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[NILAI 3 HALF MARATHON PRELUDE](#) by Jamie Pang

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This race didn't figure in my plans this year. Originally scheduled 1 week before the KL Marathon, this inaugural race was postponed for March 27th. Even then, it didn't look particularly inviting - the distance being one of the reasons. A few things developed quickly over the past 2 days: a few guys cancelled their participation resulting in available bibs and my wife consented after being told of the RM75,000 grand prize draw. Since I'd be running about 20K regardless whether I race or not, it'll be nice just to try out this new event.



In order to gather some course intelligence, I turned to [Rohaizad](#), who had surveyed part of the route sometime February. In the words of Rohaizad:

"Be prepared for a tough time. The finishing line is an uphill run of 500 m long on a 30 degree incline. There is not much shade, route is mainly along industrial parks. Very hot. The route is a combination of endless undulating roads. Some short and some long. 500 m after the start, there is a long run (1 km?) uphill. Definitely more hills than KLIM. The last 5 km is a long uphill run (3 km) on a road bare of trees. In short, it's going to be tough, hot and painful but runners love pain, don't they?"

With that ominous warning, my mind immediately conjured a bleak outlook. Scenes of the Omaha landing on D-Day and the invasion of Tarawa Island played before my eyes. My training has been sporadic (but still OK, I guess) in nature since returning after the KL Marathon. I've managed to log in a 50+K (including 2 tempos and a long run of 17K) week and am 26K into my 2nd week since lacing up my trainers 2 weeks ago and I will take this race to test out a couple of curiosities:

- whether my marathon base is capable of returning a good performance
- whether the concept proposed by the April issue of the [Running Times](#) on a recent research which suggested that a combination of protein and carbs can delay the onset of race fatigue. This is on top of the well-established and proven post-race recovery benefits that protein and carbs already have. To test this, I'll carry a small bottle of Endurox as fluid replenishment, to be taken at the 10K mark.

The race will start late at 6:45am and we will definitely be battling the heat, hills and mental elements due to the bleak landscape this Sunday. It will nevertheless be an interesting race.

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