SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

2021
9.11-10.10

簡介 Description

為推廣本地跑步文化、拓展越野跑及路跑跑會之間的合作，五大跑會Forza、Steprunners、Jackey's Running、賡班及Trailblazer聯同【講跑。港跑】舉辦的ST21，是全港首個越野跑、路跑半馬接力虛擬跑。無論跑山還是跑馬的跑友都可以合作完成賽事。

ST21以二人一隊的接力形式進行，首棒負責約10.8km 公里的越野跑路，次棒則需跑約10.2km的平路，以二人完成的總時間計算成績，並分為男子、女子及男女混合組別作排名。

In order to promote and further the collaboration between road and trail running clubs in Hong Kong, the five running clubs, Forza, Steprunners, Jackey's Running, "賡班" and Trailblazer together with Kong.run organised Hong Kong's first-ever trail and road running relay virtual half marathon. The Event welcomes marathoners, road runners and trail runners to form teams to compete in the event.

ST21 takes place in the form of team relay of 2 . The first leg would be required to complete a trail running of about 10.5km while the second leg would be required to complete a session of road running of about 10.5km. The total time of the 2 legs would be calculated for the overall rankings in male, female and mixed categories.

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特色 Characteristics

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

1. 全港首個結合山路及平路的虛擬接力賽，可以搵埋自己啲山友、跑馬朋友一齊組隊參加。
   ST21 is Hong Kong's first virtual relay race combining trail and road running.
   Different runners could join together as a team to compete together.

2. 在四星期的比賽時間內， 大會將會於每晚十二點更新最新排名，夠哂刺激。
   The latest rankings would be updated daily at midnight within the 4-weeks competition period.

3. 參加時間內可無限次 upload 成績，若被其他隊伍追過將可再次挑戰！
   （惟每隊參賽隊伍只會計算總完成時間最短的一次成績，並不會考慮分段時間。）
   Within the 4-week competition period, every team could upload their result as many as times as preferred. If your ranking is taken over, you can always challenge again! (But only the fastest total time would be recorded for final results, not taking into account of split time.)

4. 四星期的比賽時間內，大會將會不定時安排精英跑手及神秘嘉賓組隊挑戰接力賽，可留意大會 Facebook、Instagram的詳情及直播。
   Within the 4-week competition period, elite runners and special guests would be invited to join the relay challenge. Details and live recording would be updated in the official Facebook and Instagram account.

5. 路線途徑沙田的地標，包括文化博物館李小龍像、獅子山山頂、雙子橋、回歸亭、城門河等，具本土特色。
   The route takes place in Shatin, passing many popular local spots, including the statue of Bruce Lee, Lion Rock Peak, Shatin Twin Bridge, Reunification Pavilion and Shingmun River, etc.

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路線 The Route

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

第一棒：越野跑 / First Leg : Trail Running

距離約 Total distance : **10.8km**

總攀升 Total Climb : **535m**

起點 Starting Point

香港文化博物館李小龍像，橫越城門河跑往沙田圍馬鐵站，沿斜路往水泉澳邨方向，經由馬鞍山郊野公園門牌上沙田坳獅子亭，接麥理浩徑第五段，於分岔路路牌指示直上獅子山「獅尾」，沿獅子山接回麥理浩徑第五段，經回歸亭落紅梅谷燒烤場，落樓梯後沿斜路跑回大圍火車站，回到文化博物館李小龍像交棒給隊友。

The statue of Bruce Lee at Hong Kong Heritage Museum, cross Shingmun River toward Shatin Wai Station, run along the upslope towards the direction of Shui Chuen O Estate, pass through the gate of "Ma On Shan Country Park" and go up to the Lion's Pavilion at Shatin Pass. Continue along the section 5 of MacLehose Trail, and go up to the Peak of Lion Rock at the signage. Afterwards, run along the ridge of the lion rock going back to the MacLehose Trail, pass through the Reunification Pavilion and go down to the Hung Mui Kuk Barbecue Area. Go straight down the stairs, cross the road and run along the downslope towards Taiwai station and go back to the statute of Bruce Lee at Hong Kong Heritage Museum and hand over to your teammate.

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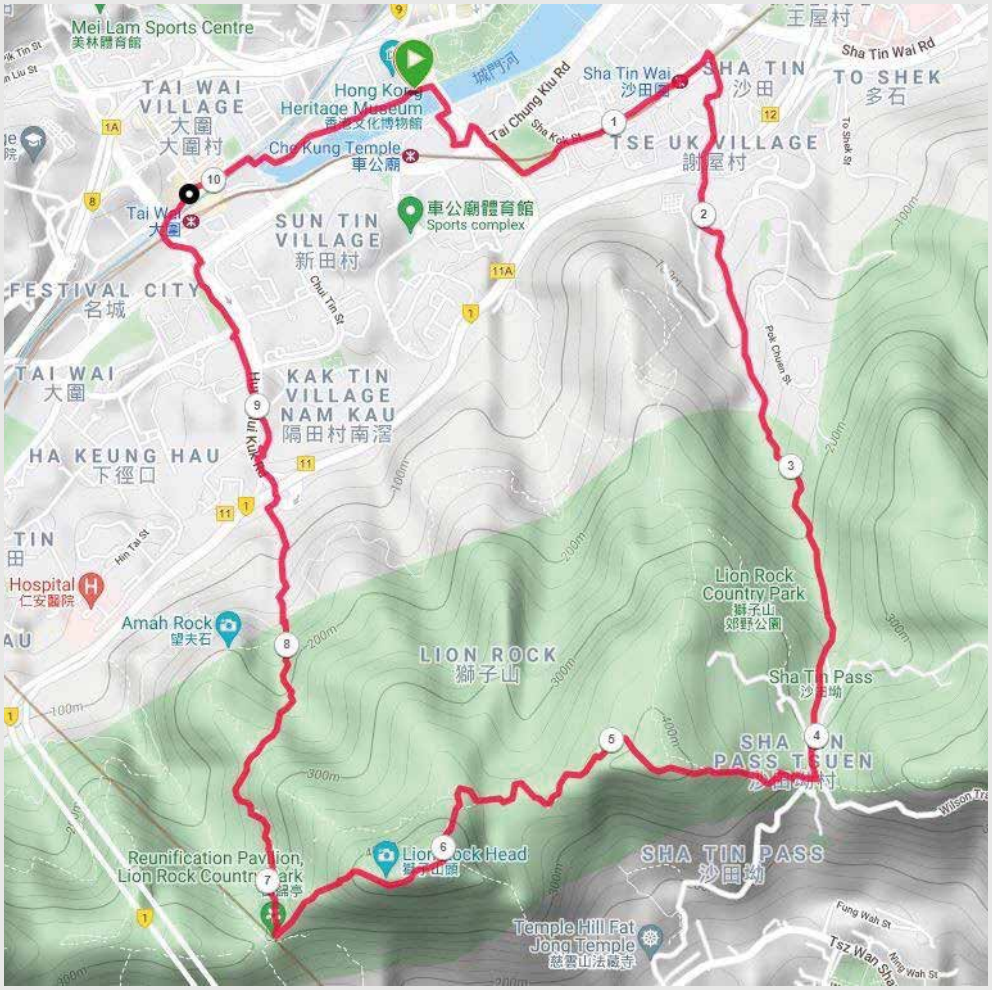
路線 The Route

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

第一棒：越野跑
First Leg : Trail Running



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路線 The Route

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

第二棒：路跑 / Second Leg : Road Running

距離約　Total distance :　　10.2km

起點 Starting Point

文化博物館李小龍像，沿城門河河西往火炭、馬場方向直跑，直至「雙子橋（孖橋）」右轉過城門河，轉右沿城門河河東往沙田大圍方向，直到文禮閣附近天橋過河，沿路跑回文化博物館李小龍像結束。

The statute of Bruce Lee at the Hong Kong Heritage Museum, run along the west side of Shingmun river towards Fotan and Racecourse direction, cross Shingmun river at the Shatin Twin Bridge. Turn right and run along the east side of Shingmun River towards Shatin, Taiwai direction. Cross the river again through the bridge near Man Lai Court, go back to the statute and finish there.

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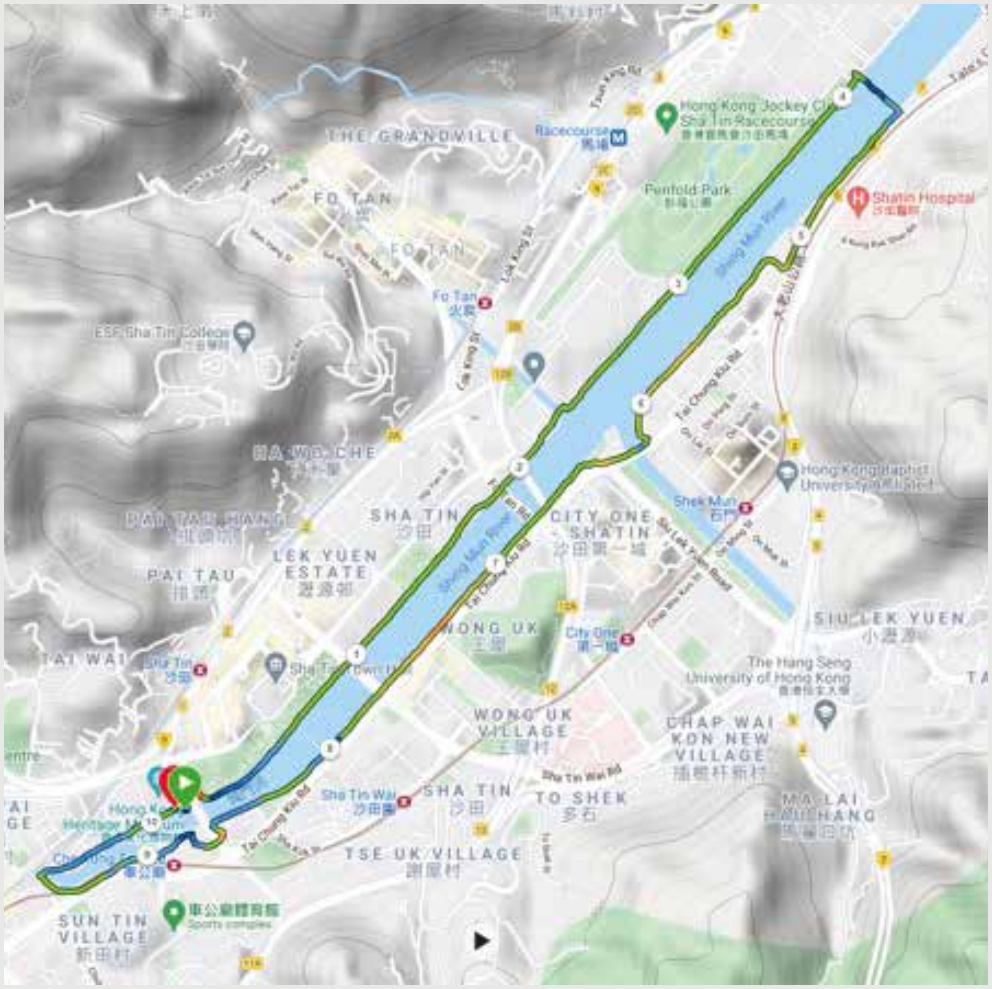
路線 The Route

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

第二棒：路跑
Second Leg : Road Running



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報名 Registration

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

所有參加者必須於官方網站登記報名參加，並收到確認電郵後方會被計算成績。
All participants must first register in the official website and receive a confirmation email, in order to have the results ranked.
https://1clicksports.com/

參加者可自行組合男子、女子或混合組別參賽。混合組別隊伍可自行決定隊中男或女隊員負責山路或平路分段。
Each team consists of 2 people, under the categories of males, females or mixed.
Mixed team could decide themselves who would be responsible for the trail and road session.

報名費用：每隊港幣 $500
Registration Fee: HKD$500 for each team

報名時可透過網頁上的 QR code 或連結以 PayMe 繳付報名費用，並於繳費時於訊息欄輸入頁面上的繳費碼以作核對之用。經核查後將會收到一封確認電郵，便完成整個報名程序。
Participants can scan the QR code or the link shown up in the website during the registration process.
Please enter the unique payment code shown at the "Enter your message" field for verification purpose.
Participants would receive a confirmation email after verification of payment.

請保留你的 PayMe 付款紀錄截圖以作日後核實之用
Please save your PayMe payment record screenshot for verification purpose.

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核證比賽成績 Verifying Race Results

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參加者必須以Strava紀錄及三張自拍照片核證比賽成績。如參加者未能提供合資格的紀錄及照片，主辦單位將不能確認有關成績。
Participants must verify their race results by Strava record and three selfie photos. If participants cannot provide valid record and photos, the organizer will not acknowledge the results.

兩名隊員必須分別使用可計時的 GPS手表紀錄分段時間，並分享 Strava 連結到確認電郵內提供的連結，成績方可被計算。
有關Strava活動紀錄權限須設定為公開。排名將以「經過時間」 Elapsed Time計算（而非 Running Time）。
The two participants must separately use sports watches with GPS function to record their split time, and share the respective Strava links to the link provided in the confirmation email, so that their results could be recorded. Under Privacy Controls on your Strava account, your Activities should be flagged for Everyone to see. Rankings would be based on the "Elasped Time" but not "Running Time".

參加者必須於比賽時配戴號碼布，以及須攜帶可供拍照的手提電話，並於三個位置自拍照片以作核證，
並將三張照片上載到 Google Form 上。三張相片分別有以下要求：
Participants must wear the Bib in the race pack during their challenge. Participants have to carry a mobile phone with photo-taking function during the race and take three selfie photos for verification purpose. The requirements for the three photos are as follows –

1. **第一棒：相片包括第一棒隊員號碼布及獅子山山頂的 495m 高標示牌；**
   First leg: the photo should include the Bib of the first leg and the 495m signage of Lion Rock;

2. **交棒時：相片包括兩名隊員號碼布及李小龍像；**
   At handover: the photo should include the Bibs of both participants and the statue of Bruce Lee;

3. **第二棒：相片包括第二棒隊員號碼布，須於雙子橋中央拍攝。**
   Second leg: the photo should include the Bib of the second leg and has to be taken in the middle of Shatin Twin Bridge. v

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參加者可於比賽日期內無限次挑戰及上載成績，最後上載成績的時間為 10 月 11 日 23:59，惟只有總時間最快的一個紀錄會被記入排名。

**Within the competition period, participants can take the challenge unlimited times and upload their results using the same Google link unlimited times. But the results have to be uploaded before 11 October 2021, 23:59.
For multiple entries of results from the same team, only the ONE with the fastest TOTAL time would be counted.**

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重要日期 Important Dates

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

報名日期
Registration Dates

8 月 28 日 00:00 至 10 月 3 日 23:59
From 28 August 2021, 00:00 to 3 October 2021, 23:59

比賽日期
Race Dates

9 月 11 日 00:00 至 10 月 10 日 23:59
From 11 September 2021, 00:00 to 10 October 2021, 23:59

領取選手包日期
Collection of Race Packs

9 月 5 日 至 10 月 3 日 @Cam2 12:00 - 20:00
From 5 September 2021 to 3 October 2021 @Cam2 12:00 - 20:00

比賽簡報會日期
Race Briefing Date

9月5日 @Cam2 14:00 - 16:00
5 September 2021 @Cam2 14:00 - 16:00

領取完賽禮品日期
Collection of Race Completion Gift

約完賽後三星期 TBC @Cam2
approximately 3 weeks after competition date TBC @Cam2

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獎項 Prizes

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

組別獎項（以接力兩棒總時間計算排名）
Team Prizes (according to the total time elapsed in the 2 legs)

- **男子組首三名**
  First three of male category
- **女子組首三名**
  First three of female category
- **男女混合組首三名**
  First three of mixed category

註：如某組別參加隊伍只有五隊或以下，則只設冠軍一名

Remark: If there are five or less teams enrolled in any category, only the Champion of that category would be awarded.

個人獎項（以分段時間計算排名）
Individual Prizes (according to the split time)

- **「山王」一名**
  One “King of the Hill”
- **「路王」一名**
  One “King of the Road”
- **「山后」一名**
  One “Queen of the Hill”
- **「路后」一名**
  One “Queen of the Road”

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獎項 Prizes

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

三個組別的隊制亞軍及季軍
Runner-up of 3 Team Prizes

VISION

Nike Gale Force AF" Sunglasses
建議零售價 / SRP $880

男子組 兩副
2 x Glasses
for 1st & 2nd Runner-up
of male category

女子組 兩副
2 x Glasses
for 1st & 2nd Runner-up
of female category

男女混合組 各一副
2 x Glasses
for 1st & 2nd Runner-up
of mixed category

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獎項 Prizes

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

三個組別的隊制冠軍
Champions of 3 Team Prizes

saucony

Endorphin Pro 2
建議零售價 / SRP $1,699

S20687-40

S10687-40

男子組 兩對
2 x S20687-40
for Champions of male category

女子組 兩對
2 x S10687-40
for Champions of female category

男女混合組 各一對
1 x S20687-40 & 1 x S10687-40
for Champions of mixed category

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獎項 Prizes

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

個人獎 四個
4 Individual Prizes

POLAR

Grit X
建議零售價 / SRP $4,180

「山王」&「山后」- Grit X 兩支
2 x Grit X for
“King of the Hill” & “Queen of the Hill”

Vantage M2
建議零售價 / SRP $2,580

「路王」&「路后」- Vantage M2 兩支
2 x Vantage M2 for
“King of the Road” & “Queen of the Road”

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獎項 Prizes

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

amino VITAL
建議零售價 / SRP $258

Nippi Collagen 100
建議零售價 / SRP $690

每位得獎者，包括隊制各組別的冠亞季軍（18人）及個人獎項的得獎者（4人），
每人均可獲贈 amino VITAL Perfect Energy 胺基酸能量飲品一盒(6包裝) 及 Nippi Collagen 100 一盒三包110g。

Each prize winner, including top 3 in each team categories (18 in total) and individual prize winners (4 in total), would be awarded a box (6 packs) of amino VITAL Perfect Energy and a box (3 packs) of Nippi Collagen 100

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選手包及獎品 Race Pack and Gift

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

每隊參賽者（二人）均可得到選手包，當中包括：
Each team (2 participants) would receive 2 race packs, consisting of:

- **號碼布（兩塊）**
  2 Race bibs
- **號碼布扣四個（兩套）**
  2 sets of Bib clips (4 in total)
- **Cam2 $50 現金券 (4張)**
  4 x Cam2 $50 Cash Voucher
- **amino VITAL 產品優惠**
  amino VITAL products discount

每隊成功完成賽事的參加者均可獲得完成獎品：
Every participating team after verification of results would receive completion gifts:

- **下載電子證書一張**
  A downloadable completion E-certificate
- **跑手背心兩件**
  2 Running Vests
- **精美鞋袋兩個**
  2 Shoe bags

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選手包及獎品 Race Pack and Gift

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

▶ 跑手背心兩件
2 Running Vests

▶ 精美鞋袋兩個
2 Shoe bags

▶ 號碼布（兩塊）
2 Race bibs

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規則及注意事項 Rules and Regulations

SHINGMUN TRAIL 21
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1. 參加者只可以跑步或步行形式完成活動，以滾軸溜冰、單車、或以使用其他工具代步將不被承認。
   Participants need to complete the event by running or walking. Rollerblading, riding on bicycle, or any kind of vehicle is not allowed.

2. 參加者可自行選擇在比賽日期內的任何時間進行挑戰，若選擇晚上挑戰則需帶備頭燈上山。
   The latest rankings would be updated daily at midnight within the 3-week competition period.

3. 沿途不設補給站，參加者須自行準備所需的補給品及飲品，但可到途中超級市場、小食亭及商店購買飲品及食品，是次活動准許其他人沿途進行支援。
   另請帶備身份證、少量現金、八達通及設本地通訊的手提電話。
   There would be no support point in this event. Participants have to arrange their own drinks or support. Purchase from supermarket, stalls, vending machines and external support is allowed. Participants must carry their HKID card, cash, Octopus card and mobile phone with local reception signal during the race.

4. 出發前，請留意天氣預告，避免天氣欠佳情況下出發。如天氣惡劣 ，請停止活動，留在結構穩固的遮蔽處。
   Please check the weather forecast in advance and do not start if adverse weather is expected.
   Please stop and look for shelter if the weather becomes bad.

5. 參加者請善待環境，請勿在路線上亂拋垃圾。
   Be environmental friendly. No littering is allowed.

6. 路線將會有其他道路使用者，請務必注意自身及他人安全。
   There would be other pedestrians and road-users on the route.
   Participants are reminded to take care of their own and others' safety during the race.

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規則及注意事項 Rules and Regulations

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7. 路線會有經過民居，請保持安靜，避免喧嘩或影響附近居民。
   Please be considerate and keep quiet, do not make noise or affect the local residents when passing by the residence area.

8. 於橫過馬路時請務必注意安全，遵守交通規則及注意車輛方可橫過馬路，並使用行人過路設施（如隧道）橫過馬路，如被發現危險橫過馬路將會被取消資格。
   The route involves crossing roads, participants must pay attention to traffic conditions and obey all relevant rules of the road.
   Participants must make use of any road-crossing facilities (e.g. tunnel) if available.
   Any dangerous act or illegal road crossing would result in disqualifications.

9. 參加者必須嚴格遵守政府所頒佈之預防新型冠狀病毒之操施，包括 Cap 599G 【預防及控制疾病（禁止群組聚集）規例】（即「限聚令」）及 Cap599I 【預防及控制疾病（佩戴口罩）規例】，於戶外運動前後須佩戴口罩及避免群眾聚集。
   Participants must strictly follow the rules and regulations implemented by the Government for the prevention of COVID-19, including Cap. 599I Prevention and Control of Disease (Wearing of Mask) Regulation and Cap. 599G Prevention and Control of Disease (Prohibition of Group Gathering) Regulation. Participants must wear masks before and after outdoor activities and avoid group gathering.

10. 參加者須清楚明白活動性質及風險，並同時自願參與，如有疑問，請先諮詢醫生的意見。
    於活動時自行留意個人的身體狀況，是否適合繼續，如有不適，請立即停止活動。
    Participants should understand the nature and risk of the event, which they are joining voluntarily. Please consult a doctor if you have any concern about your physical fitness for this activity. If you feel unwell whilst taking part, you should stop immediately.

11. 建議參加者自行購買個人意外保險，以保障個人安全。
    Participants are recommended to have their own personal accident insurance.

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12. 主辦單位保留對獎項安排的最終決定權。
    Organizer reserves the final decision of awards and ranking.

13. 所有報名不設退款、不設轉讓、不接受組別更改。
    No refund and no transfer for this event. Change of category is not accepted.

14. 大會保留對所有參加者資格、修改及解釋以上規則的權利的最終決定權。
    The organizer reserves the right to change the rules and regulations at any time without notice andhave the final decision on all matters relating to this event.

條款細則 Terms and Conditions

SHINGMUN TRAIL 21
越野跑路跑半馬接力賽

參加者必須同意以下免責聲明及其他條款：
Participants are required to agree to the following disclaimer, declaration and other provisions:

在你考慮接受我參與 ST21 及其他關連活動（總括而言「活動」），我同意受Aquatic Media Limited及包括而不限於其他所有舉辦者、獎品提供者、地點提供者（總括而言「活動舉辦者」）所提出的條款細則所約束。條款如下：
In consideration of your acceptance of my entry to ST21 and any ancillary event or function (collectively "Event"), I hereby agree to abide by the terms and conditions as provided by Aquatic Media Limited, prize sponsors, venue providers including but not limited to the assisting entities (collectively "Event Organizer") which are listed as the followings:

1. **本人明白參加此活動存在受傷、死亡、財物損失及/或任何形式的損失的風險。**
   I understand that by participating in the Event there are risks of injury, death, property damages and/or loss of any kind.

2. **本人是自願參加此活動和願意承擔自身的意外風險及責任，並放棄向大會以及與活動直接或間接聯繫的任何其他個人或組織，對本人往返活動場地途中、活動中發生或其引致之自身意外、死亡、財產損失及/或任何形式的損失提出索償或追討責任。**
   I am entering the Event voluntarily and I am willing to assume all my own risks and liabilities associated with participating in the Event. I hereby waive, discharge and release the Event Organizer and any other individual or organization connected directly or indirectly with the Event from any and all rights and claims for liability, loss and/or damages that I may have in the event of injury, death, property damage and/or loss of any kind suffered or incurred by me in or arising from or during the Event, as a consequence of, or while traveling to or from the venue of the Event.

3. **本人承認了解風險為本人的責任，並聲明本人身體情況良好及有能力報名、參加及完成此活動，而沒有執業醫生曾提出相反意見。**
   I acknowledge that it is my responsibility to understand the risks and I declare that I am physically fit to enter, participate in and/or complete the Event safely, and I have not been advised by a practicing medical practitioner not to enter the Event.

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SHINGMUN TRAIL 21
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4. **本人明白及同意 Aquatic Media Limited將本人的個人資料轉交予大會用作相關用途。**
   I understand and consent to Aquatic Media Limited transferring and any provision of my personal data to the Event Organizer for the arrangement of the Event and as described below.

5. **本人同意本免責聲明及其他條款細則之日已經年滿18歲或以上，或者未滿18歲但有法定監護人陪同。**
   I declare that I have reached the age of 18 or above on the date that I agreed to this disclaimer, declaration and other provisions; alternatively if I have not reached the age of 18, I am accompanied by a legal guardian.

6. **本人願意授權及同意大會及傳媒在不需要審查情況及不需要本人另外同意下而可在任何媒體中使用本人的個人資料、肖像、姓名及聲線作為籌辦及推廣活動之用，包括但不限於本人肖像及姓名有可能在與活動有關的情況下被使用於大會之網頁、短片、社交媒體平台及出版刊物。**
   I hereby grant permission and consent to the Event Organizer and the media to utilize my personal information, appearance, name and voice, in connection with organizing and promoting the Event, in any and all media, and agree to waive any right of inspection or approval associated thereto, including but not limited to that my appearance and name may be used in the website, video, social media platform and publication of the Event Organizer related to the Event.

7. **本人填妥此報名表格即表示同意及確認所有在此列明之大會規則、條款細則及免責聲明，以及往後所有不時於活動網頁、社交媒體及大會宣傳刊物的任何更新及更改。**
   By completing this entry form, I agree to and confirm to accept all of the terms and conditions in the Official Rules, Terms and Conditions listed here, this disclaimer, declaration and other provisions, and any subsequent amendments of the Event that are posted on the official website, social media platform and promotion materials from time to time.

8. **中英文版本如有任何歧異，概以英文版本為準。**
   If there is any conflict or inconsistency between the English version and the Chinese version, the English shall be the governing and prevailing version.

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