

## 中途宿舍組隊參加越野馬拉松 Halfway House Teams Took Part in Marathon

繼2013年後，這是本會三間中途宿舍第二次一起組隊參加「苗圃慈善越野馬拉松」。活動於2014年11月2日舉行。今年中途宿舍合共派出52人，包括服務使用者、職員及義工，組成13支隊伍參與「12公里公開杯」隊際比賽。馬拉松起點在城門水塘，終點在大埔運頭塘邨，賽道高低起伏，部份路段屬崎嶇不平的山徑。最終各隊都能在限時內（四小時）完成賽事。另外，其中有三隊於兩小時內跑畢全程，於公開組分別名列第六、七及十一名，獲大會頒發優異獎，實屬難能可貴。

對康復者而言，不論獲獎與否，這項活動都別具意義。當完成賽事時，雖然已十分疲憊，但心靈卻是無比滿足，因為大家已戰勝了精神和體力的限制。「一件事，若你想做，總會找到一個方法；若不想做，會找到千個藉口。」其實，復元路上好比馬拉松，沒有僥倖，沒有捷徑。確立個人康復目標之後，下一步就要選擇正確的行動。若空有理想，任憑你意志如何堅定，但身體卻力不從心，到頭來恐怕只會失敗告終。但世上無難事，只怕有心人。相信唯有透過持續刻苦的鍛鍊，才是成功之道。此外，復元路上並非坦途，難免會遇到挫折，當以為目標遙不可及的時候，就會想著放棄。此刻，同路人和朋輩就顯得重要，靠賴互相支持和鼓勵，一步復一步，就成功在望了。

Three Halfway Houses of the Society joined the "Sowers Action Challenging 12 Hours Charity Marathon" for the second time since 2013. This time, the event was held on 2 November 2014. A total of 52 people from Halfway Houses, including service users, staff and volunteers, formed 13 teams to take part in the 12KM Open Cup – Team. The event started on Shing Mun Reservoir and finished in Wan Tau Tong Estate in Tai Po. The route ran up and down hill, and part of it also passed through bumpy hiking trails. Nevertheless, all teams were able to finish the race within the time limit (four hours). Moreover, three teams finished the race within two hours. They were the 6th, 7th, and 11th in the open group and were awarded the Merit Prize by the organizer. This made the experience all the more unique and commendable.

Whether getting prizes or not, the event meant a lot to those persons in recovery. Although physically exhausted, our minds were filled with immense contentment, because we all overcame the weaknesses of our spirit and flesh. "If you want to do something, you'll find a way; if you don't, you'll find thousands of excuses". In fact, the road to recovery is like a marathon, there is no fluke, nor short-cut. A recovery goal set should be followed by the right actions. If you remain idealistic without taking any action, you are doomed to fail, no matter how strong the spirit is. Yet, nothing is impossible to a willing mind. We believe prolonged hard work and perseverance are the only way to success. Moreover, the road to discovery is never smooth and setbacks are inevitable. It is normal that one tends to give up when the goalpost seems out of reach. At times like this, fellows and friends become particularly important. Only with mutual support and encouragement can we move ahead step by step toward success.

