

jamie's loft > running


[Home](#)
[Life](#)
[Running](#)
[Photos](#)
[Musings](#)
[Home](#) > [Running](#) > [Articles](#)
More articles:

- [20K wisdom](#)
- [A fitting stage for heroism](#)
- [Cheers to you](#)
- [Durian Power](#)
- [Gear for Cold Weather Running](#)
- [Happily ever after](#)
- [Harvest of hope](#)
- [Hill training](#)
- [Marathon muse](#)
- [The other side of the fence](#)
- [Penang revisited](#)
- [Performance review](#)
- [Running again](#)
- [Running resolutions](#)
- [Running in the movies](#)
- [State of road running in Malaysia](#)
- [Sunscreen](#)
- [To marathon or not to marathon?](#)
- [Stride Length](#)
- [3 Phases of The Marathon](#)
- [Marathon Packing List](#)
- [Dubious Races & Incompetent Officials](#)
- [A Matter of Attitude](#)
- [adidas Tech Training '04](#)
- [Principles of Training & Lessons in Life](#)
- [2005: Year In Review](#)
- [My Bookcase](#)

The Other Side Of The Fence

Serving others can be fun too, as I found out last Sunday...

I wrote in my [New Year's Eve article](#) that we as runners are empowered, perhaps more than any other mass participation sport, to spread goodwill and the healthy benefits this sport brings us; that we ought to take this opportunity to set meaningful running resolutions going into the new year.

Among the 5 areas which I felt we can contribute is to give back to the sport either by volunteering or coaching. The other 4 are: **1)** Encourage others to adopt a healthier lifestyle, **2)** Put in a kind word, **3)** Increase our personal effort and **4)** Try a new event. I had the opportunity to put into practice what I believe during the recent Pacesetters organized 30K Practice Run which was the 2nd in a series of 2 practice runs set by the club to prepare runners for the upcoming KL Marathon.

Coming off last December's Singapore Marathon ([race report](#)), this race is not part of my race itinerary this year and I opted only for the 10K category. After experiencing the 1st practice run as a runner ([read about it here](#)), I was ready to do my part for the 2nd one. A few days before the run, I finally received the email from the President confirming my station that morning. I was assigned to the 10 and 20K stations. My partners for the 10K station were to be Grace Lee and Eric Chan, both from the Permaisuri Group and after "closing shop" of the 10K station, I am to join Uncle Tan at the 20K mark distributing Powergels and drinks.

So just like my other running mates going for the run, I was pretty excited and slept early on Saturday night. I have no problems waking up early on Sunday mornings due to my usual 5am Sunday long runs with the club's early birds. Because of my early Sunday runs, I usually don't get the chance to meet many people, so this duty will allow me the chance to mingle more.

This 2nd run was supposed to start earlier as compared to the 1st one, so I was already at the car park at 4.30am. There were about 20 people there, most conspicuous of all was Jimmy Tong's truck. Lawrence who also ran the Singapore Marathon too was there to assist Jimmy. I went to help out at the registration table and we cleared those early birds first by accepting their fees and distributing out the Powerbars and ribbons. That proved to be a wise move as the long line witnessed during the 1st run was avoided. Everyone looked geared up and ready to go. In fact, most looked ready to run 42K that morning if needed be. There were many familiar faces while equally many not so familiar ones.

While activities were building up around the assembly area, I helped load the paper cups and cartons of 100 Plus drinks and mineral water to Kelvin Ng's car. Kelvin's family turned out in full force and would be on hand to help at the 10K station. Talk about bringing the family together!



Jimmy Tong sitting pretty with Lawrence in attendance



Hub of activity at the Registration Desk. That's Uncle Tan talking to Nancy Lai in the foreground



The drinks are all laid out. Now where are the runners?!

So we were pretty confident this critical station would be adequately staffed and is able to provide efficient service. Lawrence also pitched in to assist. There was a need to hurry as we need to get to the Hartamas Petronas before the fastest runners reach there in about 40 minutes time, so once the loading was completed and Eric Chan arrived with Wai Ling (another Permaisuri member), the group left immediately.

We arrived a few minutes later at the Petronas site and after Grace arrived with the tables we proceeded to set up the drinks. Lena (Kelvin's wife) organized her daughters (Vivian, Winnie and Viliane) to lay out the paper cups while Eric, Grace, Wai Ling and I sorted out the table and drinks. After that it was time to wait. Pretty soon, one or two front runners reached, gulped down the fluids and went off without so much as stopping. Then a few more arrived and then the trickle turned into a rush when the main group reached the station. We had a busy time refilling cups, handing out water and cheering the appreciative runners. Many lingered for awhile and chatted and some made toilet calls. After 25 minutes, it grew quiet again and the group of us started to pack up and clean up the area, which was achieved pretty quickly and easily as civic mindedness was very good. There was very little littering by the runners - definitely an improvement over the 1st run.

As we made our way back to the car park, we passed and cheered on some runners. Grace decided to stop at the Selangor Properties station to help out and drop off a runner who injured her foot. I later learned that Grace went the extra mile to ferry this injured runner and another who had to make an emergency toilet call back to the car park. Way to go!

By the time I arrived at the 20K station, Uncle Tan had already sufficient help, so I made my way to assist Mr. Wan with the breakfast setup at the volleyball court. Nearby, the Milo stall and the adidas booth were already good to go. There were plenty to eat and drink - porridge, instant noodles, corn flakes, bananas, 100 Plus, tea. Even the observing monkeys were envious. Moments later, with the crowd sufficiently gathered, the President got things going by thanking all the volunteers and outlining the race day arrangements. Dr William Chan then shared some valuable advice on tapering and the last minute entry form submission were coordinated by the leaders.

This 2nd run completes the club's Peer Support Program for KLIM. Everyone had a good time (I did!) and most importantly managed to put in the all-necessary final leg of marathon training. Someone aptly remarked to me that if not for this initiative and the club's Sunday group runs, many would not even contemplate running this event as he can't imagine himself training alone. A sentiment I am sure all the runners who participated in these 2 runs would agree.

*The journey continues....
Jamie, Feb 9th, 2004*

