

The Honkong Vibram HK100: Ps on the run, Ps on my mind

Passion and pursuits:

Running is a passion. Living Life, to do our work on earth, is the greater passion. I run to keep healthy, to engage my family and friends, to engage people, to engage Nature, to engage Life. 'Passio' is latin for *suffering*. Live your passion, and there will be suffering ('passio' is *suffering* in latin). No pleasure without pain.

Now I want to challenge myself, push my limits, and target at completing a 100km trail, over the hills, over day and night, over the darkness, and over my 'cannot' fears. To add to my goodies bag of memories for when I may be frail and old.

Plan and Preparation: the road from passion to fruition

"I have a Plan" — Pooh Bear on catching a Heffalump.

Passion takes the road of thorough preparation to a fruitful performance.

I started running endurance events 2009. The creep up to the HK100 has been over 4 years, with flat marathons, trail runs, and hill runs. There was the Singapore City freeform marathon, the Great Wall Marathon, the Big Five Marathon, Sundown night marathon, and a Northface 50km trail run.

For the HK100, I studied the details well described on the website, I googled the McLehose trail, I read up the stories by previous finishers.

Practise, practise and practise. And I did my disciplined work on the ground. Active running or hill climbing 4 times a week. I pushed and stretched the hours up and down 163m Bukit Timah hill, up and down Marine Parade 5m high overhead bridge. I left the stretching plans to the last 1 month, with the 'no time' excuse: mistake! Overtraining pains came on 2 months before the event! Allowed myself to rest and recover, to recharge, yet conscientiously did stretching and core exercises.

I merged into and gathered my people support: walked and jogged alongside some 80 year old joggers at East Coast Park, go alongside any Hongkong bound runners on the trails of Bukit Timah, tune in to tips and advice from running gear shopkeepers and runners you will surely meet there.

I equipped on a fairly generous budget.

I reced the hills and bays of Hongkong's New Territories 2 months before the event. I set up base in the home of the Hongkong residing instigators David and Serene on a recce trip. 3 star housing structure, 6 star hospitality. Trekked the more challenging stages of the McLehose trail over 3 days, enjoying the company of the untrained but enduring and endearing Tat Leong. Each day I trekked the weather beaten 400 to 600m rocky hills with uncountable stony and rocky steps, I added 1 hour to my original targeted 26h race finishing time.

To Sai Kung home base again 3 days before the race: stocked up on good wishes, good food and most important of all, days of good sleep before a 24 hour plus event.

Performance, Perseverance and Play

"Rivers know this: there is no hurry. We shall get there some day." [Winnie-the-Pooh](#)

"If you are going through hell, keep going." — [Winston Churchill](#)

“You never know what's around the corner. It could be everything. Or it could be nothing. You keep putting one foot in front of the other, and then one day you look back and you've climbed a mountain.” – Tom Hiddleston

*“Thou has only to follow the wall far enough and there will be a door in it” -
Margueritte de Angeli*

A bright cool morning. A light heart. Fresh legs. Months and tons of anxiety no more.

Just go out there, run, and, enjoy!

I am human, with frailties and failures. It's OK to trip and fall, which I did, at the 3km point on the Sheung Yiu trail. It's OK to have pains, which I did, on the long stretches of cement paved downslopes, soon after rocky 314m Sai Wan Shan and the beautiful sandy bays of Tai Long Wan. Over these, you persevere. Then if you think it seemed easy enough, *'just you wait'*, see the many bare tall peaks ahead. Pray, persevere, push on. Stay focused on the purpose, being to experience the full challenge. See the other runners ahead. Where others have trodden, I too shall prevail. Go, go, go. Go light and easy. Like play.

The people around carry you along: the fellow runners pushing on, the volunteers helping to recharge with food and warming the nights at the check points. David and Serene kept the spirits upbeat in the dusk at mid-point Kei Ling Ha just after foreboding 399m Kai Kung Shan. They reported on family and friends cheering on as they follow the progress on Facebook. They helped swaddle me in warm clothes.

There was a heartwarming fire in the darkness and cold on top of 457m Beacon Hill. The organisers Janet and Steve would be waiting with a warm welcome across the many hills of Kowloon, at the foot of 957m Tai Mo Shan, at the finishing line.

Perspectives on the journey:

'Man proposes, God disposes'

I had done my preparations work, now, let whatever be. Targeted 26hours, maybe 28hours. One third way, while feeling the cramps taking on endless downslope paths and steps, it looked like a 28hour finish. *Let It Be*, it's OK.

And I finished in just over the 24 hours dream finish (over by 13 minutes!) The second of finishers who missed out on the 24 hour finishers trophies, still it's well within the 32 hour cut-off. It's OK.

I am very happy to have completed HK100 over the the very challenging 100 km distance, over the hills, overnight, comfortably.

Complete, an achievement. Failures and frailties all part of the process, along the Path in life.

I have worked, and walked through the challenge comfortably! So I shall too, so I shall do, with all the challenges in Life.

As with most things, it's the journey, the experience, the process that helps define meaning in Life.

Distance running is not an escape. It's a run to some space and some place to get fresh encouraging perspectives on the journey.

Now there are other things to carry on with in life.

Now I carry in my goodies bag another experience, and the warmth of our humanity with me.