

The Oxfam Trailwalker Project

***Lessons from 12 consecutive
OTW events***

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Goal

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







樂施會
OXFAM
Hong Kong

無窮世界
World
Without
Poverty

樂施會 OXFAM TRAILWALKER 2018

AIA Vita
健康程

終點 FINISH

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

SEIKO 精工表

18:13.23



OX
TRA

Right Perspective

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

The event 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*

- New location of checkpoint 3
- Kei Ling Ha

Trail Map



Start – Pak Tam Chung
CP3 Kei Ling Ha
CP6 Smugglers Ridge
CP9 Tai Lam Reservoir

CP1 Sai Wan
CP4 Gilwell Campsite
CP7 Lead Mine Pass
Finish - Tai Tong

CP2 Pak Tam Au
CP5 Beacon Hill
CP8 Tai Mo Shan



Training

- *Know the route*
- *Graduated training schedule over the next 6 weeks*
 - *Train for fitness & endurance*
 - *at least 2 days a week + weekend*
 - *Do not over-train or under-train*

Training

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

Remember that no support teams

Training

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

Nutrition

- *Replenish energy regularly*
- *Re-hydrate frequently*
- *Source of calories?*
 - *hydration/electrolytes*
 - *Study food & drink list*
- *Appetite on D-Day*
- *Upset stomach on D-Day*

Gear

- ***Phone – battery charger***
- ***Quick dry apparel***
- ***Light shoes w/ good traction***
- ***Backpack – what goes in it ?***
- ***Pole or no pole***
- ***Headlamp vs. torch/flashlight***
- ***Familiarize during training***
- ***Check weather and be prepared.***

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

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 – be mentally prepared.**

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***

D-Day

- *Improvise*
- *Adapt*
- *Overcome*

Mission accomplished!



- *Celebrate with friends*
- *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!