

The Oxfam Trailwalker Project

***Lessons from 10 consecutive
OTW Event***

John Ariwi

Goal

***A team of four
to complete
100km in 48
hours***







樂施會
OXFAM
Hong Kong

無窮世界
World
Without
Poverty



2018

終點 FINISH

AIA Vita
健康程

活動主要贊助機構
Logistics Sponsors

亞洲萬里通
ASIA MILES

CLP 中電

HKT

電訊盈科集團成員

SEIKO 精工表

18:13.23

SEIKO





Right Perspective

- ***Fundraiser***
- ***Finish in full team***
- ***Serious Challenge***
- ***Should be Fun!!***
- ***Obey organizer's rules***
- ***Knowing yourself***

It's a project that requires:

- ***Proper Planning***
- ***Proper Training***
- ***Proper Execution***

Planning

- *Plan NOW! Allocate responsibilities*
- *Training – Admin – Fundraising - Support*
- *Time & Fundraising Goals*
- *Essential Gear*

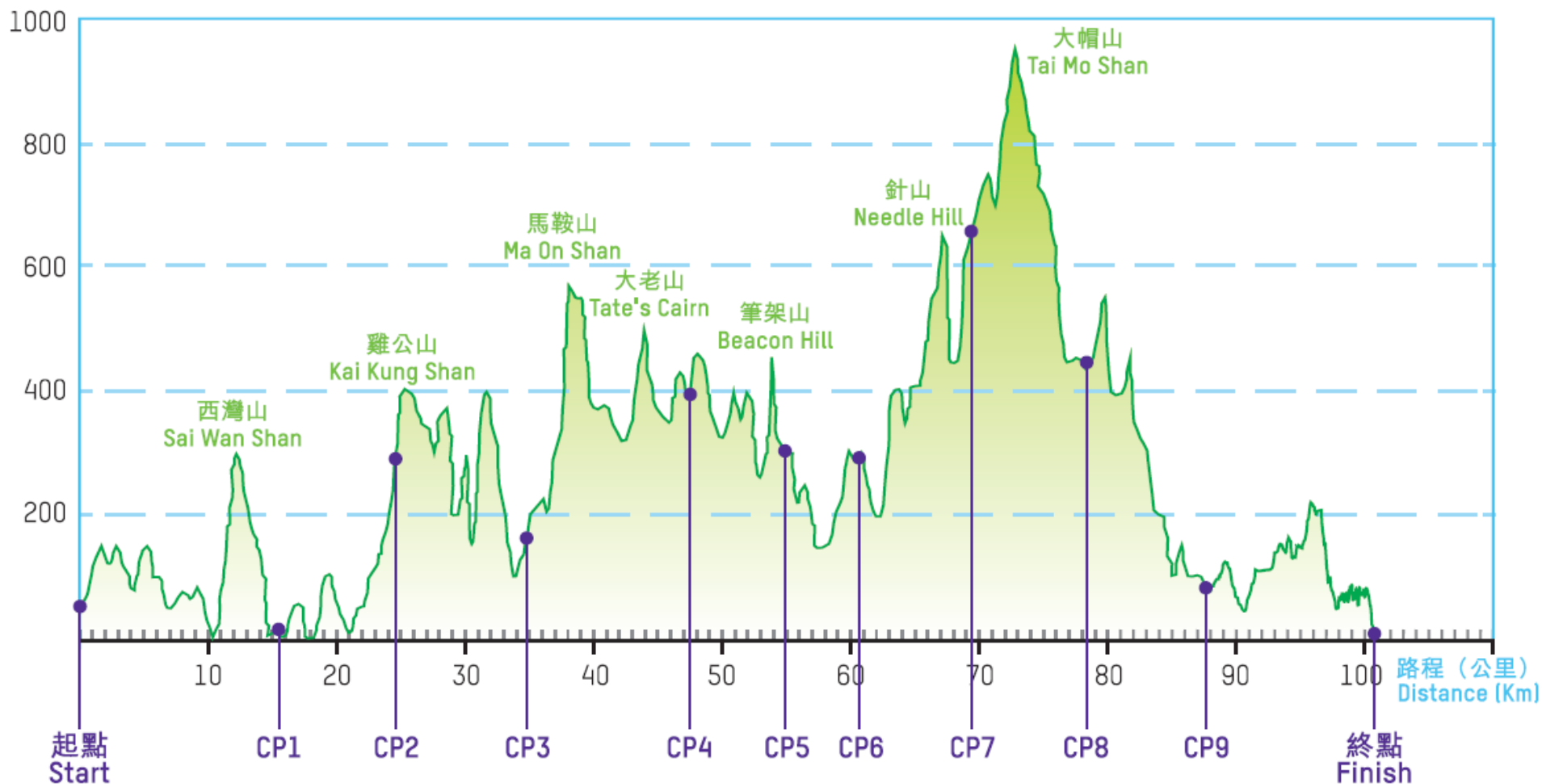
Training

- *Know the route*

Trail Map



高度 (米) Height (m)



Training

- ***Know the route***
- ***Graduated training schedule***

Training

- *Know the route*
- *Graduated training schedule*
- *Train as a team*
- *Cardio-vascular fitness*
- *Day vs. night training*
- *Cross training*
- *Avoid injuries*
- *Hill / steps techniques*

Training

- *Make training enjoyable
enjoyable – but serious*
- *Use training to fine-tune*
 - *Time-plan*
 - *Nutrition*
 - *Gear*
 - *Hydration Plan*

Nutrition

- *Test during training*
- *Replenish energy regularly*
- *Source of calories?*
- *Re-hydrate frequently*
- *Source of hydration/electrolytes*
- *Appetite on D-Day*
- *Upset stomach on D-Day*

Gear

- ***Quick dry apparel***
- ***Light shoes w/ good traction***
- ***Backpack or waist bag***
- ***Pole or no pole***
- ***Headlamp vs. torch/flashlight***
- ***Familiarize during training***

Advanced Preparation

- Time Plan for D-Day

Time	Trail Time	CheckPoint	Sec.Total	Cum.	8:00 AM
CP1	02:11	00:02	02:13	02:13	10:13 AM
CP2	01:20	00:03	01:23	03:36	11:36 AM
CP3	01:50	00:05	01:55	05:31	1:31 PM
CP4	02:30	00:02	02:32	08:03	4:03 PM
ShaTinPass	00:40	00:05	00:45	08:48	4:48 PM
CP5	00:55	00:02	00:57	09:45	5:45 PM
CP6	00:58	00:02	01:00	10:45	6:45 PM
SMBBQ	00:22	00:03	00:25	11:10	7:10 PM
CP7	01:50	00:03	01:53	13:03	9:03 PM
CP8	02:00	00:03	02:03	15:06	11:06 PM
CP9	01:15	00:02	01:17	16:23	12:23 AM
CP10	01:40		01:40	18:03	2:03 AM
	17:31	00:32	18:03	ACTUAL	3:04 AM

Nutrition plan

1. Start		
TailWind- 2 x 6 scoops in a ziplock, 2 hammer bars, 2 bananas		
2. CP2	Water refill	- Pocari
1 banana/1 orange/grapes in ziplock to carry		
Drop Bag - TailWind- 6 scoops in a ziplock, 2 hammer bar		
Carry 2 bananas + orange + grapes		
3. CP3	Pocari	
2 bananas/2 mandarins/grapes in ziplock to carry		
Drop Bag - TailWind- 6 scoops in a ziplock, 2 hammer bar		
4. ShatinPass	Pocari	
1 banana/1 orange/grapes in ziplock to carry		
Soup (Vegan) (cups)		
Drop Bag - TailWind/Headlamp + batteries/change of socks/shirt		
5. ShingMunBBQ	Water refill	- Pocari
Water refill - Pocari		
Soup -vegetarian/vegan (cups)		
1 banana/1 orange/grapes in ziplock to carry		
Drop bag: TailWind/hammer bars		
6. CP8	Water refill	- Pocari
1 banana/1 orange/grapes in ziplock to carry		
Soup -vegetarian/vegan (cups)		
Drop bag: TailWind/Change of batteries/ hammer bars		
7. Finish	Hostel with Drop Bag	
Change of clothes - including slippers/opens shoes		

Nutrition Plan & Drop Bags

- **4. ShatinPass** **Pocari**
- **1 banana/1 orange/grapes in ziplock to carry**
- **Soup (Vegan) (cups)**
- **Drop Bag - TailWind/Headlamp + batteries/change of socks/shirt**

Nutrition Plan & Drop Bags

- **6. CP8 Water refill - Pocari**
- **1 banana/1 orange/grapes in ziplock to carry**
- **Soup (Vegan) (cups)**
- **Drop bag: TailWind/Change of batteries/ hammer bars**

Nutrition Plan & Drop Bags

- **Comfort food**
- **Change of clothes - including slippers/open shoes**

Drop Bags



Support Team

- **3-5 friends with positive energy, enthusiastic, willing to help, ready for long hours of waiting**
- **some OTW experience is a big +.**
- **Brief them well on your needs**
- **Take pictures, time control, psychological support, massage**
- **A necessary part of the team**

Support Team

- **Pacers ...**

The week before DDay

- Light exercise only, concentrate on stretching
- Eat well – eat healthy
- Sleep as much as you can. It will help.
- Check weather forecast, adjust your gear
- Keep in touch with your teammates.
- Do not worry.

D-Day

D-Day

- ***Arrive early to register***
- ***Listen to the team leader***
- ***Maintain target pace***
- ***Care for one another***
- ***Courteous to & help others***
- ***Be prepared to adapt***
- ***Do not litter***

D-Day

- *Work together during the event*
- *Support each other*
- *Do not run ahead to check points*
- *Regular checks to make sure team is together
– especially at night*
- *If a member is lagging, fittest member should stay with them*

Mission accomplished!



Post-OTW

- ***Celebrate with support team***

主辦 Organiser



樂施會
OXFAM
Hong Kong

無窮世界
World
Without
Poverty



AIA Vitality
健康程式

首席贊助 Principal Sponsor

17-19.11

17-19.11





- ***Celebrate with support team***
- ***Continue with fund-raising***
- ***Join Oxfam project tour***
- ***Keep staying fit by hiking***
- ***Keep Hong Kong green***

You Can Do It!

Get It Done!

Thank You!