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Dedicated to the *Hong Kong 100 Ultra Marathon* competition

1. **Counterparts:** The competition starts early in the morning. Find your friends so you can share your taxi fare. Also, ask your friends' competition numbers so you'll know their progress online. Participants can authorise the organiser to activate such functions in advance. If they hike faster than you, you'll be motivated and move faster. If you hike faster than them, you can leave a Facebook message in real time to tease them. Ha-ha!



2. **Sleep at 1 a.m.:** If you always feel overexcited the night before the competition, go to bed at 1 a.m. on Thursday (two nights before the competition). Then you'll feel very tired on Friday (the day before the competition). You'll easily fall asleep at 11 p.m. and wake up easily at 6 a.m. (competition day).



3. **Briefing:** The briefing at 7:30 a.m. is really brief. I'd prefer to sleep longer at home.
4. **Run Keeper/ Nike+ Running:** Install either app on your smartphone. Activate it when you get started. Then you can record your pace for the whole journey. This will be very useful information for your optimal pace next year. Remember to bring an external battery...unless you can run it within 12 hours.

5. **Stopwatch:** Record the time before and after each checkpoint. Then you'll know how much time you spend (or waste) there. Also, tie your watch to your bag. Otherwise your friends can see your 'watch tan lines' on your waist.



6. **Water:** The official requirement is to have a 1.5-litre water bottle. Actually, you need 0.75 to 1 litre of water between checkpoints, unless the weather is very hot. Even if you don't have enough, you have plenty of opportunities to buy water at stores. Don't waste your energy carrying heavy water.

7. **Delicious food:** Bring the food you like most for checkpoint 5. It's not necessary to give you high energy, easy digestion or high nutrition. Actually, this is an incentive so you can keep going. For me, I bring my wife's heart-warming food.



8. **Self-made rice:** Is the organiser's food (e.g. bread, cakes, coffee, soup) delicious? You'll only find them *delicious* only if you're starving! Make some steamed rice and leave it at checkpoint 5. I carry such rice from checkpoints 5 to 7 to give me energy.

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9. **Cup noodles:** Don't eat cup noodles at the first 5 checkpoints. Eat rice as you will only have cup noodles at the last 5 checkpoints. Also, don't add ingredients as it will make you thirsty.

10. **Black coffee:** If you feel sleepy, drink some black coffee.

Milk and sugar may affect your stomach. Don't drink too fast because the taste is awful. One participant drank too fast and immediately threw up. Also, don't drink at checkpoint 6. An official tried to taste the coffee with his own spoon and then used the same spoon to get the coffee powder. If you don't want to drink his saliva, don't drink there!



11. **Keys in your finishing bag:** Don't put your house keys in the checkpoint 5 bag unless you want to leave earlier.



12. **Learn some motivational slogans in different languages:**

You can see the nationalities of your competitors (actually, your biggest competitor is yourself!) from their number cloths. Say some encouraging words to them *after passing them*: Keep going! (English), 加油! (Chinese, pronounced as 'Ga Yau'), がんばって! (Japanese, pronounce as 'Ganbatte'), 화이팅! (Korean, pronounce as 'Hwa E Tin').

Hope you find these tips useful. If you follow my special tips, I believe you can be a gold runner soon!

Thanks to the organiser, volunteers and sponsors who gave us lots of support throughout the whole competition. Without their support, I couldn't have finished within 24 hours.

Special thanks to my lovely wife (Angel)



who cooked pork with corn rice for me.

See you next year.

David Wong (#1387)

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