



疫情期間大家總有千萬個理由想偷懶，疏於操練，ZERO Edition Virtual Cross Frog Run，希望再次激動大家運動起來。

原來橫越香港島(青蛙)不是一件遙不可及的事，只要肯起動，大家可以用腳步感受一下由港島西跑去港島東的趣味。

比賽路線：

摩星嶺白屋(現芝加哥大學香港校園) -> 摩星嶺徑 -> 碧珊徑 -> 龍虎山健身徑 -> 夏力道 -> 山頂廣場 -> 白加道 -> 馬己仙峽 -> 灣仔峽 -> 布力徑 -> 中峽 -> 大潭水塘道 -> 大潭上水塘 -> 港島林道-美景路段 -> 石澳道 -> 哥連臣山段 -> 馬塘坳 -> 砵甸乍山郊遊徑 -> 龍躍徑 -> 龍躍亭 -> 小西灣海濱公園，共 20 公里



報名費：	<p>\$180 (報名費已包括豐富選手包：青蛙跑頭巾、Ammo 全天然生果 Gel X 2 包、虛擬跑號碼布、Tyvek 號碼布雜物袋，總值 \$240)</p> <p><i>*Tyvek 號碼布雜物袋因需個人化製作需時，會於完賽後補發*</i></p> <p><i>*20/09/2020 前報名參加者可以在 Tyvek 號碼布雜物袋印上專屬姓名(英文字母不超過 12 個字, 中文字母不超過 6 個字),20/09/2020 之後報名參加者姓名一律只能印上 Frog Runner *</i></p>
領取選手包時間：	參加者請於 15/09/2020 - 10/10/2020 任何營業時間前往 Action Panda 運動用品專門店領取選手包
報名截止日期：	05/10/2020
比賽時間：	需在 15/09/2020 - 31/10/2020 前一次性完成虛擬跑路線及把虛擬跑記錄上載至大會的 Strava
完賽豐富禮品：	<p>超輕防水 Tyvek 多用途背包 / 多功能跑步腰帶、完賽紀念獎牌</p> <p><i>*首 300 名報名參加 Virtual Cross Frog Run 跑者，可以得到價值 \$ 298 超輕防水 Tyvek 多用途 Cross Frog Run 限量完賽背包，300 名後報名參加者則可以獲得價值 \$ 128 多功能 Cross Frog Run 跑步腰帶 *</i></p> <p><i>*參加者於報名時可以額外以優惠價加購完賽禮品，但必須完成賽事才可以領取。如參加者未能完成賽事，我們會將有關款項安排退款處理。*</i></p>
完賽規則：	所有參加者需在 15/09/ 2020 - 31/10/2020 前一次性完成虛擬跑路線及把虛擬跑記錄上載至大會的 Strava，虛擬跑時限為 6 小時。
領取完賽禮品：	參加者可於 14/10/ 2020 - 08/11/ 2020 任何營業時間前往 Action Panda 運動用品專門店領取完賽禮品
領取選手包及完賽禮品地點：	<p>Action Panda 運動用品專門店</p> <p>地址：觀塘道觀塘工業中心第二期四樓 P 室</p> <p>時間：12:00 - 21:00</p>
報名連結：	https://raceregistration.asia/vcfr2020/select_competition
比賽規則及注意事項：	<ol style="list-style-type: none"> 1. 建議參加者請自備最少 1000ml 飲料、少許食物、電話、少量現金及八達通。 2. 所有參加者需要展示號碼布於地標拍照打咭作為紀錄，及虛擬跑上載至大會。 3. 請各位參加者起步前仔細研究大會提供的路線及利用手機下載路線作導航用途。 4. 參加者必須沿著大會路線進行活動，及在指定地點拍照打咭，完成里數不得少於大會路線的里數，如大會發現走捷徑及不依照大會指定路線完成虛擬跑，大會有權不給予完賽禮品。 5. 參加者橫過馬路時必須遵守交通指示及留意路面情況。 6. 參加者如遇惡劣天氣及身體不適，建議立即終止活動。 7. 如遇緊急情況，請馬上撥打主辦單位緊急聯絡電話 9087 0109。 8. 主辦機構建議參加者自行購買個人意外保險，主辦單位對參加者安全一概不負責任。 9. 大會擁有修改以上規則的權利。

起點打咭位

芝加哥大學香港校園(白屋)



4.5KM 打咭位

山頂廣場



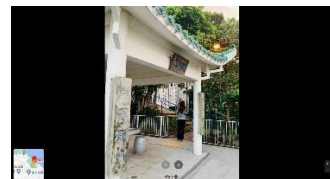
12.7KM 打咭位

大潭上水塘石橋



終點打咭位

龍躍亭



4.5KM 補給位

山頂廣場



10.5KM 補給位

中石化油站



選手包

			
<p>雙面號碼布</p>	<p>青蛙跑頭巾</p>	<p>Ammo 全天然生果 Gel X 2 包</p>	<p>Tyvek 號碼布雜物袋</p>

完賽獎品

		
<p>完賽紀念獎牌</p>	<p>超輕防水 Tyvek 多用途背包</p>	<p>多功能跑步腰帶</p>



Trust me, I know that we have all been a bit lazy during the pandemic, and gave ourselves hundreds of reasons to stop practicing. Therefore, let me introduce to you “ZERO Edition Virtual Cross Frog Run”! It’s time to get excited and get our adrenaline pumping again.

It turns out that crossing Hong Kong Island (Frog) is not as hard as you think. As long as you are willing to start, embrace Mother Nature, and you will find running from one end of the Island to another a piece of cake.

Competition route is as follows:

Mount Davis White House (now the University of Chicago Hong Kong campus) -> Mount Davis Trail -> Bishan Trail -> Dragon Tiger Mountain Fitness Trail -> Harley Road -> Peak Plaza -> Barker Road -> Magazine Gap- > Wan Chai Gap -> Link Path-> Central Gap -> Tai Tam Reservoir Road -> Tai Tam Sheung Reservoir -> Hong Kong Island Forest Road-Scenic Section -> Shek O Road -> Corrence Hill Section -> Ma Tong Au- >Pottinger Hill Country Trail-> The Traveler -> The Traveler Pavilion -> Siu Sai Wan Waterfront Park, 20 kilometers in total



Instagram and Photography Locations:

- (1) Starting point: Mount Davis White House (now the University of Chicago Hong Kong campus)
- (2) The Peak Galleria
- (3) Stone Bridge at Tai Tam Reservoir
- (4) The Traveler Pavilion

Recommended self-supply points: Peak Plaza and Wong Nai Chung Gap Road petrol station

(Note: THE Virtual Running Conference will not provide replenishments, participants need to purchase replenishments by themselves)

Registration fee:	<p>\$180 (Runner's Packet includes: Tyvek Sundries bag, frog running head band, Ammo all-natural fruit Gel X 2 (worth HKD\$240))</p> <p>Due to time constraints, Tyvek number Sundries bag will be distributed after the race.</p> <p>* For Participants who register before 20/09/2020, the name of the participant may be customized on the Tyvek number Sundries bag (no more than 12 English characters, or no more than 6 Chinese characters) After 20/09/2020, the names of registered participants can only be displayed on Frog Runner *</p>
Race Pack Collection Date :	Participants may collect their player bag at Action Panda Outdoor Equipment Store from 15/09/ 2020-10/10/ 2020.
Deadline of Application:	05/10/2020
Race Period :	15/09/2020-31/10/2020.
Souvenirs	<p>Ultra-light waterproof Tyvek multi-purpose backpack / Multi-function running belt, Finisher medal</p> <p>The first 300 runners who sign up for Virtual Cross Frog Run can get one ultra-light and waterproof Tyvek multi-purpose Cross Frog Run limited edition backpack, which is worth \$298. Those who sign up after 300 can get one multi-functional Cross Frog Run Belt, worth \$128.</p> <p>*Participants may purchase additional gifts at a discounted price when registering, but they must complete the event before they can receive them. If the participant fails to complete the event, we will arrange a refund for the payment*</p>
Finisher Rule:	All participants must complete the virtual running route and upload their virtual running record to Strava at the conference before 31/10/2020 . The virtual running time limit is 6 hours.
Finisher Pack Collection Date :	Participants may collect the finishing gifts at Action Panda Outdoor Equipment Store from 14/10/2020-08/11/2020.

Race Pack & Finisher Pack Collection Location:	<p style="text-align: center;">Action Panda Professional Trail Running Gear Shop</p> <p>Address: Flat P, 4/F, Phase 2, Kwun Tong Industrial Centre, 460-470 Kwun Tong Road, Kwun Tong</p> <p>Business Hour: 12:00 - 21:00</p>
Registration Link:	<p style="text-align: center;">https://raceregistration.asia/vcfr2020/select_competition</p>
General Rules	<ol style="list-style-type: none"> 1. Participants are advised to bring at least 1000ml of drinks, small amount of food, telephone, a small amount of cash and Octopus Card. 2. All participants must bring their number bib and display the bib at the checkpoint to take photos and print cards as records. Photos should be uploaded to the virtual run conference. 3. Participants should carefully study the route provided by the organiser and download the route to your mobile phone before starting. 4. Participants must follow the route from the organiser and take photos and cards at the designated checkpoint. The mileage recorded must not be less than the mileage of the route provided by the organiser. If the participant uses shortcuts and does not follow the virtual run designated route, the organiser reserves the right to refuse distributing souvenirs to the participant. 5. Participants must follow the traffic instructions and pay attention to the road conditions when crossing the road. 6. In case of severe weather and physical discomfort, participants are advised to terminate the activity immediately. 7. In case of emergency, please call the organizer's emergency contact number 9087 0109. 8. The organizer recommends that participants to purchase personal accident insurance on their own, and the organizer is not responsible for the safety of participants. 9. The organiser has the right to modify the above rules.

CHECK IN A

Mount Davis White House



CHECK IN B

The Peak Galleria



CHECK IN C

Stone Bridge at Tai Tam Reservoir



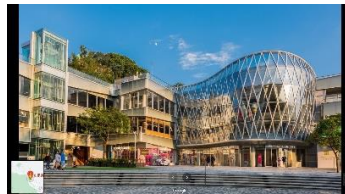
CHECK IN D

The Traveler Pavilion



SUPPORT A

The Peak Galleria



SUPPORT B

Sinopao Oil Station



Runner's Packet

Race Bib	Frog Running head band	Ammo all- natural fruit Gel X 2	Tyvek Sundries bag

Souvenirs

Finisher medal	Ultra-light waterproof Tyvek multi-purpose backpack (either one)	Multi-function running belt (either one)