

Hong Kong Racewalking Association

The First Walk 2020 cum 20KM Run



Walker's Guide

Event Date: January 1, 2020 (Wednesday)

Registration Venue: Pak Shek Kok Promenade

Registration Time: 50KM - 8:00 a.m.; 20KM - 8:30 a.m.; 6 Hours Walk - 9:00 a.m.; 10KM - 10:00a.m.

Number Bib:

1. All walkers should report on time to the Registration desk to collect their number bibs.
2. Each walker will be given two number bibs with same number. Walkers should wear one visibly on the chest and the other on the back at all times during the competition. Those failing to do so will not be allowed to participate.

Start Time: 50KM - 8:30 a.m. 20KM - 9:00 a.m. 6 Hours Relay - 9:30 a.m. 10KM - 10:30

Time Limit: 50KM - 7 hours 20KM - 3 hours 6 Hours Relay - 6 hours 10KM - 80min

Attire: All walkers should wear tops and shorts without covering the knees.

Water Station: Water, sports drink, fruit will be available on the course. We will provide table at the personal drinks station.

Baggage Storage: A baggage area will be provided, but walkers are advised not to bring any valuable items. The organizer takes no responsibility for any damage or loss of items.

Prize Presentation:

1. Prize presentation ceremony will be held at about 12:30 for 20KM & 10KM; about 16:00 for the rest
2. All winners are required to assemble at the prize presentation area on time. If any winner is not able to attend the prize presentation ceremony, please inform the organizer before the start of the ceremony. If the winner fails to do so, he or she will not be allowed to redeem his/her prize after the event.

Insurance: The organizer will provide public liability insurance cover only. Walkers should be responsible for their own personal accident insurance.

Transportation: Green minibus no.27 from Pai Tak Street, MTR Shatin station exit B

Weather: If a red or black rainstorm or T8 warning is raised by 5am on the day, then the event will be cancelled. Under those circumstances no entry fee will be refunded. Weather forecast
<http://www.weather.gov.hk/contentc.htm>

Health Advice: Walkers should decide about their participation according to their physical capability prior to the race and should consult a doctor if they are in doubt about their health condition. Please approach the officials for assistance immediately if you feel sick during the race. For safety reasons, all walkers should follow the instructions of the officials.

Remarks:

1. The organizer has the right to make any changes without prior notice but will endeavor to inform entrants of any changes in a timely manner. All decisions by the organizers will be final.
2. Please note: Any 6-Hour Relay walker who is found to be running along the course or otherwise infringing the rules of competitive walking shall be penalized by deducting one lap from the result. A walker who has committed an infringement will be shown one red card and the total distances will be deducted depend on the number of red cards accumulated by the walker.
3. Any littering will result in (1) 6-hour Relay: deduct ONE lap; (2) Other events: add 3min for each offense.
4. In case of any dispute, the organizer will have the final decision.