路

今年《香港行》的專題為「路」，延續去年「記
錄情，述揚愛」的理念，以地圖為主要骨幹，記述
兩位傑出運動員—單車手黃智賢先生和短跑好手
蘇梓偉先生的人生故事。有別於文字敘事的方式，
專題「路」透過多幅非傳統設計的地圖、三維立體
圖像及插圖，勾畫兩位故事主人公的情感世界，價
值觀和鮮為人知的逸事，向讀者展示兩人生命中
的重要歷程。

藉着地圖講述人生故事，是嶄新嘗試：我們期望今
年的專題創作，能讓讀者耳目一新。

黃金寶

黃金寶（阿寶）出生於1972年，在沙田成長。兄弟姐妹常
在城門河岸競逐，童年時在黃昏時期，於科學園的單車徑
上鍛鍊。1991年，在大埔工業邨舉行的一場比賽，首次獲得獎牌後，自此愛上了單車比賽。

阿寶1990年加入香港單車代表隊，該隊當時在華深五點與隊友在沙田某條dale路比賽。阿寶在公路上練習；偶爾在維港兩岸前面練
習，是阿寶單車生涯中最佳時期。

阿寶在一次推薦單車活動中，阿寶遇過一生至愛，於2015年共度週年，於2017年8月正式結東近30
年的單車生涯。

蘇梓偉

蘇梓偉（偉仔）1981年在廣州出生，母親病逝引
致困境，與兩位弟弟相依為命，從小不負於
行，他的母親，曾為香港集郵協會董事
長，偉仔對集郵非常有興趣，因他
的收藏成績，與他的情懷，為他
的收藏生涯中，共取得30個獎
項，打破多項世界紀錄。至今，偉仔仍
是T3×200米的殘奧會紀錄保持者，被外界尊為「神
奇小子」，稱號。

偉仔因長期傷病在2016年便正式退役，現為香港殘疾人士奧運會及傷殘人
士體育協會中工作。

Maps，in addition to recording land
features, may also mark our
memories, connect strings of our feelings, and tell
stories of our lives.

In the same vein as last year’s ‘Book of Affection,
Map of Love’, this year’s Hong Kong Guide features
the theme of "My Way", and with an array of maps as its major element,
traces the life journeys of two distinguished athletes, namely cyclist Mr
WONG Kam-po and sprinter Mr SO Wa-wai. Instead of written narratives,
various unconventional maps, three-dimensional images, and illustrations
have been employed vividly to depict the two protagonists’ emotions, personal
values, and some of their interesting anecdotes unknown to most, inviting
readers to explore the important stages in their life journeys.

It is a novel attempt to record personal history through maps, and
hopeful, our creative efforts to present this year’s theme will
offer readers a refreshing and stimulating experience.

WONG Kam-po

WONG Kam-po (aka Po), born in 1973, grew up in Sha Tin.
He enjoys cycling and has a passion for entering cycling
competitions.

Po joined the Hong Kong cycling team at 1990. 
Accompanied by teammates he gathered with at
a convenience store in Sha Tin as early as 8
a.m., he began his harsh training on the road.
He would become more and more exciting and
practise extra hard in the presence of his
idol, veteran cyclist HUNG Chung-yam.

In 2007, Po came first in the UCI Track
Cycling World Championships in Spain,
earning the privilege to wear the "Rainbow
Jersey", the esteemed honour for a cyclist.
Po met the love of his life in a cycling promotion
and event, and they tied the knot in 2016. He retired from
cycling in August 2017, putting an official end to his
cycling career which has lasted almost 30 years.

SO Wa-wai

SO Wa-wai, born in 1981 at Guangzhou with cerebral
palsy caused by jaundice, has been faced with
difficulties to win or lose since childhood. Determined to put his life before
hers, Mrs SO, his mother, has never thought of giving him up.

In 1994, on a joint school sports day, Mr POON, a coach, spotted Wa’s
athletic talents and helped develop his potential later on. In 1994, he joined
Hong Kong’s paralympic track and field team.

Wai won his first medal in 1998, and since then, his achievements have gained
public recognition. Throughout his running career, he has won 50 medals and
triumphs, breaking several world records. Fondly called "Wander Boy", he proudly
holds the record of Paralympic Games for the Athletics 200m T36 event.

Wai officially retired due to chronic injuries in 2016, and currently works for
the Hong Kong Paralympic Committee and Sports Association
for the Physically Disabled.
阿寶的香港與世界地圖
Po's Maps: From Hong Kong to the World
My Feelings for Hong Kong

- The Saddest Places
  - 鮮花石 The Park at Fanling
  - 茂密山 Tai Mo Shan
- 最遠的地方！
  - It's the hottest!
- 最遠的事！
  - Most embarrassing moment!
- 小鎮 feel 深居
  - Having a taste of Europe!
- 童年時 Childhood days
  - places which I want to preserve most

期望更多車道
Hoping for more cycle tracks

Not suitable for cycling

Cartography by Survey and Mapping Office, Lands Department
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清晨五點，我與隊友在沙田集合，準備在公路及環線新界中跑步。
My teammates and I gathered in Sha Tin as early as 5 a.m., we began
our harsh training on the roads round the central and northern parts of
the New Territories, or shuttling between Shing Kong or Tuen Wan and Tai Wo Shan.
孩子四歲仍然不行不好。要強迫，就算要背上他四層樓。驚悔幾個街頭，穿過大街小巷，才能搭到校巴，都是值得的。

He still couldn't walk properly even at the age of four... for him to catch the school bus, I'd got to carry him on my back, climb down four flights of stairs, and make my way through main streets and small lanes, but it's worth it.

1981 聯校運動會
Joint School Sports Day

1984 聯校運動會
Joint School Sports Day

1987 深水埗
Sham Shui Po

1994 逆緣街
Sneaker Street
<table>
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<tr>
<th>Day</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>感到很累</td>
<td></td>
<td>好想放棄</td>
<td>幾次都試</td>
<td>累得想哭</td>
<td>跑得更快</td>
</tr>
<tr>
<td></td>
<td></td>
<td>感到很累</td>
<td>幾次都試</td>
<td>累得想哭</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
<th>Activity</th>
<th>Activity</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>去踢波</td>
<td>唔好放棄</td>
<td>為家人奮鬥</td>
<td>同細佬打機</td>
</tr>
<tr>
<td>Football</td>
<td>Never give up</td>
<td>Doing it all for my family</td>
<td>Played video games with my little brother</td>
</tr>
<tr>
<td>街坊替我打氣</td>
<td>好孤單</td>
<td>A very lonely day</td>
<td>同細佬打機</td>
</tr>
<tr>
<td>Neighborhood cheered for me</td>
<td></td>
<td></td>
<td>Played video games with my little brother</td>
</tr>
<tr>
<td>約同學食飯</td>
<td>試新路線</td>
<td>跑快吃</td>
<td></td>
</tr>
<tr>
<td>Meal time with my classmates</td>
<td>Tried a new route</td>
<td>Achieved a faster time</td>
<td></td>
</tr>
<tr>
<td>晚又痛了</td>
<td></td>
<td>累得想哭</td>
<td></td>
</tr>
<tr>
<td>Back pain again</td>
<td></td>
<td>So tired that I almost cried</td>
<td></td>
</tr>
</tbody>
</table>

|                     | 紅燒鰤日式大餐         |                      |          |
|                     | Savoured Japanese food at Hung Hom |          |          |

**My Training Schedule**
我的溫馨回憶

My Sweet Memories

Yeah!!

The path you have choosen is not easy but you have been there. I always support you.

Yeah!!

My little brother.

Little brother, I have the most fun playing with you.

Yeah!!

You always make me laugh.

Yeah!!

At home, I can just be myself.

Add oil!

I love to play games with my little brother.

Yeah!!

More recall, please.

We appreciated the barrier-free facilities.

Yeah!!

The best memories of my life.

Yeah!!
My Races: A Trip Down Memory Lane

2008 北京殘疾人奧運會
Beijing Paralympic Games
－ 400m race in the Paralympics - China
2000 澳大利亞
Sydney, Australia

The most unforgettable races: I ran consecutive races in one day so exhausting that I threw up. I ended up being put on the winner podium in a wheelchair.

I always believe that I am no different from or less capable than everyone else. I also know there is no room for complacency and I must do hard work and play off.

图尔 Kemming
Osaka, Japan

No matter who you are, stay strong in whatever situation. Don't give up without a good fight! Life is about having your goals and dreams.
You either win or lose a race. If you lose a race, you'll get to stay calm, pick yourself up off the floor, and keep going for the many upcoming races.

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We welcome suggestions or comments on this thematic presentation. Please send us your thoughts.

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