

## Reasons for Success, Excuses for Failure

(Feedback after the Charity Run 2 March 2014 (Mable Lam))

On the racing track, no one would care about whether you are running ahead or falling behind. There is neither boundary of age nor requirement of physical strength. After the two thousand people put on their yellow sport shirts, did the warm-up in groups by the stage, we all began to believe that we were the outstanding runners with athletics spirits. For people like us living a busy life in the city, with our mindset and healthy diet that we have prepared for this race, we were just good enough to have a Smart Medal without running. Life is like a racing tack too, with a goal to win, a game of winning and losing as well as comparing.



The purpose of this 'Beat the Banana' Charity Run is to run with happiness and enjoy the fund-raising joyfully. We do not give common excuses such as - 'I cannot get up early on Sunday morning!' 'My feet are too tired to move!' 'Too breathless to continue!' or 'It is bothering to raise money!'

Instead the notion from building our team in the beginning until the finishing our race, we only held on for one important reason, that is a time for us to gather our positive energy, express our care, as well as giving our passion and encouragement. We dressed up ourselves in a colorful way, fully participated into the



race and cheered for others. All of these brought us a refreshing Sunday experience.

It was so grateful for me to see that this year **Buddies Station** has gathered a team of 17 people to participate in this 9<sup>th</sup> year charity race with our full efforts. Compared with last year, although I felt that my physical strength had slightly declined, I feel blessed that I still have the strength like an old horse to finish among the cheering spirit.

At last, we highly appreciate the World Cancer Research Fund and every participant for the arrangements and participation. Remember not to forget to care for your health and mind. As for the youths with us, do come back next year and pass on our spirit of perseverance. See you next year!

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## 成功有理由，退縮找藉口

(出席「蕉拼日」慈善籌款賽跑後記 - 林歐陽婉玲 2014年3月2日)



跑道上沒有人會介意你跑得快或者跑得慢；沒有年齡界限，亦沒有體力的要求。兩千人穿上黃色運動衣，分組等到台前做熱身，整個人已經相信自己是健兒，有的都是運動精神；思想心態和健康飲食的準備，對於我們這批繁忙的都市人來說，未開跑都已經為自己拿了個「醒字」獎牌！人生都是跑道，求勝的目標，贏敗與比較的遊戲！



這個「蕉拼日」慈善籌款賽跑，目的就是要你跑得開心，籌款籌得樂意。一般常見的藉口就如 - 「星期日不早起！」，「雙腳乏力跑不動！」，「氣力不繼不可能！」，「出聲籌錢最麻煩！」等等，我都不再理會。整個活動通知聯絡，到跑步結束，對於我們來說

只要知道一個重要的理由，就是一年一度我們可以團聚正能量，說說關懷與問候，發放熱情和鼓勵；來一個繽紛的打扮，全情地投入，痛快地歡呼 - 這一切都已經給了我們跑手一個充滿活力的星期天體驗！



真高興今年『和孩樂』的團隊一來17人，又一次努力地出席了第九屆的跑步。儘管今年自覺體力比去年微退，還是慶幸能夠在眾人的鼓舞聲中，身體還存著老馬的拼勁去完成。感謝「世界癌症研究基金會」及各出席者的安排和參與，大家切要不忘身心的關注！我們的年青生力軍，明年一定要再來，把這份堅毅傳承下去，明年再見！

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## 辛苦但開心，充滿正能量

- Mandy (HKU students)

第一次參與籌備及參加跑香蕉的活動，雖然籌備的過程曾覺得有點行政的工作有點煩複，但今天看到大家的開心笑臉，

並能為慈善出一分力，一切的籌備工作變得微不足道，而且自己亦樂在其中。在籌備工作的後期，曾因學業繁重而未能全力處力籌款的工作，故在此亦十分感謝 Mable 教練給我機會去完成學業之後，亦替我完

成後期的籌備工作！今天的活動很愉快，此起彼落的鼓勵聲音之中得到了很多人氣和能量！希望下年能繼續參與這個活動！



## 堅持與鼓勵

- Ceci (HKU students)

3km 不算長，但對於連跑手也稱不上的我，也有些吃力。但同伴的互勉互勵，為爭線的健兒打打氣也成為了最強大的能源，提供堅持的力量！最終能夠和早已約好的同伴一同衝線，竟然有種無以名狀的滿足，當然還有過後的疲累！

## Break limits and enjoy yourselves

- Ann (HKU students)

Today is so happy. For a person like me who seldom passed the 800 meters race test in school, this charity race is really fun and meaningful. I have never pictured myself running through 3 km and today I did. It hit me that it is possible to break the limits that you set to yourself. Just always be brave to try new things and accept new challenges.

I am also happy that I could contribute to this charity activity and did what I can to help others. Cheering for people that we did not know, running and wearing those fancy, funny wig like a carefree child, I think sometimes happiness is just so easy to gain if you let yourself to feel.



### Lam 諾 (中學生)

驚喜，開心，輕鬆，期望下一年再跑！

### Anna Lam (中學生)

很好玩，十分享受團結合作！

### Carol (中學生)

享受跑步，享受時光，享受過程，超級投入！



### 幫人是福分，堅持與傳遞 Raymond (家長)

剛醒來，從電視機傳來一句頗認同的說話，能幫人已是上天所賜的福。盡管是微少的付出已是很大的福份。

今早遇上趣事一則：一個已停下來年青跑手，看見一個滿頭白髮的我，氣喘如牛跑過，引來一個美麗的誤會，以為我哮喘發作仍然堅持不停跑。頓時以我為目標，終於先我低達終點。停下來問我先生貴庚是否有哮喘的關心。還說我姓甚麼，很高興認識你！你們的堅持，人們原來是會看在眼裏的。繼續努力吧！ 下年見！

### Cello(家長)

齊心協力，同甘共苦，全力以赴，做到最好，與「和孩樂」共享成果及喜悅！

### Elsa (導師)

BS team 氣氛和諧，興奮，投入！

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### 一同揮灑青春

### Kevin (past HKU students)

跑香蕉，今年係第三年了。3公里，身邊朋友問，吓？咁少！跑步係好私人嘅一件事，無論幾長幾短，路是自己跑的，感受是自己的。別人無法跟你跑一模一樣的路，是必然的；別人無法理解那路是苦是樂，也挺自然嘛。對我來講，跑香蕉最痛苦係要早起床(星期日啊...) 畢業了，還是會回來跟和孩樂跑香蕉，除了因為什麼籌錢啊、運動啊，主要都係因為感覺良好吧。總是覺得，當你跑在那十分私人的路上，Mable 教練，Elsa 姨姨，總係會在某一個位置為你祝禱、打氣、支持。能遇到人生長跑嘅教練，係感恩嘅霸！仲有，今年發現體能係會跌㗎...！年青人加油，最慢嘅速度叫放棄，最浪費青春的生活態度叫躊躇，跑道幾長幾短都好，朝著標桿跑啊，流汗吧！