



TGR IMMORTALS VIRTUAL RACE

SEPT 19 - OCT 19 2020 - 15K

@ KONG HA AU BBQ SITE



Photo Credits: Kirk Kenny @Studio Zag / Clement CKY

TGR IMMORTALS VIRTUAL RACE @PAT SIN LENG 2020

EN - <https://updates.tgr.run/immortals-vr-EN>
- <https://updates.tgr.run/immortals-vr-CN>

Get out, challenge yourself, win great T8 prizes for top finishers and Gone Running Credit for final finishers! This virtual challenge is open from 19 Sept - 19 Oct - check the RunnerReg registration site for more details.

REGISTER HERE

- Register the TGR Immortals @ Pat Sin Leng Virtual Race - <https://runnerreg.com/portal/registration/tgr-immortals-vr>
- Date(s): Complete this challenge anytime from 19 Sep 2020 to 19 Oct 2020 11:59 pm
- Start Location: Kong Ha Au BBQ Site, Bride's Pool Rd, Shuen Wan - <https://goo.gl/maps/24pjfmMPnAAgc26f7>
- Finish Location: Kong Ha Au BBQ Site, Bride's Pool Rd, Shuen Wan - <https://goo.gl/maps/24pjfmMPnAAgc26f7>
- Distance: 15K, 5K
- Elevation: 825M D+ | 290M D+
- 15K Strava Route: <https://strava.com/routes/2739428893363011506>
- 5K Strava Route: <https://www.strava.com/routes/5758008>
- GPX: [15K](#) | [5K](#)

Route Description 15K

- Route runs clockwise over Pat Sin Leng Range, starting and finishing at [Kong Ha Au BBQ Site, Bride's Pool Rd, Shuen Wan](#). View the 15K Strava map: <https://strava.com/routes/2739428893363011506>.

Route Description 5K

- Route runs 2.5K out and back over Wu Kau Tang Country Trail Viewing Point, starting and finishing at [Kong Ha Au BBQ Site, Bride's Pool Rd, Shuen Wan](#). View the 5K Strava Route: <https://www.strava.com/routes/5758008>.

- Fee: Free for anyone to enter. HK\$50 engraved finisher medal.
- Register: <https://runnerreg.com/portal>

COMPLETE YOUR CHALLENGE

1. Hike or Run the 15K or 5K Route.
2. Send us one photo of you starting and one on the course - <https://updates.tgr.run/whatsapp>
2. Submit your completed Strava: <https://tgr.run/virtual> or WhatsApp us any proof of completion here: <https://updates.tgr.run/whatsapp>.
4. Results updated within 24 hrs. Check the Leaderboard: <https://tgr.run/virtual>
5. Collect your Finisher Award at Victorinox Harbour City Store, Ocean Terminal L2 OT243
 - Medal collection is available 7 days following completion of your Virtual Race.
 - Location: <http://www.harbourcity.com.hk/en/shop/victorinox/>
 - You'll need to show your HKID. Remember to have your medal engraved!

VICTORINOX FINISHER MEDAL

Add on this Victorinox Finisher Medal to your registration and collect it in store:

Victorinox Harbour City Store, Ocean Terminal L2 OT243

- Medal collection is available 7 days following completion of your Virtual Race.
- Location: <http://www.harbourcity.com.hk/en/shop/victorinox/>
- You'll need to show your HKID. Remember to have your medal engraved!



PRIZES

1. Top 10 Female Runners win T8 Women's Sherpa Shorts v2
— <https://t8.run/products/w-sherpa-shorts>
2. Top 10 Male Runners win T8 Men's Sherpa Shorts v2
— <https://t8.run/products/m-sherpa-shorts>
3. Final 10 Female Finishers win Gone Running Credit HKD100
— <https://gone.run/>
4. Final 10 Male Finishers win Gone Running Credit HKD100
— <https://gone.run/>
5. Lucky Draws from our sponsors will also be available for all registered participants including [T8.run Running Masks!](#)



A BIG thanks to Gone Running and T8 for sponsoring this virtual race event.

50HKD VX MEDAL FEE WILL BE WAIVED FOR IMMORTALS 2020 ACTUAL RACE SUPPORTING REGISTRANTS

#tgr #t8 #gonerunninghk #thegreenrace #vr #virtualrace #trailrunning #runnerreg #covidruns
#immortals #doneanddusted

PHOTOS

Find all our event albums on [Facebook](#) here:

TGR Immortals @Pat Sin Leng 2019

- dropbox.com/sh/srxqyr5ckcvkmng/AAATuYzREUIPu521BVbNgQtw?dl=0
- facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=2019276888123158
- facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=2023314851052695
- facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=2024410404276473
- facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=1954602647923916

TGR Immortals @Pat Sin Leng 2018

- [facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=2019758494741664](https://www.facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=2019758494741664)

TGR Immortals @Pat Sin Leng 2017

- [facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=1600665746650943](https://www.facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=1600665746650943)

- [facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=1598775070173344](https://www.facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=1598775070173344)

TGR Immortals @ Pat Sin Leng 2016

- [facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=1215575595159962](https://www.facebook.com/pg/greenracetrailrunning/photos/?tab=album&album_id=1215575595159962)

RACE CALENDAR

TGR trail running races and training calendar is [here](#)

RunnerReg - International Trail Running Race [Calendar](#)

REFUNDS & CANCELLATIONS

All TGR Events follow [RunnerReg.com](https://www.runnerreg.com) Refund Policies.

Event cancellations or postponements may occur due to local Covid-19 restrictions. Registrations are protected by our Refund & Cancellation Policy including 100% Race Credit refunds. Visit <https://runnerreg.com/refund-policy/> for more information.

RESULTS

2020 Results - <https://tgr.run/virtual/>

PAST RESULTS

[2019 Prizes](#)

[2019 Results](#)

[2018 Results](#)

[2017 Results](#)

[2016 Results](#)

[RunnerReg](#)

[Race Timing Solutions](#)

[Racematix](#)

RULES

- By signing up at our event, participants agree to abide by our [rules and regulations](#). - tgr.run/rules

- All participants must have adequate personal medical insurance coverage in place

TOILETS & SHOWERS

- Public toilets are available at the Start/Finish - [Kong Ha Au BBQ Site](#)

TIMING

- Unless otherwise stated, timing will be provided by [RunnReg.com](https://www.runnerreg.com)

- All participants must have their bibs worn at the front of their body, near waist height throughout the race

- Timing marshals must be able to clearly see your bib number and scan the QR code on your bib

RUNNING RETREATS

- Get out on a trail running retreat and create your runcation holiday with like-minded folks! Find details from [here](#).

TGR TRAINING MEMBERSHIP

- + 100 TGR Race Credit towards any TGR event listed on RunnerReg: <https://runnerreg.com/portal/>
- + 5 Race Credit refunded for each TGR training session you complete: <https://runnerreg.com/portal/>
- + 1 T8 Sherpa Flask (330ml) (retail HK\$78) + <https://t8.run/products/sherpa-flask>
- + 1 Speed Cup (retail HK\$65) - <http://shop.tgr.run/product/speedcup-by-hydrapak/>
- + 1 Race Belt (retail HK\$90) - <https://shop.tgr.run/product/racebelt/>
- + Access to our WhatsApp training group - <https://updates.tgr.run/whatsapp>
- + Training Sessions: 7:30 PM Monday Central at the trees between Pier 8 & 9 (easy) and 7:30 PM Wednesday at the stairs Hong Kong Sports Centre entrance (moderate) - <https://tgr.run/training/>
- + Weekly training & nutrition tips on our WhatsApp group and on our dedicated training page - <https://tgr.run/training/>
- + A fun-loving group of road and trail runners to get out and have a blast training with! - <https://www.facebook.com/tgrtrailrunning/>
- + Pay only once, get full access to our group for as long as you like:)

Register once and always have full access to our team - HK\$480.

REGISTER HERE: <https://runnerreg.com/portal/registration/tgr-training-membership>

USEFUL LINKS

- Calendar - updates.tgr.run/race-calendar
- Full Pass - tgr.run/full-pass
- Trail Races - tgr.run/races
- Race Credit - tgr.run/racecredit
- Registration - runnerreg.com
- Retreats - updates.tgr.run/retreat-calendar
- Training - tgr.run/training
- Volunteer - tgr.run/volunteer
- Visit / Contact us - tgr.run/contact
- WhatsApp Running Group - updates.tgr.run/whatsapp

VIDEOS

Check out our post-event trail running video productions [here](#).

- tgr.run/videos

VIRTUAL RACES

- Come out and compete in the virtual race before toeing up at the start line of the official one!
- Check out our Virtual Races and leaderboard here: <https://tgr.run/virtual/>

VOLUNTEERING

- Volunteer for this trail running event and enjoy a great day out with our most excellent trail running community. You'll also earn one free race entry to a similar distance GreenRace event (registration add-ons are not included).
- Full details may be found here: tgr.run/volunteer
- Race Registration is here: runnerreg.com

