



Home

Life

Running

Photos

Musings

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

[ADIDAS KING OF THE ROAD RACE REPORT](#) by Jamie Pang

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Read [articles on running](#)

What's In A Name?

Lonerunner, Livetorun, Ketam Batu, Becholi, [Haris](#) - all these callsigns mean little if there are no faces attached to them. So it was a perfect opportunity to put name to face during the King of The Road (KOTR) race.

I think it was a welcome relief for some folks, returning to races organized by the FTAAA after the Ipoh, Johor and Ampang Jaya debacles. This is not to say that FTAAA sanctioned races are top class but they're generally still better than the abovementioned. If they can only do away with the ribbon fetish (more later).



In any case, this was to be my first race after the Ipoh Marathon and the Nike 15K and the planned congregation of friends notwithstanding, I was eager to run. After picking up Andrew (Ketam Batu) and Bernice (Becholi), we reached the start point quite early. Bernice surveyed her competition in the Women's Open category but I told her that there isn't many, which was true. A sweep of those there showed that most female runners turned up wearing the official blue T-Shirt - so these were not to be considered serious competition for her.

The Cage & Ribbon Fetish Redux

There was a desk labeled "Registration", so naturally a long queue developed there as well. Those in the line then were informed that registration was done upon entering "The Cage" - a barricaded cordon. Some heated exchanges ensued between some runners and the officials. At the point of entry to "The Cage", we were given the red ribbons which I wrapped around my wrist for fear of colour-runs.

The Usual Suspects & More



While waiting inside "The Cage", I met and chatted with Ngae (as usual running in his NB sandals), Wan, Kenneth, Bernice, Joo Yee, Rohaizad, Newton and Cheong. I thought of pacing with Rohaizad (a sure way to PR) but after flag off, I stayed with him for less than 1K as I ran into Alden whom I chatted with for awhile before he dashed off. Then I spotted Bernice and then Abot. Then Tey who ran with a backpack (he's training for the Kinabalu Climbathon). Left and right, I was meeting friends and people were calling out my name. Wow, this is turning out to be a fiesta.

That Which Doesn't "Hill" You Will Make You Stronger

Yes, the pun is fully intended. I've been running comfortably and happily up Kenny Hills and hit the Duta Roundabout in 24mins plus (roughly 5-min pace). I skipped the water station there so gain some advantage and to toughen the body up. The Killer Flyover got me a bit and even though my strides lost their cadence, my leg turnover were still quick and there was an outside chance that I may PR or dip below 60mins this time around.



If I could point to a spot where I weakened significantly, it would be the Parliament Flyover. Luckily it was just a short (albeit steep) climb. Then I picked it up again in the final downhill stretch, passing the cheering Pacesetters (Lawrence, John et al.). Rounding the field, I saw [Penguin-6](#) in his red jacket and Andrew who snapped a shot of me.

I crossed the line in 60:31. Again missed dipping below 1 hour! Would slowing down slightly the first 5K allow me to reserve some fuel for the final push?

The Online Suspects

I looked at the queue snaking from the refreshment tables and I decided to give lining up a pass and opt to get water from my car instead. I bumped and chatted with Lonerunner before proceeding to the clock tower where everyone was to meet. Kenneth was the next to reach me, then Bernice and Andrew, [Azwar](#), Livetorun (Justin) and the rest, including Newton, Cheong, Haris and [Julian](#). We sat right in the middle of the road for the photo shoots, by which time Yen Nee, Julian's friend and [Mei Jyn](#) had joined the group.



It's been a nice opportunity to have met up with friends I, up till then, only communicated with online. Here's looking forward to many more such meetings.

Footnote: I've used marathonguide.com's [pace calculator](#) to put my performance against [Ronnie](#), Azwar and Chen's into perspective and here's the finding.

My time of 60:31 meant that my average pace was 5:39.
Azwar and Ronnie's 48mins = 4:32 pace
Chen's 49mins = 4:34 pace

The journey continues...
Jamie Pang, Sep 5th, 2004