

Ford Vietnam AA 50k & 100k participants,

Hope you're getting excited as almost that time...

Vietnam Q & A and news update.

Q. Visa - normal Tourist Visa?

A – Yes if you go to the Vietnam Consulate in your home country please apply for normal tourist visa.

Q – Where can I get a Visa in Hong Kong?

When you go and apply for your Vietnam Visa (don't forget as you need one) please use the following address for Vietnam:

Melia Hotel Hanoi
44 B, Ly Thuong Kiet Street,
Hanoi, Vietnam
Tel (84-4) 934-3343
Fax (84-4) 934-3344

If you are in Hong Kong you can go to the Vietnam consulate in Wanchai to get your visa at:

(Remember to bring 1 photo)

Vietnam Consulate General
15 Floor, Great Smart Tower,
230 Wanchai Road,
Wanchai, HK
Tel 2591-4524
Business hours M-Friday 9am-1pm ...2:30pm-5:30pm...Closed Weekends/holidays.

Itinerary:

(If from Hong Kong) – If other country you MUST meet us at Hanoi airport to board our bus at 4pm at arrival hall (look for bus with Action Asia sign in window).

Jun 30 - Wed - Hong Kong-Hanoi VN-791 1455 depart (be at AIRPORT by 1pm PLEASE)

Jul 4 - Sun - Hanoi-Hong Kong VN-790 1105 depart

Weds Jun 30 – Meet Ms Alice Pong Airport Vietnam check-in counter – 1pm

Weds Jun 30 – Hk to Hanoi departs 2:55pm (food on plane)

Weds Jun 30 – Arrives around 4pm then we have a 3.5 hr bus ride to Mai Chau – stay in village

Weds Jun 30 – Race briefing in village when you arrive in village to meet Race Director Maddess

Thurs July 1 – Wake up call around 6am – Can request your own food (baguette with egg/hot noodles) and coffee or hot water from village house owner and they will charge you just like a

restaurant. Not more than 1 or 2 US dollars. Or can bring freeze dried food or your favorite oatmeal and add hot water.

Thurs July 1 – 8am race start departure – (Will only change time if majority of group wants). It gets very hot in daytime so not too late. Bus ride 30 minutes to start location.

Day 1 course – Water cp every 10 km “approximately” so bring your own Nuun tablets or electrolyte tablets to add if you need. Also enough food to get you start to finish. Example, energy bars, gels, etc together with 1 emergency freeze-dried food that you must carry on day 1 and 2 at all times. Some fruit at finish with water. Dinner on your own as can purchase from many houses or bring freeze-dried food. Locals love noodles in soup as everywhere easy to find.
Day 1 night – race briefing to announce results and recap day 2 course around 8pm.

Accommodation in same village location.

Fri July 2 - Wake up call around 6am – Can request your own food (baguette with egg/hot noodles) and coffee or hot water from village house owner and they will charge you just like a restaurant. Not more than 1 or 2 US dollars. Or can bring freeze dried food or your favorite oatmeal and add hot water.

Friday July 2 – 7am race start departure – (Will only change time if majority of group wants). As long day it's expected to be an even hotter day. Bus ride 40 minutes to start location.

Day 2 course – Water cp every 10 km “approximately” so bring your own Nuun tablets or electrolyte tablets to add if you need. Also enough food to get you start to finish. Example, energy bars, gels, etc together with 1 emergency freeze-dried food that you must carry on day 1 and 2 at all times. Some fruit at finish. Dinner on your own as can purchase from many houses or bring freeze-dried food. Locals love noodles in soup as everywhere.

Accommodation in same village location.

Day 2 night – race briefing to announce results and recap day 3 course around 8pm.

Sat July 3 – Wake up call around 6am. – Can request your own food (baguette with egg/hot noodles) and coffee or hot water from village house owner and they will charge you just like a restaurant. Not more than 1 or 2 US dollars. Or can bring freeze dried food or your favorite oatmeal and add hot water.

Sat July 3 – 730 am race start departure – (Will only change time if majority of group wants). Short day. Bus ride 20 minutes to start location.

Day 3 course – Course is 12km so bring enough energy gels/bars to get you thru this. No need to bring emergency food. Starting at a school, run will be going up a dirt windy road for approx 4 km then turning around returning same direction with water cp at school (approx 8k) then final 4km along single track hugging river and odd village house to finish. Jump in river too cool down, climb aboard boat and wait for others while sipping on a beer before 2-hr boat cruise down calm river for awards ceremony to Hao Binh. Fruit and snacks on boat. No restaurants near so will try to stop at Hao Binh for quick noodles so bring some snacks with you for boat ride if you want. Bus then 2hours to Hanoi Melia Hotel followed by big celebration dinner at Hanoi restaurant by organizer. Dinner around 6 or 7pm.

Day 3 night – Melia Hotel Hanoi

Sunday July 4 – Not sure on exact time yet as will let everyone know but will depart for airport around 8am. Free breakfast at hotel.

I assume we need sleeping bag/roll-mat for the huts...

Yes a sheet should be sufficient or a very "light weight" sleeping bag. The huts have wooden bamboo floors with a matt and small pillow provided with mosquito net and roof fan. It will be fun.

Where to change money?

Airport when you arrive. Rate is ok. Or your home country if they have Vietnamese Dong.

Vaccinations or tablets?

As any country you travel too in Asia it's always recommended to consult your family doctor and seek advice. Some people prefer to not take malaria tablets as they give you headaches in the sun and prefer to keep them for a large overdose method to kill the malaria if you think you have. Always recommend applying mosquito repellent and keep a small mosquito spray or rub-on bottle with you at all times as in any Asian destination when you are out in the mountains hiking. Taking vitamin B also adds a scent to the skin mosquitoes don't like which helps a little.

Training?

A bit late now if you have not started but at least start getting out for long walks and don't do anything that could cause injury like quadrupling your training in the final week. Lots of stretching, yoga, etc will be a big advantage in the final week together with some massages to relax and get all that lactic acid out of the body.

Water Purification Tablets: Where can to buy them?

Most outdoor camping shops in all major Asian cities sell them. If in Hong Kong, Protrek, Chamonix, RC Outfitters, etc all sell.

Freeze dried food: Where can I buy?

If you need Action Asia Events has some (expires 2012) if you want. We purchased at Protrek for HK\$75 each and willing to sell for HK\$40 each if you need as we purchased way too much. Email to aae@actionasiaevents.com stating how many you need and call Ms Pong (3158-0251) to meet at Sheung Wan Western Market as we will NOT bring this with us.

Also camping stores as above if you don't want ours.

How much Dong or money to bring?

Depends how much you want to buy when shopping. Recommend around US\$100 for trip and if you have left over can easily change at airport going home. On Saturday by Melia Hotel Hanoi, you'll be by the old Hanoi shopping area, which has some fantastic things you'll like.

***Mandatory equipment to be carried when racing each day – per person:**

- Hydration system (min 2-litre capacity) camelbak style drinking system
- First aid kit with basic essentials (bandages, tape, antiseptic) in waterproof bag or 2 Ziploc's.
- Rain or spray jacket (plastic small packet kind ok)
- Running shoes - Trail running shoes recommended
- Food/energy bars/dried fruit/etc to get you thru 4-8 hours each day
- 1 x emergency freeze dried meal that you can add hot water at a village
- 1 x headlamp or flashlight with new batteries (recommend in Ziploc). Penlight not allowed as wont do you any good in a jungle.

- 1 x water purification tablets (min 10 pcs)

Recommended items

- Freeze dried food for meals in villages as hot water provided (food provided at hotel Sat night/Sun morning)
- Vietnamese Dong money to purchase food and other.
- Headlamp, flashlight or torch for the village at night
- Extra batteries
- Mosquito repellent
- Suntan lotion
- Energy food for you to do race (nuts, dried fruit, peanuts, Chinese crackers, etc)
- Energy bars or gels for three days
- Energy powder replacement packets to add to water for your electrolytes
- Salt / electrolyte tablets
- Protein whey for post recovery after the race
- Hat for running with neck covers (safari hat)
- Lubricant gel or vaseline for chafing prevention
- Lightweight camera
- Soap powder to wash dirty clothes

Is there a place to wash dirty clothes

Yes the village homes have sinks and buckets you can wash your dirty clothes. Just use the sink downstairs and hang on line by room.

Since I'm doing Vietnam can I get a discount on Laos??

We did offer a special 2 weeks ago and some more people asked us recently. We'll let you know shortly.

Hope you are all doing some hikes or running outside. Highly recommend to go and get some massages the last 2 weeks and to start trying to do at least 10 minutes (5 min morning 5 min night) stretching everyday to loosen your body up.

Kind regards
Action Asia Foundation
Action Asia Events
www.actionasiaevents.com