



TIGERSHEAD GREENRACE - 24 AUGUST 2019 @2PM

16K SOLO & PAIRS

[Strava 16K](#) | [GPX](#) | [JPG](#)

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

Virtual Run2Gather 4-Week Challenge: 20 July - 18 Aug (tentative)

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

1. REGISTRATION 比賽報名

- Registration for this race is [open](#).
- Registration Closes: 17 August 2019.
- Transportation: Ferry / Shuttle Bus transportation **not included** in the registration fee.

2. OVERVIEW 概覽

On the 24th of August, we'll be hosting the second edition of Tigershead GreenRace, starting from Mui Wo Silver Plaza. This 16km race is filled with diversity, taking runners on a trip through local villages and past Silvermine Cave, climbing towards Tigershead on arguably one of the most picturesque trails in Hong Kong, before descending into Discovery Bay, and heading back along the coastal paths toward Mui Wo.

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

RACE DATE & VENUE

- 24th August 2019, [Mui Wo River Silver Garden, 8 Chung Shing Street, Mui Wo, Lantau Island](#)
- View the Start / Finish location [here](#).

* *There is no shuttle bus service available for this race.*

START & CUT-OFF TIMES

- 16K Solo – 2:00pm, CP1 4:30pm (solo)
- Competitors must cross the finish line by **6:30pm**.

- 16K Pairs – 2:05pm, CP1: 4:35pm (pairs)
- Competitors must cross the finish line by **6:35pm**.

- * 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

16K Solo (open & age categories) - [Register](#)

16K Pairs (teams of two: males, females, mixed) - [Register](#)

March 1 - April 30 [Early Bird]

HK\$350 per participant (Pairs (HK\$700)

- + HK\$100 Milestone Headlamp special registration offer
 - + HK\$200 an additional Milestone Headlamp
- + HK\$200 Special Edition Uglow Tigershead Polo Tee
- + HK\$200 Participant in *Run2Gather* 4-Week Virtual Challenge: 20 July - 18 Aug (tentative)

May 1 - June 30 [Normal Bird]

HK\$450 per participant (Pairs HK\$900)

- + HK\$100 Milestone Headlamp special registration offer
 - + HK\$200 an additional Milestone Headlamp
- + HK\$200 Special Edition Uglow Tigershead Polo Tee
- + HK\$200 Participant in *Run2Gather* 4-Week Virtual Challenge: 20 July - 18 Aug (tentative)

July 1 - Aug 20 [Late Bird]

HK\$550 per participant (Pairs HK\$1100)

- + HK\$100 Milestone Headlamp special registration offer
 - + HK\$200 an additional Milestone Headlamp
- + HK\$200 Special Edition Uglow Tigershead Polo Tee
- + HK\$200 Participant in *Run2Gather* 4-Week Virtual Challenge: 20 July - 18 Aug (tentative)

- * 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](#).

5. ENTITLEMENTS & ADD-ONS

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

1. Sustainable Natural Finisher's Awards by GreenRace (- HK\$25)
 - YES - I would like a sustainable wood finisher's medal!
 - NO - I prefer to donate HK\$25 to [Exchange & Empower](#)

2. Milestone + GreenRace Special Edition Headlamp (+ HK\$100)
 - a. Add up to 2 more Milestone Headlamps (+HK\$200 each)



3. Virtual Run2Gather 4-Week Challenge with Finishers Medal: 20 July - 18 Aug (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 finisher's medal for your efforts.
 - c. You'll have 2 chances to upload your best time / gpx to Run2Gather's website.
4. Uglow + GreenRace Special Edition Tigershead Polo Tee (Opt-in HK\$200)



5. GreenRace Bib Belt: Save HK\$20 off regular online price. (+HK\$70)
 - YES - I'd like a Race Belt to be used for my bib number
 - NO - I already have my own race belt and prefer to donate HK\$25 to Exchange & Empower
6. Ice Cold Beer - I'll join my mates at the finish line for a cold **Tiger 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.

- Discounts and Special Offers from our GreenRace Partners.

6. RUN THIS RACE FREE 義工招募

Volunteer for the Tigershead GreenRace and run it free next year! Enjoy a great day out with friends and also enjoy our exceptional volunteer benefits pack! Visit tgr.run/volunteer.

7. ENTRY LIST 參賽名單

Full Race Entry List available ~2 weeks before race day on Race Timing Solutions.

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](#).

8. COURSE MAPS 地圖

- Tigershead: [16K](#) | [GPX](#) | [JPG](#)
- All Routes: tgr.run/maps

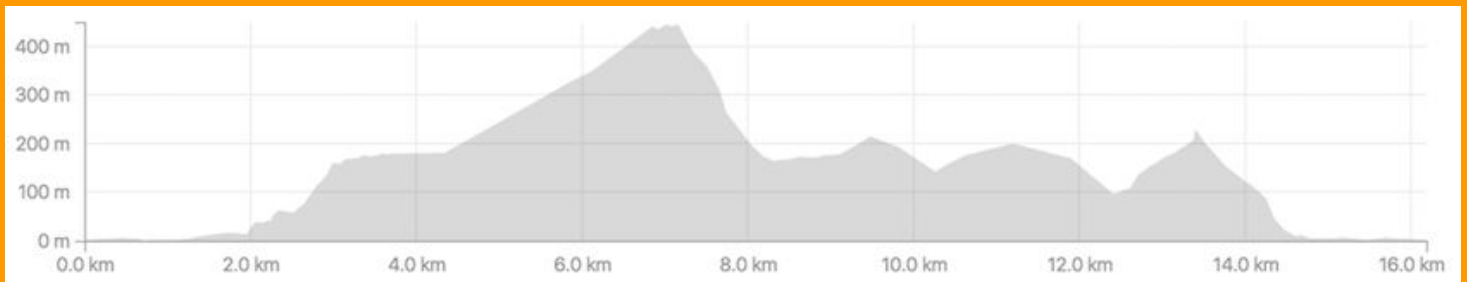


9. ROUTE MARKINGS 赛道標記

- 16K – Orange 'GreenRace' labelled Fabric Flagging
- Orange arrow directional signs at major junctions.

10. ELEVATION PROFILES

- 16K



11. COURSE DIFFICULTY RATINGS 組別 難度評分

- 16K - 40%(4) 40%(3) 20%(2) = **4 overall**

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

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

Grade 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.

Grade 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).

Grade 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.

12. CP FOOD and BEV 食物和飲品站 / 檢查點

- Healthy energy snacks, water and Tailwind will be made available at check point 1.

13. SHUTTLE BUS ACCESS & PARKING 交通 (巴士服務)

1. There is no shuttle bus service available for this race.
 2. The start point is only 150m from Mui Wo ferry pier: [Mui Wo River Silver Garden, 8 Chung Shing Street, Mui Wo, Lantau Island](#)
 3. The ferry service to Mui Wo from Central can be found [here](#).
- *There is no vehicle parking available for this race.*

14. GREENRIDE SHARE 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! We will post the WhatsApp groups closer to race day. Feel free to join the groups as per your location preferences.

15. FACILITIES / TOILETS 設施/ 洗手間

- The nearest public washrooms are located at:
 - Mui Wo Sports Centre
 - Mui Wo Ferry Pier

16. COURSE RECCE 試跑

Tigerhead GreenRace Recce Training Sessions

Run prepared on race day!

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

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.

Contacts

Critical Emergency: 999

Ambulance: +852 2735 3355

• Martin: +852 91335415

17. TRAINING 訓練

- Is this your first trail running event?
- How about your longest distance challenge to date?
- We are partnered with [d.beFIT](#) to provide our runners with *training advice*.

18. PRIZE POT 獎項

- All prizes available for this race are listed here: [thegreenrace.hk/results/](#)
- Top 3 winners for each category and also prizes won will be announced here: [thegreenrace.hk/results/](#)
- Podium winners for top distance categories also take home race credit: [tgr.run/awards/](#)

19. FULL RACE RESULTS 比賽結果

- Podium winners and prizes are located here ([thegreenrace.hk/results](#)).
- Find full GreenRace results on *Race Timing Solutions*.

20. 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.

Bag Drop & Racepack Bags

- We have a secure bag drop tent available at all races.
- 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.
- 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).

21. RACEPACK COLLECTION 提取跑手包

Racepack Pick Up for 2019 Tigershead GreenRace is at **Gone Running**.

Dates: 9-23 August

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](#)

22. THIRD PARTY RACEPACK COLLECTION 第三者提取跑手包

Friends or family can collect racepacks on your behalf.

- Forward your proof of registration email to 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.

23. BAG DROP / LOST and FOUND ITEMS 私人物品保管/取回失去物品

- All GreenRaces have bag drop services available. We will not be held responsible for lost or damaged personal items.
- Race Director reserves the right to check any bags in possession of the GreenRace.
- Lost and Found items will be made available for collection at the First Aid Tent.
- For post-race enquiries, please [contact us](#).

24. 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)

25. RULES and REGS 競賽條款

Runners must abide by GreenRace Rules and Regs during all our races.

thegreenrace.hk/rules/

26. PHOTOS 相片

Find photo albums for all our GreenRace trail running races on [Facebook Photo Albums](#).

- [2017 Tigershead Album #1](#)
- [2017 Tigershead Album #2](#)

26. VIDEOS 影片

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

Review our course videos here:

tgr.run/videos/

27. MORE HK RACES 香港活動

Find this and all future GreenRace events on [Facebook](#).

GreenRace Hong Kong and international races are listed on our race [calendar](#).



28. 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/

29. HELP US HELP HK! 幫我們去幫香港

- Opt-out of racepack items and [HelpHK!](#)
- See how much we've raised here [\[thegreenrace.hk/helpHK\]](https://thegreenrace.hk/helpHK)

30. INTERNATIONAL RUNNERS 海外跑手

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

31. WAIVER 免責聲明

To run our races, participants must confirm their acceptance of our waiver during registration:
[\[thegreenrace.hk/waiver/\]](https://thegreenrace.hk/waiver/)

32. 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

33. 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

Race Day Support & Emergency

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

Contact via email: tgr.run/contact

