

Tips from Dr. Wong Bun Lap Bernard

Specialist in Cardiology

Oxfam HK 100Km Trailwalker 10 times finisher

Hong Kong Standard Chartered Marathon:

- 10km, 21km and 42km runner since 1998'

HK Medical Association Dragon Boat Team EX-Captain

Advanced preparation:

- Trim down intensive training to leisure aerobic and flexibility training when the race is nearer
- Rogainers should also have adequate sleep and rest, make sure to have balanced diet and stay relax!

During the race:

A. Symptoms for terminating the race:

- Extreme fatigue
- Shortness of breath
- Dizziness/blurring of vision
- Chest pain
- Palpitation, chills & rigor
- Nausea and vomiting

When you can't go further, don't be hesitating! Just seek help from officials.

B. Fluid and Energy replenishment

- Replenish in every 30mins especially with electrolytes e.g Aquarius
- Bring more energy bar or energy gel with you, which is easy to digest
Avoid eating any food that you haven't tried during training days
- Take small portion in a frequent way, eg. every 30minutes to 1 hour in order to prevent overeating

After the race

- Don't stop immediately after crossing finishing the line
- Cool down your body by 15 minutes stretching or jogging
- Reward yourself by Aquarius, nutritious meal, hot showers and sleep more!