What is the training involved?

The training program will include (1) on-site hiking activities (both daytime or night-time hiking will be arranged) to make all participants familiar with the route, and build up body fitness and endurance to tackle the whole trail; (2) team building exercises to build-up the team spirit, consolidate participants' relationship, and more importantly, to make all members to set an identical finishing goal (both time to finish and walking pace); (3) light exercises to boost up cardio-vascular function of participants' hearts, muscle strength and flexibility; (4) experience sharing (walking strategy, fitness preparation, equipment requirement and recommendation, injury prevention etc.) by all other experienced walkers.

I am an experienced hiker. Shall I still join training program?

Instead of challenging the trail in a team of 4, participants are required to walk along the whole trail in a group of 20 or more, rather than the usual 4. Since the theme of Proud of 20 is to celebrate the 20th anniversary of CityU, hiking together in a group of 20 is a must. Therefore, even experienced hikers are requested to join the training to share your experience with some "green" participants and provide advice and encouragement to others. Training attendance is also a criteria in selecting the final 20 Citywalkers registered under Oxfam. Only through this practice that we can demonstrate our spirit of unity and helpful in tackling all encountered problems. If you do not mind finishing the trail at a slower speed (maybe more than 40 hours) and target to finish the trail with other CityU community, you are recommended to join it.
What equipment will the Citywalker provide to team players?

The organizing committee is wishing to seek enough sponsorship to support as many kinds of equipments as possible to all Citywalkers. However, the organizing committee is not guaranteeing the provision of these stuffs to all Citywalkers. Participants should be mind-ready to have their own contribution in personal equipments such as clothes, shoes etc. Upon receiving sponsorships of equipments such as shoes, clothes etc., participants are requested to put those sponsor items on during practices and event days as specified by the organizing committee.

When will the list of team players be confirmed?

Final selection of Citywalkers will be in early October 2004. The selection criteria of Citywalkers will be based on the (1) training attendance, (2) performance during training; (3) physical fitness; (4) commitment to the activity; (5) performance in building team-spirit etc. This arrangement is aimed to select team members who are show good co-operation, co-support, and physical activity of similar level so that the team of 20 can commit their goal and finish the task.

What should the team player be responsible for?

Each team player (Citywalker) should be responsible for certain amount of fund raising, finishing the whole 100 km trail in a group of 20 or more within 48 hours. Each Citywalker should be able to support and encourage each other during the trail, and tackle problems encountered along the trail. They are representing CityU community to show our awareness to the community interest.