

July Social Run, Ko Tong

Gillian Castka

The July Social run was hosted by long time club members Evelyn and John Fowler at their Sai Kung Home. Ko Tong comprises about a dozen fairly modern village houses nestling in the verdant hills of the Country Park. The Fowlers even have a natural stream running through their back garden, and with their ground floor opening out onto a rear deck/patio makes for a wonderful are for entertaining. But first to work up an appetite...



A certain amount of car pooling facilitated delivering about 20 club members to Ko Tong for a run at 4 o' clock. John had on offer a selection of runs, but the popular vote was for a 6km run down to Wong Shek Pier and back with most of the run being on trail. Given six weeks of almost continuous rain, and a heavy downpour overnight (while some Hong Kongers were queuing for Olympic bank notes), most of these trails were either stream courses or had been until recently. However the upside of the unseasonal weather was that the ambient temperature made running very enjoyable.



Hosts of summer curry runs usually encourage runners to stand outside and drip while rehydrating and waiting to use the shower. Taking the path around the side of the house the HKLRRC runners were able to relax outside and enjoy the stream and plunge pool in the garden. As washed and dressed runners started emerging from the bathrooms crudities and dips were available to nibble on. Additional club members who had decided to skip the run now arrived for supper.

Evelyn with a little help from her Sri Lankan helper, and Catherine's helper Lyn laid on a fine spread of curries. Then when we thought we couldn't eat any more...there was dessert. A wonderful chocolate fountain with marshmallows and fresh fruits for dipping soon attracted a crowd. Also on offer was also an excellent bread and butter pudding, and homemade ginger cake featuring a runner design in a light dusting of icing sugar.



Many thanks to John and Evelyn for accommodating so many club runners and for assuring that we all left feeling pleasantly rested and restored.

AUGUST SOCIAL RUN – Register Now

The next social run will be held on Lantau on August 9th hosted by the Jo and Guy Horne at their weekend holiday home. Supper will be taken at the Stoep restaurant, with options for a swim at Cheung Sha beach. Runners will be met off the 1510 fast ferry from Central to Mui Wo. Transportation will be provided to carry bags and change of clothes to the beach for those looking for a good run from Nam Shan. For a shorter slower run take bus or taxi to Cheung Sha where Jo will lead this run.

Please send an email to Jo at joanne.horne@barcap.com or mobile 9613 5997