

## Summer Heat No Barrier

*Kitty Cheung*

Having trouble getting motivated to run the summer in Hong Kong? A scenic trail with plenty of green shade might be one of the good alternatives. HKLRRC with friends from AVOHK held a training run at Pak Tam Chung, Sai Kung on Saturday 31 May. The weather was humid in the late afternoon but not as hot as the past few days. The route with its rolling hills was great fun, particularly the rock steps up to the muddy trail, then back downhill homeward bound. My plan was to see at what point I would run out of energy in the summer afternoon. But now I understand why Sai Kung is superb for running and hiking. Not only has it got various scenic routes, but also the air is fresher than many other districts. I thought we could stay in such fragrant air for a couple of hours! Why did the evening dark have to come so early? Also surprised to see Catherine's doggies run strongly and lead us female runners nearly all the way. Indeed we need to train harder... Other AVOHK fast legs flew longer. It seemed not enough for Martin Kennard to run 15km finally.

Thank you Catherine and Stuart, for hosting the delicious gathering, when the heavy rain fell after our run in the evening. How can you prepare so much for some 20 runners after training? Which makes me think, do all of us run just to eat and drink?



We enjoyed it and can't wait to run the Sai Kung trails again!





*Janet Quigley and her family are leaving Hong Kong in June. Janet has been a member for many years and she contributed a lot to the club during her involvement with the HKLRRC. She was the newsletter editor for more than 4 years and always helped out in club races. HKLRRC wishes the Quigley family all the best in Holland.*



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