

**AVOHK**  
**Round the Island Time Trial 2017**  
**Sunday 2<sup>nd</sup> April 2017**



Established 1982

**RULES AND INSTRUCTIONS**

1. The route is clockwise and consists of a figure of 8 that starts, changes over and finishes at the sitting out area behind the carpark at Wong Nei Chung Gap.
2. The route is marked by blue dots. Dots at closer centres and three dots together signify a change in direction.
3. Number bibs are picked up at the Start from 5.00am onwards on the day of the Time Trial.
4. The Start will open at 6.00am. Runners can choose to begin at 15 minute intervals from then up until 10.00am when the Start will close. After collecting your number bib, **you must register for your selected start time** (ie. 6:00, 6:30, 7:15 etc.), registration for each Start will open 30 minutes before each Start.
5. **All runners must register at the Start.**
6. **True Grits** are solo runners who complete the whole course by themselves. They must go through all checkpoints.
7. **Whimps** run in relay changing over at the Start/Finish area at Wong Nei Chung Gap after completing the first portion of the course. The second Whimp would then run the second part of the course. Alternatively, the changeover can take place at the Tai Tam, checkpoint which is approximately half way but both runners must firstly check in at the Start.
8. **You must check in at all the checkpoints giving your name and race number.**
9. Drinks and refreshments are available at the checkpoints. Make sure that you drink enough to keep your body hydrated.
10. The finish is open from 2:00pm to 4:00pm. If you try to take advantage of the cooler conditions in the morning and start too early you could finish before 2:00pm. In this event your finish time will be recorded as 2:00pm. If you get your finish time wrong and get behind schedule, don't worry. Someone will wait for you and record your finish time. However, you will be penalised by not being classified in the results if you finish after 4:00pm. Therefore you are strongly urged to pick a start time that allows you to finish between 2:00pm and 4:00pm.
11. If you retire from the Time Trial you **must** let the nearest checkpoint know or phone the contact number – **6629 3866**.
12. **AVOHK reserves the right to refuse runners who do not complete the first loop in good time from continuing. Runner's who choose to continue, do so at their own risk.**

**13. GOOD LUCK and SAFE RUNNING**