

ITEMS		CP1	CP2	CP3	CP4	CP5	CP6	CP7	CP8	CP9	Finish
種類		Wu Kau Tang Bridge 烏蛟騰行人橋	Wu Kau Tang Farm House 烏蛟騰村屋前	Luk Keng 鹿頸	Hok Tau 鶴藪	Fan Ling 粉嶺	Ng Tung Chai 梧桐寨	Tai Mo Shan 大帽山	Yuen Tun Ha 元敦下	Sha Lo Tung 沙羅洞	Tei Mei Tuk 終點
Banana	香蕉	---	✓	✓	✓	✓	✓	✓	✓	✓	Hot Meals 熱食
Oranges	橙	---	✓	✓	✓	✓	✓	✓	✓	✓	
Bread	麪飽	---	✓	✓	✓	✓	✓	✓	✓	✓	
Pretzels	鹹脆餅	---	✓	✓	✓	✓	✓	✓	✓	✓	
Jam	果醬	---	✓	✓	✓	✓	✓	✓	✓	✓	
Honey	蜜糖	---	✓	✓	✓	✓	✓	✓	✓	✓	
Peanut Butter	花生醬	---	✓	✓	✓	✓	✓	✓	✓	✓	
Table salt	餐桌鹽	---	---	✓	✓	✓	✓	✓	✓	✓	
Plain Rice Ball	飯糰	---	---	✓	---	---	---	✓	---	---	
Plain Congee	白粥	---	---	---	---	✓	---	---	---	✓	
Minestrone Soup	意大利菜湯	---	---	---	✓	---	---	---	---	---	
Corn Soup	玉米湯	---	---	---	---	---	---	✓	---	---	
Rice Vermicelli	米線	---	---	---	---	---	✓	---	✓	---	
Distilled Water	蒸餾水	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Soft Drinks	汽水	---	✓	✓	✓	✓	✓	✓	✓	✓	
Sport Drinks	運動飲品	---	✓	✓	✓	✓	✓	✓	✓	✓	
Coffee & Tea	咖啡及茶	---	---	---	✓	✓	✓	✓	✓	✓	
Cocoa	朱古力特飲	---	---	---	✓	✓	✓	✓	✓	✓	
Beer	啤酒	---	---	---	---	---	---	---	---	---	✓

Note: Vegetarian food will be served at all aid stations except CP1, while hot meals at the Finish will be both vegetarian and non-vegetarian Mexican cuisine.

CP 1 will be provided only drinking water for racers to replenish their own hydration system.

注意：除了CP1外，賽會將於各支援站供應素食給賽員，而終點裡供應的熱食則同時會有墨西哥式素食和葷食可供選擇。

CP1 祇會安排飲用水給賽員補充。

