek O Road (石澳道110號)
- Bus: [Shek O Bus 9](#) from Shau Kei Wan MTR or
- MiniBus: [Shau Kei Wan MTR Exit A2](#) to Cape Collinson / Shek O Country Park Trail ([map](#))
- Walk: 1.5km walk-in from 110 Shek O Road (石澳道110號) to the start line. Walk in route is [here](#).
  
- Street View Start/Finish Area ([map](#)).
- \*Add approximately 15-30 mins to your travel time to account for the walk-in.*
- \*There is no vehicle parking available for this race.*

## 10. RIDESHARE 一起乘車

- Let's get to our favourite weekend running events a little cheaper, a little greener and a little friendlier with our [Green RideShare](#) service!
- Just register and we'll connect you with other runners living in your area who are also running on race day! Register [here](#)

## 11. AGE CATEGORIES 年齡組別

1. Family: 6+ years old / mixed ages (accompanied by 1 or 2 parents)\*
2. Kids: 8 - 13 years old (must run with a parent / guardian / waiver)\*
3. Students: 13 - 19 years\*
4. Greens: 20 – 29 yrs
5. Primes: 30 – 39 yrs

6. Perennials: 40 - 49 yrs
7. Vintages: 50 - 59 yrs
8. Antiques: 60+

- \* Participants are automatically entered in respective age category on race day.
- \* Some distances / age categories have restricted entry. Review our race rules and regs [here](#).
- \* Teams: Male, Female and Mixed Teams are available wherever 'Team' is listed.
- \* Pairs means Team of 2: males, females, mixed. Triples means Team of 3: males, females, mixed.
- \* All Teams must start together, scan in at each checkpoint together, and cross the finish line together.
- \* Register for this trail running race [here](#).

## 12. COURSE MAPS & CUES 地圖

Course maps (Strava, gpx, jpg): [tgr.run/maps](http://tgr.run/maps)

- Download all GreenRace route maps in gpx, tcx, pdf, jpg format:
  - Pottinger Strava Routes: [15K](#) | [6.5K](#) | [GPX](#) | [JPG](#)

15k [https://www.strava.com/routes/7219656/cue\\_sheet](https://www.strava.com/routes/7219656/cue_sheet)

0k > 1.5k: Flat Road section, HK Trail Sec.8

1.5k > 3: Flat, 50% road, 50% single track dirt trail.

3k > 5k: Dragon's back, single track, wood steps, 50m gain

5k > 10k: single track dirt trail, roots, rock outcrops, drainage channels. Watch every step!

10k: CP1 x Start/ Finish area > hydrate hydrate hydrate!

10k > 11.5k: Ascend Pottinger Peak west side overgrown seasonal trail ~50m gain, many rock outcrops, ropes. Descend Pottinger Peak single track dirt/wooden steps 50m descent.

11.5k > 13k: Descend stone stairs to Big Wave Bay beach - 225m vertical.

13k > 14.5k: HK Trail Sec.8 100m vertical climb to finish line (single track dirt trail, some stone steps, many roots/rock outcrops).

6.5k [https://www.strava.com/routes/8330160/cue\\_sheet](https://www.strava.com/routes/8330160/cue_sheet)

0k > 3k: HK Trail Section 8 road (1.5k out and back). Run your race, get into your position!

3k: CP1 x Start/ Finish area > hydrate hydrate hydrate!

3k > 4k: Descent > HK Trail Section 8, single track dirt trail, some stone steps, many roots/rock outcrops - take care!

4k > 5.5k: Big Wave Bay beach + 225m ascent vertical stone stair climb

5.5k > 7k: Single track dirt/wooden step, Pottinger Peak 50m gain, descend west side overgrown seasonal trail, many rock outcrops, ropes. Don't mess up your race in the final km!

## 16. COURSE MARKINGS 赛道標記

15K – Pink Fabric Flagging

6.5K – Orange Fabric Flagging

Orange arrow directional signs at major junctions.

## 17. COURSE DIFFICULTY RATINGS 組別 難度評分

15K - 60%(5) 10%(4) 30%(3) = 4 overall

6.5K - 10%(4) 60%(3) 30%(2) = 3 overall

1 - Piece of Cake (road/flat, short distance course or sections)

2 - Little More Than a Piece of Cake (Road/trail/steps/some hills). Nothing too serious, all runnable.

3 - Tough Stuff. Still having fun though! Some road, mostly trail with smooth and technical sections - may find yourself speed walking or hiking some sections.

4 - This Could Hurt! Glad you're a well-honed Trail Running Machine! (Significant ups and downs mostly trail, some very technical sections, recce recommended).

5 - Agony of DEFEET. Only way through is up down and then back up again! Technical rocky, rooty, lots of vertical trail and steps, pre race recce highly recommended.

#### 18. CP FOOD and BEV 食物和飲品站 / 檢查點

Healthy 'green' energy snacks, water and Tailwind will be made available at all checkpoints.  
Lots of ice cold beer available (maximum 3 each please).

#### 19. FACILITIES / TOILETS 設施/ 洗手間

Same as last year, we'll have portable toilets brought in to the Start / Finish Venue.

The nearest public washrooms are located at:

[Big Wave Bay](#)

[Siu Sai Wan Promenade](#)

#### 20. COURSE RECCE 試跑

##### GreenRace Pottinger Recce Training Sessions

Run prepared on race day!

We invite you to get out and recce the GreenRace route with us.

**Race Date:** 18 May, 2019

**Maps:** <https://tgr.run/maps/>

**Recce Meet Location:** 110 Shek O Road, Lai Chi Rehabilitation Centre Entrance - <https://goo.gl/maps/U5RoZ7egCyk>

**DropBag:** Not Available

**Recce Facebook Events:** [facebook.com/pg/greenraceHK/events](https://facebook.com/pg/greenraceHK/events)

##### Dates & Distances\* *TBC*

##### Final Run Distance:

\*We'll decide on final run distances together, based on the turnout numbers and abilities.

\*All runners should arrive prepared to run the distance they have signed up for.

#### 21. TRAINING 練習

- Is this your first trail running event?
- How about your longest distance challenge to date?
- We are partnered with d.beFIT & Vlad Ixel to provide our runners with expert training advice!

\*LRC Training Sessions (Wed@7am)

[thegreenrace.hk/lrc/](https://thegreenrace.hk/lrc/)

- 1 Free Drop In
- HK\$260 fee per training session

\*TGR Community Runs (Wed@7:30pm)

- [facebook.com/pg/greenraceHK/events](https://facebook.com/pg/greenraceHK/events)

\*Training Tips @[tgr.run/training](https://tgr.run/training)

\*Personal 1:1 Training, we are partnered with:

- Katia Kucher (D.Befit): [dbefit.com/](https://dbefit.com/)

#### 22. PRIZE POT 獎項

- All prizes available for this race are listed here: [thegreenrace.hk/results](https://thegreenrace.hk/results).
- Top 3 winners for each category and also prizes won will be announced @ [thegreenrace.hk/results](https://thegreenrace.hk/results).

### 23. FULL RACE RESULTS 成績

- 2018 Pottinger GreenRace results are @ [Race Timing Solutions](#).
- 2019 Pottinger GreenRace results are [here](#).

### 24. TIMING BANDS & BAG DROP ON RACE DAY

#### Reusable Timing Bands

- GreenRace utilises reusable silicon timing bands that must be collected and returned on race day.
- There is a HK\$100 charge for each timing band not returned to [Race Timing Solutions](#) on race day.

### 25. GREEN RUNNER TREATS 綠色合作夥伴優惠

Gain exclusive access to unique offers from our community of [partners](#):  
[tgr.run/benefits](http://tgr.run/benefits)

### 27. THIRD PARTY RACEPACK COLLECTION 他人領取跑手包

Friends or family can collect racepacks on your behalf.

- Forward your proof of registration email to [team@tgr.run](mailto:team@tgr.run) and cc the 3rd party who will be collecting your racepack.
- 3rd party will need to show this email to the GreenRace reps on collection.

### 28. LOST & FOUND ITEMS 行李寄存/失物認領

- Lost and Found items will be made available for collection at the First Aid Tent.
- For post-race enquiries, please [contact us](#).

### 29. MANDATORY RACE EQUIPMENT 指定裝備

- Volunteers will check for mandatory items at CPs.
- Competitors inadequately prepared and/or missing mandatory items will be disqualified to maintain the overall safety of this race.
- Review all GreenRace Mandatory Items here: [thegreenrace.hk/mandatory](http://thegreenrace.hk/mandatory)

### 30. RULES and REGS 競賽條款

Runners must abide by GreenRace Rules and Regs during all our races.  
[thegreenrace.hk/rules](http://thegreenrace.hk/rules)

### 31. PHOTOS 相片

Find photo albums for all our GreenRaces on our [Facebook Photo Albums](#).

- [2018 Pottinger GreenRace \(1\)](#)
- [2018 Pottinger GreenRace \(2\)](#)
- [2018 Pottinger GreenRace \(3\)](#)
- [2018 Pottinger GreenRace \(4\)](#)
- [2017 Pottinger GreenRace \(1\)](#)
- [2017 Pottinger GreenRace \(2\)](#)
- [2016 Pottinger GreenRace \(1\)](#)

### 32. VIDEOS 影片

Can't make one of our pre-race recce / training sessions?

Review our course videos [here](#):

[tgr.run/vids](http://tgr.run/vids)

### 33. MORE HK RACES 更多活動

Find this and all future GreenRaces on our [Facebook Events](#) page.

### 34. GLOBAL CALENDAR 全球活動

Find all GreenRaces on our [global calendar](#).

### 35. HOW GREEN ARE WE? 我們有多環保?

Just how Green is the GreenRace?

- We're working hard to create [Zero Waste Races](#)!
- Check out our green initiatives here: [thegreenrace.hk/green](http://thegreenrace.hk/green)

### 36. HELP US HELP HK! 幫我們!幫香港!

- Opt out of racepack items and Help Us Help HK!

- See how much we've raised here:

[thegreenrace.hk/helpHK](http://thegreenrace.hk/helpHK)

### 37. INTERNATIONAL RUNNERS 海外跑手

We have sponsored accommodations at [Hotel Icon](#) for elite international runners!

[Contact Us](#).

### 38. VOLUNTEER! 義工招募

Enjoy a great day out with friends and also enjoy our exceptional [volunteer](#) benefits pack!

[tgr.run/volunteer](http://tgr.run/volunteer)

### 39. WAIVER 免責聲明

To run our races, participants must confirm their acceptance of our waiver during registration:

[thegreenrace.hk/waiver](http://thegreenrace.hk/waiver)

### 40. EMERGENCY CONTACTS 緊急聯絡

Critical Emergency: 999

Ambulance: +852 2735 3355

- Alien Tong (Chinese): +852 9094 6140
- Atishi Batra (English): +852 6719 3451
- Martin (English): +852 9133 5415

### Race Day Support & Emergency

- Chinese +852 9173 4477
- English +852 9163 3306
- Martin (English): +852 9133 5415

### 41. CONTACT US 聯絡我們

Have some positive or constructive feedback for us? Simply have a [question](#)?

We'd love to hear from you!

- Alien Tong (Chinese): +852 9094 6140
- Atishi Batra (English): +852 6719 3451
- Martin (English): +852 9133 5415



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Contact via email: [tgr.run/contact](mailto:tgr.run/contact)

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