



# **SHEK O CHALLENGE – July 9th, 2011**

## **BIG WAVE BAY, SHEK O**

*This year, you can do the normal Sheko Challenge Swim – OR, you can get 1 or 2 friends, and have them join you with a Run and a Paddle for the TRISOLOTHON. You can only do one leg, not all three.*

**REGISTRATION FORM**

**2.2km Ocean Swim, July 9th, 2011**

**Registration Starts at 12:30pm For **Swimming and Running\*** at Big Wave Bay**

**Registration Starts at 1:00pm For **Paddling\*** – Stanley Sea School**

**Race Starts at 2:00pm Sharp (from all both locations)**

**Start Locations:** **Swimming and Running** – Big Wave Bay Beach, Sheko

**Paddling** – Stanley Sea School Pier

**End Location** for all events – Back Beach (Rocky Bay)

*Fee includes BBQ, music and swim cap for swimmers.*

**TEAM NAME (2 or 3 people constitutes a team – you can opt to have a two-person team and just two legs of the event).**

**Categories will be made for solos, teams of 2, teams of 3):**

\_\_\_\_\_

Enter your name(s) here. If you just solo one event, enter your name for that event (and leave others blank)

**SWIMMER NAME (no full body suits)** \_\_\_\_\_ **Age:** **Sex:**

**PADDLER NAME** \_\_\_\_\_ **Boat Type** \_\_\_\_\_ **Age:** **Sex:**

**RUNNER NAME** \_\_\_\_\_ **Age:** **Sex:**

**NAME/TELEPHONE OF TEAM CAPTAIN (or Soloist):**

\_\_\_\_\_

**TEAM CAPTAIN (or soloist) EMAIL:** \_\_\_\_\_

**CATEGORY (Circle): MEN'S / WOMEN'S / MIXED (at least 1 woman)**

**Today's Date:** \_\_\_\_\_

**Fee: HK\$250/person before June 24th - Food/Drink/Music after the event.**

**HK\$300/Person after June 30th<sup>th</sup> – (registration on day is okay)**

**Team Captain/Soloist**

**Signature:** \_\_\_\_\_

**For Swimmers/Paddlers - Level (Intermediate/Advanced) SEX: (M / F)**

**For Swimmers, which category would you like to participate in? (No Fins / With Fins)**

**Have you raced in an Open Water event before? (Y / N)**

**Signature:** \_\_\_\_\_

Mail cheques to: Payable to: "Douglas Woodring" and send to Doug Woodring c/o Sheko Challenge, 6B Bonham Court, 12 Bonham Road, Midlevels, Hong Kong. Please write your name, email, and tel number on the back of the cheque.

- For Foreign Teams, please contact dougwoodring@hotmail.com for payment information.

**Running** – The course will be from Big Wave Bay, up the ridge at the end of the beach, along the ridge and up to the top of Dragon's Back (to the check point). The run will continue back down to Big Wave Bay, through the village, and then along the road to the Back Beach where you will finish ON THE BEACH. You will need to be familiar with the entry to the Back Beach, (turn left just at the bus depot). This course is subject to change, but the max distance will be approx 10km.

**Paddling** – The paddling will start from Stanley Sea School, and end at the Back Beach. You can paddle any type of paddle boat – outrigger, surfski, kayak, or even a 6-man outrigger (this will be counted as one craft). There will be different team categories based on the type of boat being used. The distance is about 10km. You are not suggested to do this leg unless you are an intermediate or advanced paddler. Inflatable kayaks are NOT allowed. There will be NO boat support in this part of the race.

Please help to raise donations via pledges if you can for the ocean. Donations will be split between the Ocean Recovery Alliance for their global efforts to heal the ocean, and WWF for their local efforts to improve the ocean.