



### A Rollercoaster Of A Year

2007 came and went just like a blink of an eye. By the time this review is published, Carbokid 2 would have already turned 1. He's turning out to be a firebrand. Totally fatigue-proof (I think that's the best way to describe him), he seems to want to do everything in an express manner. By express I mean, doing everything his brother does except sitting still. Typical of 2nd kid nature, he's an expert in drawing attention to himself be it whining or faking a cry (which can get really stressful, and that's why I need my runs) just to get us to pick him up. I'm amazed my Mom can handle him.

I'm also amazed that despite all that I managed to participate in 7 races. Other than the Penang Marathon, training, well, running actually were at its minimum. Which made runs like Shah Alam and Kuantan very enjoyable. It felt great just to get out and stay in touch with friends at the races once in awhile. With a couple of weeks' faster paced runs and a little dabble in intervals, I didn't see too drastic a drop in speed in both races. I even managed to outdo my 2006 distance in the Penang 12-Hour Walk where I finally broke through the 50K barrier.

I was also published on the August issue of the Men's Health for the Nike+ feature after getting a brief lowdown on the product at the Nike office.

Things at work improved substantially and hopefully it translates well to what matters a lot these days. Of course with the benchmark raised, expectations are never the same and there will be challenging times ahead.

Which brings me next to the not-so-happy part of '07.

Taking a hard and honest look at the failures of Penang was what I did in the weeks and months after that fateful balmy morning. I reviewed the preps, what I did wrong on the eve of the race, replayed the race morning from fueling to the actual race as it unfolded up to the point when the wheels came off. It all comes down to these: 1) Wrong expectations/execution as a result of lack of training data 2) Poor rest/fueling on race morning. I've since charted out the Penang program against current plan and suffice to say that I now know where I stand. You can't argue with hard data.

The last minute abortion of my trip to the New York City Marathon (NYCM), missing out of the race and watching the US Marathon Trials was a big blow. Although I was able to catch the highlights on the Internet thanks largely to the unprecedented level of coverage, there is absolutely no comparison to being there soaking in the atmosphere. While I lost the chance to set foot on NYC, I gained in the number of new friends made. The saying "Runners helping fellow runners" are really true and for that I'm very thankful for all the support I received locally and from friends whom I've not met in persons, as far as the US and Canada in helping me with logistics and useful information. I've also in the process gathered useful information about making the trip and documented it at <http://roadtonycm.blogspot.com>. RunnersMalaysia co-organized the Brooks Fun Run at FRIM on the same date at the NYCM and it turned out very well. I was able to focus on it and that helped allay the disappointment somewhat. I've largely stayed silent over the NYCM debacle and I'll continue to adopt the same stance. Here's to a successful 2008 lottery!

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