

## General Rules

1. Participants are advised to bring at least 1,000ml of drinks, spare food, a telephone, a small amount of cash and Octopus Card. Please note that all the runners need to self support by themselves. We suggest to wear trail running / hiking shoes for virtual race.
2. All participants must bring their bib and display the bib at the checkpoint to take photos and selfie as records. Photos should be uploaded to the Race Timing Solutions result platform.
3. Participants should carefully study the route provided by the organizer and download the route to their mobile phone before starting.
4. The total distance of the route must not be less than the route provided by the organizer. If the participant uses shortcuts and does not follow the virtual run designated route, the organizer reserves the right to refuse distributing finisher gifts and awards to the participant.
5. Participants should keep in mind that the gathering restriction order is still in effect. Pay attention to the exemption from wearing masks when social distancing and exercising within the country parks. Please wear masks when you are not exercising or not in country parks.
6. Participants must follow the traffic instructions and pay attention to the road conditions when crossing the road.
7. In case of severe weather and physical discomfort, participants are advised to terminate the activity immediately.
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 organizer has the right to modify the above rules.