

NOT JUST A WALK IN THE PARK

Part 3

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GOBI DESERT - MARCH 2011

Final Preparation

This is my last article before the big race. Gobi March 2011 is in less than a month away so it's all really about that final preparation now.

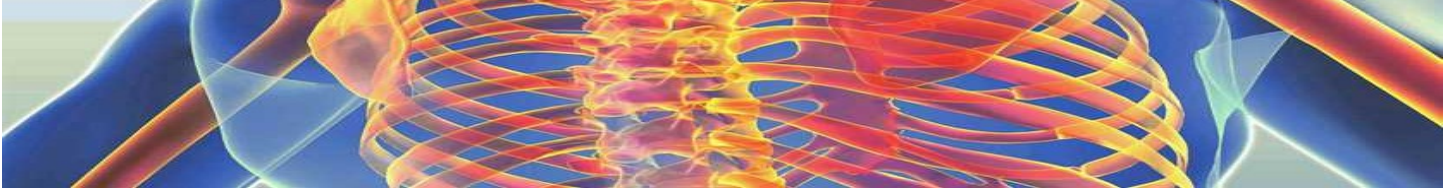
Having spent a lot of time trialing different types of energy food, I have now chosen and ordered what I am taking ensuring that it is as light as possible but still containing enough calories to get me through each day. Although there are many brands out there you do really have to try them during training to see what your body and taste buds can tolerate. I have selected a brand called "Expedition Foods" with wonderful meal options such as custard and mixed berries, porridge with sultanas, custard with apple and that's just for breakfast.

In addition to the dried food packs, which you mix with water I am also taking some dried fruits and mixed bags of nuts. For electrolyte replacement I am taking an endurance fuel in the form of a powder, which is then mixed with water.

So that's the fuel out of the way, next is the kit itself. My wife Clare has been excellent in this, reminding me to buy the very best kit I can afford to ensure it doesn't hinder me and I have the best race possible. I have chosen "Salomon" trail shoes, which have been excellent in training. My rucksack and sleeping mat were ordered directly from the race organisers shop in Hong Kong. I have adapted the rucksack so that it doesn't move around causing friction burns.

"Set yourself smaller progressive goals listen to your body and try to prevent injuries rather than deal with the after effects."





My clothing is as important as the rest of my kit so having tried different options I plan to run with compression shorts on during the day, with a very thin almost seamless t-shirt and of course a light coloured hat and sunglasses. At night I will wear leggings designed specifically to aid recovery.

With only three weeks left of training there is little more I can do now. My fitness level is there or there about so now it's down to good packing, ticking off from the kit list to ensure nothing is forgotten and then getting out there and doing it. I do plan to take a camera but I am not sure how often I will actually use it. The organisers are pretty good at getting photos and videos so hopefully there will be some great shots.

If you are interested in following the race the organizers website is updated daily with results, photos and videos. Each competitor has 30mins blog time every evening so if you want to share my pain you can always read my blog. <http://www.4deserts.com/gobimarch>

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