



General Rules & Info

- The LMX is run by Adventure Safety Management Ltd*
- The race takes part on tough, mountain trails on Lantau Island. Hong Kong
- Competitors are responsible for their own safety at all times
- All competitors must sign a waiver before the start of the race
- Competitors are not allowed to seek assistance from anyone outside of the race.
- Competitors must carry everything they need to sustain themselves for 2 days of trail running
- Only hot & cold water will be provided by the race organizers
- Competitors must not buy, pick-up or be given supplies on route
- Competitors must obey the Country Code and must not litter
- Competitors must carry a mobile phone on them at all times
- Competitors can only retire from the race at designated checkpoints, after informing race officials
- Competitors must sleep in their assigned tents
- Tents will be mixed
- There will only be basic toilet facilities at the tent village
- Competitors must finish the first day before night-fall in order to qualify for the second day's racing
- The race organizers can pull any competitor out of the race if they feel that they are a danger to themselves or to others
- To register a final time, teams must finish complete. If a member of a team drops out then the team must inform race officials. The other members can carry on but they will not record a time.
- The organizers are not responsible for any equipment failure
- 35k and 50k are meant as guidelines. The distances could vary on the day.
- The race organizers have the right to alter the format of the race
- Competitors must stick to the marked LMX route. Any deviations will lead to disqualification

- If the route markers are tampered with then the race organizers are not responsible
- If you get hopelessly lost, stay where you are and the race organizers will find you.
- Kit checks will be conducted at random times throughout the race
- Each competitor will be given a passbook, which they must get stamped at every checkpoint. Not collecting stamps from all checkpoints or losing your passbook will result in you not recording an official finishing time
- There's no swimming in this race

***Who is Adventure Safety Management Ltd?**

Adventure Safety Management Ltd is an entrepreneurial adventure company working to add value to the adventure scene in Hong Kong and Asia.

We are owners of The Adventure Centre, Hong Kong's Adventure Hub
www.adventurecentre.com.hk.

We run a dedicated Emergency Management Team (EMT) called Adventure Unlimited; which specializes in offering first aid in hard to reach places. You may have seen us on the Action Asia Races, wearing black. Our EMTs carry advanced life-support systems, including Automated External Defibrillators (AEDs).

Our sister company AsiaPad offers portable defibrillator solutions for the home and business. www.asiapad.biz.

We publish a free adventure magazine, BUZZ and have also created one of the only dedicated adventure forums on the web, Endorphin Junkie. www.endorphin-junkie.com.

