

Club Balance

Victoria to Peak Challenge

1st October 2009, 7:30am

Central Ferry Pier No.9 (next to Star Ferry)



Group of professionals launch a one-of-a-kind race in Hong Kong

August 2009 | What do a banker, a lawyer and a dentist have in common? A love for running and a belief in leading a more balanced and healthier lifestyle. Hence, the idea for a race from Victoria Harbour to Victoria Peak. That's an elevation gain of nearly 400 metres! If that doesn't get your heart pumping, we don't know what does!

The inaugural Victoria to Peak (VTP) Challenge 2009 is a unique, never before attempted, 10km race in Hong Kong. Kicking off at the Star Ferry Terminal next to the IFC in Central, the race will take runners past some of the city's most famous and historical landmarks, including the Legislative Council Building, Rawlinson House in Hong Kong Park and the Cathedral of the Immaculate Conception. It ends at the most breathtaking site of all, the Victoria Peak.

"The founders have spent many years running together leisurely and participating in almost all the races in Hong Kong. And we feel that VTP's route is the most unique; it's scenic, challenging and it covers several undiscovered trails," said Andrew Sum, co-founder of Club Balance and Executive Vice President at RBS Coutts Hong Kong. "We also wanted this race to be different. Our experience with previous races is that you disperse immediately after. There is very little mingling or meeting people with similar interests. What we enjoyed most was our own post-race gatherings, where we could share our experiences about the race and have a good laugh together. The race is not the end game. It's also about friendship -- bringing together the runners, volunteers and their families.

"I participated in the VTP trial run in June, and I enjoyed it tremendously, especially the scenic route and the feeling of camaraderie with the other runners at the end," said Paul Chan, a member of the Legislative Council of Hong Kong (Accountancy Functional Constituency).

The VTP Challenge 2009 is the first event organised by Club Balance, a not-for-profit, volunteer-based, organisation founded in 2009 by a group of professionals who came together because of their love for sports. The founders' informal weekly runs, which started as early as 1995, eventually evolved into a broader effort to promote work-life balance within the professional community in Hong Kong. "All of the founding members have benefited from the discipline of ensuring a balanced lifestyle. We work hard but we also make sure we make time for our family and engaging in hobbies that we enjoy. The benefit is far more than just good health and a happy family but a true sense of purpose in life. It is also about sharing. We want to share this 'secret' with everyone, especially the hard working professionals!" said Andrew Sum, who is also Honorary Secretary of the Hong Kong Rugby Football Union.

The VTP Challenge 2009 will be held on October 1st, a date with historical significance for Hong Kong.

Runners are required to pay a HKD250 participating fee that will go towards the race. Any extra proceeds will go to charity. Club Med Hong Kong has kindly agreed to sponsor the top three prizes of an all-inclusive accommodation package at either one of their popular Club Med Phuket, Club Med Cherating Beach or Club Med Bali resorts.

Those interested in finding out more or are keen in taking part in the VTP Challenge 2009 can sign up at <http://www.clubbalance.org>.

You can also contact Sherine Ong at sherine@manifesto.com.hk or 6040 2960 for more information.