

## Sai Kung Mountain Marathon Race Course

9:00 AM, Sunday 12 February, 2017 Race start

8:00 AM Race bib collection opens (for those who have not collected yet)

8:00 AM Baggage storage opens

Pak Tam Chung Entrance Gate, Sai Kung

Public buses: 94 and 96R

Maximum Allowed Time:	Half Marathon	4:00 Hours
	Full Marathon	8:00 Hours

Distances and Cumulative Elevation Changes:

Half Marathon – 19.0 km, 840 meters – 3 water stops

Full Marathon – 37.1km, 1,840 meters – 4 water stops (2016 variation)

Start: Pak Tam Chung/Sai Kung Country Park Entrance - Tsak Yue Wu - Pak Tam - Sec. 3 of Maclehorse - Yung Shue O - Sham Chung - She Shek Au - Nam Shan Tung - Pak Sha O - Hoi Ha - Wong Shek (End of Half Marathon) - To Kwa Peng – Tung Sam Kei - Chek Keng – Luk Wu Trail – Pak Tam Country Trail – Pak Tam Au – Maclehorse Section 3 – Pak Tam – Tsak Yue Wu – Pak Tam Chung Finish.

Race Cut Offs:

- 1) You must past the halfway point within 3.5 hours to continue on the full marathon route.
- 2) You must pass CP 5 at Pak Tam Au within 6.0 hours to continue to the finish.

### Race Course Hints and Suggestions

Maps - Although the course will be marked with yellow signs and white ribbons, there is always the possibility of hikers blocking signs at crucial intersections. Downloading the course map and familiarizing yourself with the course ahead of time will minimize the chances of going astray.

Water - One water stop will be provided at Yung Shue O, Hoi Ha, Tai Tan halfway point, and at Pak Tam Au. Water can also be purchased along the trail in the village of Hoi Ha and possibly in the village of Chek Keng. Runners should plan to carry their own water along the course. For those willing to drink stream water, there are opportunities to do so about 1 km after Chek Keng and toward the end of the Luk Wu Trail.

Mosquito Repellent – Although no cases of Dengue Fever have been reported in the Sai Kung area, participants would be wise to take precautions against mosquito bites.

Weather – In February, It could be hot or cold. Please check the weather forecast prior to the race. Cool but humid is the mostly outcome based upon historical precedent for this time of year.

Trail Conditions - Portions of the trail are on steep and rough ground. If it has rained recently, it will also be slippery. Be prepared for rough, outback conditions, this is not a road race!

Those doing the half marathon will want to bring along money for the bus ride back to Pak Tam Chung.

Although the trail will be marked with arrows, previous history suggests that there are a few common places where runners lose the trail:

- 1) After intersecting with Section 3 of the Maclehose, the marathon trail continues straight a rough path down toward Yung Shue O. Note that this is the original mountain marathon route, not the modified route used the previous several years.
- 2) Leaving Hoi Ha Village along the beach, the marathon trail takes an immediate, sharp right turn up a narrow trail densely covered by the forest canopy.
- 3) After leaving To Kwa Peng, the trail no longer turns right up to join section 2 of the Maclehose. Instead it contours along the coast to Tung Sam Kei and then over Tung Sam Kei Shan before joining section 2 of the Maclehose and descending to Chek Keng..
- 4) After joining Section 2 of the Maclehose and descending to Chek Keng Village, the trail takes an immediate sharp right hand turn up a river valley rather than continuing along the coast on the Maclehose Trail.
- 5) At the intersection where the course route joins the Luk Wu Trail, turn right steeply up the steps on the Luk Wu Trail.
- 6) After descending to a large concrete water catchment area, stay on the catchment rather than turning left to continue on the Luk Wu Trail (Luk Wu Trail marker 09 at this junction).
- 7) Turn right up hill on the Pak Tam Nature Trail just before a building.
- 8) Upon reaching the end of the Pak Tam Nature Trail (checkpoint) cross the road carefully and right along the sidewalk to the Maclehose Section 3 entrance on runner's left.
- 9) After about 4 km on the Maclehose Trail, the course turns left (signposted toward Pak Tam Road/Tsak Yue Wu). The remainder of the course runs in reverse the first several km of the race route back to Pak Tam Chung finish.