

# jamie's loft > running


[Home](#)
[Life](#)
[Running](#)
[Photos](#)
[Musings](#)
[Home](#) > [Running](#) > [Race Reports](#)
[KLANG 10K RACE REPORT](#) by Jamie Pang

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Photos courtesy of Tey. Click to enlarge.



## Preps? What preps?

This has been 1 race where my preparation has been at the minimum. Indeed I totally laid off running for a week prior to the race.

## In welcomed company

When I posed the question to my wife last week about her tagging along to Klang so that we can all adjourn for Bah Kut Teh (herbal pork stew) or BKT in short, she wasn't too keen. But after being holed up in the house following her surgery, and with my Mom in tow, she decided to come along. We left the house at 6am and after taking a wrong turn once, we got to the stadium half an hour later. To my surprise, Jason and Justin both parked directly behind my car. On my way into the track, I greeted [Kenny](#), Tey and [Kenneth](#) with a resounding "KNN!" and I promptly proceeded to register myself and was a little surprised that the officials checked our names against the bib numbers. This process would later hold up the start time.

## Kaboom! - "Cinya Boh Ah Kai! (no brains)"

Thinking that there wasn't enough time left to 7am (the intended flag off), I quickly got down to warming up. The mentally and physically challenged athletes were let off first before our turn. But the official had a hard time getting the crowd to move to the front of the stage. You see, the start banner had been set up slightly away from the stage where the VIP would be standing for the flag off ceremony. The elites among which were the Thais, had already stood at the banner and naturally they won't budge and give up their pole position. So we mid packers had a hard time to get behind them. This should be a non-issue - the organizers just needed to have some common sense to set the start banner directly in front of the stage! By the time we were let off, it was already 7:30am!

## The first 5K - "Cinya Bo Ah Kai! (no brains)"

As Kenneth and I left the stadium, I heard Ajeep (who is recovering from his biking accident) shouting my name. Hadn't seen him in awhile so it was nice to see him there. Kenneth and I paced together and [BoSe](#) (who arrived from Penang) whom I met for the first time was nowhere to be seen. Neither were any Pacemakers. But I saw Mei Mei and Ang slightly up ahead running strongly up the first hill. We weren't that slow ourselves and I thought if I could hang on to Ang's coat-tails, I should finish in about my [Subang timing](#) as he's a strong finisher. However into the 2nd K, I found my pace to be faster than his, so I decided to just go with the flow and went past him with a "Hi". Then I spotted CM whom I thought was running off pace. He's a fast improving runner and has been posting some impressive times. After chatting with him for awhile, he suddenly dropped off to the side of the road. I didn't see him until somewhere near the halfway mark.

## The route - "Cinya Jia Lat! (very tough)"

The traffic were well managed. We passed through the older parts of the Klang town and smaller roads. Until we came to the ridiculous stretch where we had to climb the flights of stairs leading up a pedestrian link to a flyover. Imagine running at 80% effort and suddenly you had to twist and turn up the stairs. I tried as much as possible to jog up as the floor surface was wet and puddled. I knew that my Precisions weren't good on such surfaces. Not wanting to land on my behind or worst on my face, I gingerly navigated my way upwards. Another spot was even worse. We had to run on pavements laid with ceramic tiles. Wet ceramic tiles! They were damn slippery and as soon as we cleared that area we had to make a turn down a grassy embankment! The slippery tiles apparently didn't pose any problems to CM as he suddenly zoomed past me. Many runners were complaining and cursing away. I was likewise irritated but quickly brought my concentration back. It was also getting warm adding to the tough conditions. With fatigue setting in, my strides were getting smaller. It was then that I noticed a potential target and focused in reeling him in. He was pacing consistently and was tough to pass. We traded leads a few times just before I caught a brief glimpse of Tey 150 metres ahead.



### **Final half - "*Cinya Khang Khor!* (plenty of suffering)"**

This had to be one of the toughest 10Ks around with some long climbs in the final 3K. My unfamiliarity of the route made it even tougher to time my final surge. It would appear at that time that this new route (last year's was different) would be longer than last year's 9.1K. I briefly fought with a side stitch and got over it after a couple of minutes. Not wanting to lose the momentum, I steeled myself for the climbs and rolled quickly on the downhill. I ramped up the speed as I passed my target and really let it rip the final 200 metres on the track. I'd never had this fast kick before so I was a bit surprised at myself. In any case my surge took me past at least 6 runners and CM was shouting to me that I could still make sub-50. Crossing the line, and after being handed my certificate and large medal, I read my watch display and indeed I'd PR (**49:35.54**) again. An improvement of about 20 seconds from my Subang race a few months back. To my shock, my position is a poor 145! I thought a top-100 had been assured but apparently the competition here had been stiffer with the prize money offered. As I was recovering from my exhaustion, my wife, Mom and Carbo Kid walked over. They had missed my final stretch turbo but undoubtedly their presence had encouraged me to run well.

### **When in Klang, eat like the Klangites - "*Cinya Pak Tor Yau* (very hungry)"**

This means feasting on the much beloved but cholesterol laden BKT. After cooling down, we walked back to the car to pass [Rohaizad](#) his T-shirt. Although injured he just couldn't pass up the chance to run in his home town. We drove to my wife's friend's house nearby to "check out" her newborn daughter and the friend then took us to a famous BKT eatery near the Klang Parade. We slaved over the dishes in the hot environment and I probably sweated as much eating the hot stew as I did running the race earlier. Being my first experience of Klang's famous BKT, I've to say that the reputation is indeed warranted. After we said our goodbyes, we pushed for some shopping at the Lot 10 mall. I was tired but there was something I needed to get. Thankfully I brought a change of clothes, so I didn't stink. By the time we got home, I'd set another PR of not showering for the longest time after a race!

### **More race reports - "*Cinya Hoe Thak* (very readable)"**

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