

21st HKLRR Handover Relay Social Run

Date: 1st July 2018 (Sunday)

Location: meet at the Peak Plaza at 7:45am; aim to start the relay run by 8-8:15am.

What happens?

1. Relay teams of 3 are drawn by lot
2. Each member runs one loop of (1) Harlech/Lugard loop; (2) Mt Kellet-Matilda Hospital loop; or (3) Mt Gough loop in any order, any direction
3. Relay passes are made at the Peak Plaza
4. Prize for fastest & slowest teams with simple breakfast at Mt Austin Playground about 9am

- Maps available on the day
- Any speed; any age: welcome!
- This is a social run: for HKLRRRC and AVOHK members & their guests
- We divide up cost of breakfast, so about HK\$ 30-50/person

Please let us know if you are coming and how many friends you are bringing by emailing either shtb@i-cable.com or hkladiesroadrunners@gmail.com