



VICTORIA RECREATION CLUB

(ESTABLISHED 1849)
(INCORPORATED 1964)



EMERALD BAY, SAI KUNG – NEW TERRITORIES
DEEPWATER BAY – HONG KONG ISLAND

VRC Newsletter – 4th September 2015

This year enjoy your Mid-Autumn Festival under a full moon and at the beach. Invite your family and friends to one of the VRC Clubs for a BBQ, a Moon Cake, Wulong Tea and Lanterns. Further details are attached and on the Notice Boards at the Club. Pre-booking is **mandatory and before 13th September**. Thank you.

The inaugural Surf Ski Open Day will be held at VRC Emerald Bay on 6th September. See details in the attached flyer and on the Notice Boards. If you missed it, read the article in the SCMP linked [here](#)* on how to balance your busy life in Hong Kong, as prescribed by a doctor! For surf ski coaching, contact our newest addition to the VRC coaching team Andrew Watts. Andrew started surf ski paddling soon after arriving in HK in 2010 and began competing not long after that. He won the overall VRC Race Series title in 2014 and was the top HK paddler in the 2014 Dragon Run. As well as enjoying competing, from the beginning of 2015 he has been passing on the skills that he has learnt to other paddling enthusiasts. Sign up with the Events Manager or Andrew directly.

Last few days to sign up for the **SPLASH** swimming event for children to be held at VRC Emerald Bay on 12th September. Please contact Tim or Michelle at: skbasecamp@gmail.com or events@victoriarecreationclub.com.hk to register. Free Keen shoes and Zoggs swimming goggles for all competitors. Again, please see the flyer attached.

Emerald Bay will host a dragon boat workshop for local charity **Home Care for Girls** on 6th September. Ten young ladies from the charity will try dragon boating for the first time with the hope of forming a team to compete in the future. For more on the charity please check out their website [here](#).

This year's Annual General Meeting will be held on 17th September at 6.30pm at Club Lusitano, 27th/F, 16 Ice House Street, Central. The purpose of the AGM will be to receive the Report of the GC and Statement of Accounts, elect the GC and appointing auditors and action any other business.

VRC Race Series No. 10 is on 3rd October "Pray for Surf I". The Long Course will again be around the outside of Basalt Island through the 9 Pins past the White Point to Shek O Back Beach (24km). It is not for novices - the start is 5km from VRC Emerald Bay! The Short Course is loops from Shek O back beach to the Lighthouse to Big Wave Bay (9km). As always sign up early.

The Open Water Asia Clean Half Ultra Marathon Swim starts at Stanley Main Beach and finishes at VRC Deep Water Bay on 10th October. To register click [here](#).

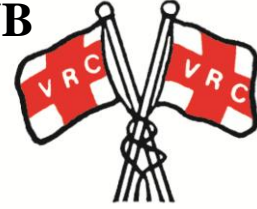
If you would like to be placed on the mailing list or would like further information on the above, please contact Jo Jones at events@victoriarecreationclub.com.hk



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VRC 通訊 - 2015 年 9 月 4 日

今年於滿月下及沙灘上歡渡中秋。邀請你的家人和朋友來域多利遊樂會的燒烤會，享受月餅、烏龍茶及玩燈籠。更多詳情將在會址的告示板上公佈。請務必在 9 月 13 日之前預約。謝謝。

首屆逐浪獨木舟開放日將在 9 月 6 日於域多利遊樂會的翡翠灣會址舉行。詳情請參閱附上的傳單及告示板。如果你錯過了，可在[這裡](#)*閱讀在南華早報有關如何在香港平衡你的繁忙生活的文章，內容為醫生囑咐！就有關逐浪獨木舟教練，請與我們最新的 VRC 教練團隊 Andrew Watts 聯繫。Andrew 在 2010 年抵達香港後開始投入逐浪獨木舟，不久之後亦開始參加比賽。他在 2014 年贏得了總 VRC 系列賽冠軍，並在 2014 年的 Dragon Run 擔任主要槳手。除了享受比賽，從 2015 年起，他一直教授其他獨木舟愛好者他所學的技術。如欲報名，請與活動經理或直接與 Andrew 聯絡。

還剩下幾日便截止報名參加 9 月 12 日在 VRC 翡翠灣舉行的兒童 SPLASH 游泳比賽。如欲報名，請電郵至 skbasecamp@gmail.com 或 events@victoriarecreationclub.com.hk 與 Tim 或 Michelle 聯繫。所有參賽者將獲贈 Keen 鞋子及 Zoggs 泳鏡。同樣地，詳情請參閱附上的傳單。

翡翠灣會址將舉辦龍舟工作坊，日期為 9 月 6 日，對象為本地的慈善機構 Home Care for Girls。慈善機構的十名年輕女生會首次嘗試組成一個團隊爬龍舟，並希望在未來參加比賽。如欲了解更多關於該慈善機構的工作，請接[這裡](#)造訪他們的網站。

本年度週年大會將於 9 月 17 日下午 6:30 時在 Club Lusitano 舉行，地址為中環雪廠街 16 號 27 樓。週年大會的目的是通過幹事的報告及財務報表、進行幹事選舉及任命審計師及就任何其他業務行動。

VRC 系列賽 10 號在 10 月 3 日舉行，主題為「Pray for Surf I」。長航道比賽將再次圍繞石洲，通過 White Paint 外的 9 針，一直到石澳後灘（24 公里）。不適合新手- 比賽從 VRC 翡翠灣 5 公里外開始！短航道比賽為石澳後灘至大浪灣燈塔的循環航道（9 公里）。與往常一樣，請儘早報名。

亞洲半超級馬拉松游泳公開賽在 10 月 10 日於赤柱正灘開始，並在 VRC 深水灣結束。如欲報名，請按[這裡](#)。

亞洲半超級馬拉松游泳公開賽在 10 月 10 日於赤柱正灘開始，並在 VRC 深水灣結束。如欲報名，請按[這裡](#)。

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