

jamie's loft > running



Home

Life

Running

Photos

Musings

[Home](#) > [Running](#) > [Race Reports](#)

20K PRACTICE RUN

[More race reports!](#)

Read [articles on running](#)

If you've gathered from my [previous posting](#), my training for this Ipoh Marathon boils down to a handful of long runs, one of which was run just yesterday. I've not attempted 20K in about 2 months but read on.

It's been awhile since I last dragged myself out of bed at 5 in the morning and I can tell you after sometime of not adopting this insane regime, the mind conspires with the body to do exactly the opposite. A quick silent reminder to myself on the fate that will surely befall me should I miss this run promptly put an end to this temptation.

I'd entirely forgotten to stock up on Mars and Snickers bars, so I ended up with some oats and Milo for breakfast. I did however remembered to freeze a bottle of isotonic which I later carried along.

Reaching the car-park, I spotted John and wife. There were already familiar cars in the car-park minus their drivers whom I assumed correctly were already on the road. Just as I gingerly jogged out of Lake Gardens, I saw Phoon and Munning (training for the [Berlin Marathon](#)).

I really took it easy and consciously restrained my pace for this 25K. My plan was to run an approximately 6:45 pace for the first 10K and then a 6:30 pace for the return trip and see how much I got left for the last 3 or 5K. So it was a comfortable jaunt to the BNM hill and when I got to the Bukit Tunku hill, things got a little hairy. Once again, my mind got down to playing tricks (after being defeated earlier). I started imagining things in the shadows and sounds from things unseen. If you've ran in this area this area before, you'll easily relate to my experience. I muttered prayers while picking up my pace to clear that area, which I did. Immediately after that, I vowed never to run this early along this route alone again.

The excitement passed, I then experienced boredom. Boredom like I've never experienced before. Everything was fine except that there were no other runners on the road. Where the heck were those training for Ipoh? Which was why my spirits were lifted when I spotted Bruce, Ngae and another just after the IRB office. They were doing 30K. Then a few more runners came the other way heading back from Hartamas. All in all, I calculated about 8. These plus a few others yet to be encountered, I guessed, will be the ones doing the full marathon distance. I hit the Hartamas Petronas in 1:07 (quite close to my targeted 6:45 pace).

Sure enough, as I headed back I ran into, among others, Yew Chee Chung, Penguin 1, Penguin 6, Chen, Munning and Azwar. I'd always ran a faster return leg and yesterday was no different. I ran faster and was quite comfortable. Only in the last 3K did my legs felt heavy. After a long layoff, they were still getting used to the stress - very natural. However, I felt a twang on my outer left knee when I jumped onto a kerb near BNM and immediately stopped. Fearing the worse, I massaged the area and hoped it wasn't the ITB that gave way. As precaution I walked back to the car park and decided against another 5K. Due to the walking my timing for the return leg was 1:04 - could've been sub-1 hour but that didn't really matter.

I'll be running 10Ks over the next 4 days before the [35K this Sunday](#). I wonder how'll that run end up?

The journey continues...

Jamie Pang, June 7th, 2004

