

PRESS RELEASE

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Online Registration for the Sun Hung Kai Properties Hong Kong Cyclothon Begins Tomorrow at 10am

Media can download the press release and other materials from the HKTB website:

- FTP (valid until 30 November 2018): <ftp://18HKCYC-b:15DEC2018@ftpsvr01.hktb.com/>
- Press release: http://partnernet.hktb.com/en/about_hktb/news/press_releases/index.html

Organised by the Hong Kong Tourism Board (HKTB), with Sun Hung Kai Properties as title and charity sponsor, the Sun Hung Kai Properties Hong Kong Cyclothon will be held on 14 October (Sunday) this year. Online registration (<http://register.hongkongcyclothon.com>) for the various cycling races and activities will start at 10am tomorrow and run until 3 August 2018. Entry quotas are limited, and places are available on a first-come, first-served basis.

Quotas for the open-to-public 50 km Ride and 30 km Ride have been increased this year, both routes pass by various iconic buildings and main roads in Hong Kong, and are suitable for experienced cyclists.

- **50 km Ride: The route again features three tunnels and three bridges (Tsing Ma Bridge, Ting Kau Bridge, Stonecutters Bridge, Cheung Tsing Tunnel, Nam Wan Tunnel and Eagle's Nest Tunnel), suitable for cyclists with a certain level of speed, endurance and experience.**
 - Entry quota has been increased by 500 this year to 3,100.
 - There are a number of slopes along the route, including a one-km slope near Eagle's Nest Tunnel with a gradient of 6%.
 - Participants are recommended to ride at an average speed of 29 km/hour or higher in order to finish within the time limit.
- **30 km Ride: The route covers Stonecutters Bridge and is suitable for experienced cyclists.**
 - Entry quota has been increased by 300 this year to 1,800.
 - The gradient of Stonecutters Bridge is about 4%. Good control skills are

required when cycling against the wind and going down the slope.

- Participants are recommended to ride at average speed of 24 km/hour or higher in order to finish within the time limit.

Participants in the 50 km Ride and 30 km Ride are required to bring along their own bikes. To ensure timely re-opening of the main roads, participants are required to board the broom wagon if they fail to arrive at the check points before the designated times.

To ensure safety, registrants for the 50 km Ride (Individual & Team), 30 km Ride and Kids & Youth Rides, except for members of recognised cycling associations and those who have taken part in similar races, are required to pass a cycling technique assessment by the organiser. The criteria are as follows:

	50 km Ride (Individual & Team) & 30 km Ride	Kids & Youth Rides
Physical Fitness Test	15-minute ride in a mass start	N/A
U-turn Test	Finish a 60m route with a U-turn in a narrow passage in 16 seconds without knocking down any obstacles or touching the ground with any part of the body.	

In addition to the 50 km Ride, 30 km Ride and Kids & Youth Rides, the Sun Hung Kai Properties Hong Kong Cyclothon has a number of activities that are open to the public, for example, the Men's Open Race and the Women's Open Race. Another highlight of the event, the series finale of the Hammer Series—Hammer Hong Kong, will also be staged in the Sun Hung Kai Properties Hong Kong Cyclothon. Eleven UCI WorldTour Teams will compete against other top international teams for the championship.

Charitable elements will be added to this year's event as well. Part of the enrolment fee from the various activities (Individual: HK\$100; 50km Team Ride: HK\$5,000) will be donated to charity. For details of the Sun Hung Kai Properties Hong Kong Cyclothon, please visit <http://DiscoverHongKong.com/Cyclothon>.

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