



POTTINGER GREENRACE - 18 MAY 2019 @8AM)

15K SOLO & PAIRS (8AM). 6.5K SOLO & 6.5K FAMILY (8:15AM)

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

Landing Page & Race Info: tgr.run/pottinger | [Race Updates](#)

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

Course maps (Strava, gpx, jpg): 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 @11:30am (3hrs 15mins)
- 6.5K Family challenge – start 8:15am, cut-off 11:30am (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
15KM - Solo個人		
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
15KM - Pair二人組		
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
6.5KM - Solo個人		
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
6.5KM - Family challenge (Price Per Adult, Children Run Free) 家庭挑戰組		
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.
- * Pairs means Team of 2: males, females, mixed. Triples means Team of 3: males, females, mixed.
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5. ENTITLEMENTS & ADD-ONS

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

1. Sustainably Sourced Finisher's Awards by GreenRace!
 - YES - I would like a sustainable wood finisher's medal
 - NO - I prefer to donate HK\$25 to [Exchange & Empower](#)
2. Your new favourite Uglow + GreenRace singlet! (+ HK\$100)
 - a. +HK\$150 for a second or third Uglow + GreenRace singlet.
3. [Run2Gather](#) Virtual 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: 15 -17 May 2019

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

- 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. TRANSPORTATION 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+

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

12. COURSE MAPS & CUES 地圖

Course maps (Strava, gpx, jpg): 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

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

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 賽道標記

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

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/

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

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

- facebook.com/pg/greenraceHK/events

*Training Tips @tgr.run/training

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

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

22. 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 @ tgr.run

23. FULL RACE RESULTS 成績

- 2018 Pottinger GreenRace results are @ [Race Timing Solutions](https://RaceTimingSolutions.com).
- 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](https://RaceTimingSolutions.com) 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](https://tgr.run/partners):
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 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

30. RULES and REGS 競賽條款

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

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

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

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

39. WAIVER 免責聲明

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

Race Day Support & Emergency

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

Contact via email: tgr.run/contact

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

