

ITEMS 種類		CP1 Wu Kau Tang Bridge 烏蛟騰行人橋	CP2 Wu Kau Tang Farm House 烏蛟騰村屋前	CP3 Luk Keng 鹿頸	CP4 Hok Tau 鶴藪	CP5 Fan Ling 粉嶺	CP6 Ng Tung Chai 梧桐寨	CP7 Tai Mo Shan 大帽山	CP8 Yuen Tun Ha 元敦下	CP9 Sha Lo Tung 沙羅洞	Finish 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	---	---	---	👍	---	---	---	---	👍	
Vegetable Soup	雜菜湯	---	---	---	---	👍	---	---	---	---	
Mizo Soup	日式味噌湯	---	---	---	---	---	---	👍	---	---	
Rice Vermicelli	米線	---	---	---	---	---	👍	---	👍	---	
Mineralized Water	礦物質水	👍	👍	👍	👍	👍	👍	👍	👍	👍	
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 will be served in the Finish.

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，終點裡也供應熱食。CP1 祇會安排飲用水給賽員補充。

2019 The North Face 100 Hong Kong

HOT MEALS IN FINISH

Menu A

Minestrone Soup

Mixed Green Salad

Boiled Eggs

Vegetarian Spaghetti

Potatoes and Carrots Curry

❖ 1:00 pm Saturday to 5:00 am Sunday ❖

Menu B

Hot Porridge

Beans in Tomato Sauce

Boiled Eggs

Chicken Wieners

Mini Muffins

❖ 5:00am to 12am noon Sunday ❖

Tea, Coffee, Hot Chocolate, Beer, Coke

bon appétit, see you next year

2019 The North Face 100 香港站

終點 熱食

A 餐

意大利蔬菜湯

雜菜沙律

焗雞蛋(全熟)

素意大利粉

咖哩馬鈴薯配甘筍

❖星期六下午一時至星期日上午五時供應❖

B 餐

熱香麥皮

茄汁豆

焗雞蛋(全熟)

雞肉香腸

小鬆餅

❖星期日上午五時至中午十二時供應❖

咖啡、茶、朱古力熱飲、可口可樂、啤酒

歡迎享用 明年再見