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I'm typing this a couple of hours before I leave home for Bkt Aman. CS Wong has very kindly agreed to pick me up and take the club's group photo at the Bkt Aman car park. The club's contingent add up to slightly over 100 members - a strong number. In less than 1 day, whether I PR or not, I will be claiming my reward (much like how every cent spent on my credit card allows me to redeem a gift) for putting in the runs. Every mile that I've logged for the last 4 months has been for this opportunity to line up with 14,000 other fellow runners, each with his or her own reasons for making this pilgrimage of pain. Naturally the pain commensurates with the number of runs I missed too. Nothing comes close to being as fair as running. You get back what you put in training. The same can't be said for that something called the rat race - you work hard, someone else reap the rewards.

One of the thrills of the marathon is in the preparation - the details of it. I love the fact that I need to be detailed in my preparation, my nutrition needs and my packing especially in the final 2 weeks. Everything is so important and necessary, it creates a buzz for me. After such a lengthy preparation, the last thing you'd want is to find that you've forgotten your passport, your socks, your race slip and what not. Or you screw up your tight schedule and end up running like a headless chicken with last minute unnecessarys. So the following are going to be my itinerary:

8:00am - Departure from Bkt Aman  
 3:00pm - ETA in Singapore, race packs collection  
 4:15pm - Check into hotel, free and easy if sufficient time  
 6:00pm - Pastamania  
 7:00pm - Tangs and some sightseeing  
 8:45pm - Back in hotel room  
 9:00pm - Lay out race gear, alarm clocks  
 9:30pm - Lights out  
 3:45am - Upsy daisy  
 3:50am - Toilet visit & shower  
 4:00am - Breakfast & final check  
 4:30am - Light stretching and relax  
 5:05am - Lube, sunscreen, leave hotel  
 5:15am - Reach start area  
 5:30am - Light warmup & hydration  
 5:45am - Check-in to the starting pen  
 6:00am - Date with Destiny

The above is how I will pass the hours counting down to the flag off. That's it for now. The next writings will be the race report.

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