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[NIKE PACESETTERS 15K SPECIAL RUN REPORT](#) by Jamie Pang

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My chance to run this year's race came true when a special run was organized by the club. My eagerness to run can be attributed to a few reasons:

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1. to renew my acquaintance with the Double Hill route
2. after giving up my A0001 race number, I just needed to release some pent-up energy
3. who can pass up a great event?

I've managed to string together some decent training sessions in the weeks leading up to this race. Since my fitness level is quite reasonable, I found that my 1 week abstinence from training due to food poisoning has not reduced my racing edge that much. I found that by not racing often, my desire burns even more with every one that I registered for.

Did the usual preps: PowerBar (finally gulped the Oatmeal & Raisin flavoured one - not too bad), coffee and some plain water in the morning. Reached the Bukit Aman Car Park 15 minutes before the start and got my bib. This run was to be one for those who missed the actual one due to race duties and also to meet up with new club members during the post-race breakfast. A quick check with the President revealed over 60 had turned up. It could have been more if not for the MPAJ race the same morning. I met Abot with whom I've communicated via email a couple of times.

After a short briefing by the President Wan on the modified route (it was to be slightly shorter than 15K), we were off! I started with the President Wan up front and ran easily down Parliament Road. It was nice running in a large group again. There was no pressure to do well. By the time we hit the BNM hill, I was among the first 10 runners. Treasurer Ken had run ahead but I kept a comfortable 5:45 pace.

Hitting the Bukit Tunku hills, I was running alone, keeping the Indian runner in front (I had dropped one) close to me. A couple running together passed me but also stayed not too far in front. In the downhill, I quickened my stride turnovers, relaxing my upper body even more (I repeated in my mind, "Relax, Unwind"). With this new approach, I promptly overtook the couple.

The crunch began with the series of hills after the Selangor Properties building. I've not run this route since last year's race, so I proceeded with caution over the many inclines. The couple whom I overtook huffed and puffed loudly past me but I bid my time. I knew from their laboured breathing they won't be able to sustain the hard climbs to come. So it was a matter of time when I caught and passed them for good along another downhill. I didn't really notice the mansions in the Bukit Tunku elite residential area as I was concentrating on my strides and breathing - all the while chanting my mantra "Relax, Unwind". Before long, I reached the 10K mark and I thought I did quite well - it was around 56 minutes. The climb up the National Monument Hill didn't seem so hard now and from there I charged downhill all the way around the lake. It was only here that I felt a little tired but tried to still maintain the pace and form.

When I reached the car park, my watch read 1:16.48. It was a tremendous improvement for me, even after taking into account the slightly shorter distance. After collecting my medal, it was back to club duties as I proceeded to interview some of the new members and caught up with my new friend, Abot.

As the hungry runners were tearing into the durians and porridge, I left for home feeling very contented. I've a good feeling that this year is going to be a good year for my running.

Jamie Pang
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