

Support for runners

Website helps beginners make steady strides

By NG WEI LOON

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ENGINEER Peter Kuan, 46, took up running a year ago with the intention of losing weight.

It was no stroll in the park as Peter wanted to reduce his weight from 92kg.

"I started running with a friend at Bukit Jalil Park. He convinced me that I would also strengthen my weak knees through running. After a few weeks of working out, I was sceptical about the idea because my legs were sore," said Peter from Bandar Kinrara in Puchong.

Peter's agony in making steady strides took a twist when he and his son Alvin Kuan, 15, joined the www.runnersmalaysia.com.my website support running group for beginners under the tutelage of former Pacesetters Athletics Club Malaysia (PACM) president Wan Yew Leong and avid social runner Jamie Pang.

"Our aim is to assist beginners overcome their hesitations in attempting to take up running as a healthy way of life. In addition, we want to help them move on from running the 10km to 21km in local road races," said Wan.

Despite the initial struggles to get started in running, the Peter and Alvin have caught the running obsession.

Besides running with the group on Saturdays, Peter runs up to three times a week on weekdays on his own.

"We enjoy running with the group because they offer friendly guidance to beginners with different running abilities. So far, I have lost six kilogrammes," added Peter, who registered his personal best of 1'15 in 10km at the Putrajaya International Marathon.

Last year, Peter and Alvin also took part in the Mizuno Wave Run and Bidor Half Marathon.

At Mizuno Wave Run, Alvin clocked his personal best of 58 minutes in the 10km as he ran past Wan at the finish line.

"I want to represent Zone Bangsar in the cross-country," said Alvin, a SMK (L) Methodist Form Three student.

Peter also attempted his first 21km race at the Bidor Half Marathon.

"I guessed that I rush into it too soon. I com-



Running guide: (From left) Wan, Pang, Alvin and Peter sharing some running tips after their workout.

»We get great satisfaction collecting the finisher's medal in well-organised races»

PETER KUAN

pleted the race in 3'09," said Peter, who will be looking forward to run in the 21km at the AmBank Kuala Lumpur International Marathon on March 18.

Meanwhile, Alvin will take part in the boys' 10km category.

This season, they are also hoping to feature in the Penang Bridge International Marathon

and the Putrajaya International Marathon.

"We get great satisfaction collecting the finisher's medal in well-organised races. If everything works out well, I will sign up for my first marathon at the Singapore Marathon in December," said Peter.

Since the www.runnersmalaysia.com.my website was set up last April, Wan and Pang have been volunteering their time to conduct regular introductory running sessions for beginners at the Bukit Aman carpark in Lake Gardens on Saturday.

"Although only a small group of five to six runners turn up regularly, we are proud that we have hosted the sessions every weekend without failed since May. The only time we took a break was over the Hari Raya weekend last year," Wan pointed out.

Those interested in taking up running can visit www.runnersmalaysia.com.my or contact Wan at 019-356 9031 or Pang at 012-308 0752.