



Sha Tin In Motion 2017

Organizer The Organising Committee of Sha Tin Cycling and Distance Running Races cum Carnival 2017,
 Co-organizer The Cycling Association of Hong Kong, China Limited, Sha Tin Arts Association Limited, Sha Tin Sports Association, The Sha Tin District Junior Police Call Honorary Presidents Association
 Sha Tin District Office, Leisure and Cultural Services Department
 Date 12th November, 2017 (Sunday)
 Time 5:00am to 3:30pm
 Venue Science Park Chong San Road, Sha Tin Sports Ground and Yuen Wo Road

Event Details:

Time	Activities/ Race	Start / Gather Point	Quota
05:00am – 07:00am	Breaking the Wind 15 km Cycling Race and Ride	Science Park Chong San Road	2000
07:00am – 09:00am	10km Running Race	Yuen Wo Road (near Sha Tin Sports Ground)	2000
08:15am – 09:15am	Smart Rider	Yuen Wo Playground (Basketball Court No.1 & 4)	500
09:30am – 10:30am	Bike Parade	Yuen Wo Playground (Basketball Court No.2 & 3)	40-60 teams (2-4 pax each)
09:30am – 03:30pm	Carnival	Sha Tin Sports Ground	3000

Sha Tin in Motion 2017 - Breaking the Wind Event Details:

- 1 Route :
Science Park Chong San Road >> Science Park Road>>T6 Bridge>> Ma On Shan Bypass >> Ma On Shan Road >> Tate's Cairn Highway >> Siu Lek Yuen Road >> Tai Chung Kiu Road>> Sha Tin Rural Committee Road >> Yuen Wo Road
- 2 Start Time : 5:00am
- 3 Time cut for different section of the route:

Section To Be Completed	Approximate KM (From Starting):	Finishing Time:	Action:
Ma On Shan Bypass	7	6:00am	Participants should get on the broom wagon.
Siu Lek Yuen Road	13	6:30am	Participants should head towards the cycling path along Siu Lek Yuen Road, or get on the broom wagon.



4 Participant' s requirement:

- 4.1 Public Category: Participants must be between 11 and 70 years of age as of 12th November 2017. All registrants of Public Category are required to attend a cycling technique assessment. Exemption will be granted to registrants who participated in races sanctioned by the Union Cycliste Internationale (UCI), National Federation of Cycling, The Cycling Association of Hong Kong, China Limited, finishers of corresponding rides of Hong Kong Cyclothon, those who passed the cycling technique assessment of Hong Kong Cyclothon and experienced cyclists who are able to provide valid proof of their skill level. In case of any dispute, the Organiser has the right to the final decision.
- 4.2 Race Category: Participants must meet the age requirements of the category they apply as of 12 November, 2017. Participants of Race Category must be holders of the Union Cycliste Internationale (UCI) International Licence or members of The Cycling Association of Hong Kong, China Limited who has already paid the racing insurance fee for the 2017-2018 season; with racing experience in races sanctioned by UCI, National Federation of Cycling or The Cycling Association of Hong Kong, China Limited.

5 Event Categories:

Public		
Race	Men	Men Y11-13, Men Y14-16, Men Junior 17-18, Men Open Z19, Men 3M, Men 4M, Men 5M or above
	Women	Women Y11-16, Women Open Z17
	Disciplinary Services	

6 Bike and Equipment

- 6.1 Participants must bring their own bikes.
- 6.2 All Participants must wear bike helmets properly and be equipped with any necessary safety accessories.
- 6.3 Due to safety concerns, other types of vehicles such as Gobee.bike, tricycles, bikes with training wheels, fix gear bikes, tandem bikes and family bikes will not be allowed, except bikes for disabled persons which are approved in advance by the Organiser. Definition of bicycle is a vehicle with two wheels of equal diameter that is not less than 26 inches. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals and a chain. The use of aerobars (bar ends) is not permitted.

7 Prize :

Trophy will be presented to the champion, the 1st runner-up and 2nd runner-up of Race Categories in a ceremony held after the race finishes.



Sha Tin In Motion 2017 Route Detail

