

# Especially for road running

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**A**NOTHER link synonymous with road running in Malaysia was created last month with the [www.runnersmalaysia.com.my](http://www.runnersmalaysia.com.my) website stamping its mark on the Internet.

The website is a result of a joint partnership between former Pacers Athletic Club Malaysia (PACM) president Wan Yew Leong and avid runner Jamie Pang.

Following numerous discussions between Wan and Pang since December last year, the duo formed an enterprise called Outdoor Pursuits Services in order to acquire the rights to the website.

"The website will serve as a one-stop information centre for running activities organised nationwide. It provides a continuous information flow at the viewers' request," said Wan, who is also senior risk management general manager at a local bank.

The duo's new venture is replicated from an American road running website [www.irca.org](http://www.irca.org).

Currently, there are only three websites dedicated to road running in Malaysia, namely by PACM, Ipoh Road Runners and Kuala Lumpur Association of Veteran Athletes (KLAVA).

"We are planning to provide website service management to other running clubs at a low maintenance rate," added Wan, 49.

Wan also said Federal Territory Amateur Athletic Association (AAA), Selangor AAA, Klang Pacer, Batu Pahat Marathon Club, Camel Marathon Club have shown interest in using the website as a medium of communication with runners.

After stepping down from the PACM's committee this year, the website is also a venue for Wan to continue sharing his passion in running with others.

"I took up running after I left school. In 1983, I joined the *Run with The Star* running clinic to prepare for the inaugural Kuala Lumpur International



Local clubs have been successful in attracting older runners.

Pang, 36, who registers up to 70km a week for his marathon exploits, is the IT savvy person handling the website.

"As we have linkage to foreign websites, we are trying to improve on the local contents," said Pang, who works as a bank officer at a foreign bank.

Sports therapy specialist Dr William Chan has offered his expertise with the medical aspects related to running on the website.

On May 6 starting at 7.30am, Chan will also be assisting the website in

Aman carpark in Lake Gardens. In the one-hour session, participants will be guided through a stretching session before going for a brisk walk and jog workout around the 3km circuit.

"PowerBar has confirmed their sponsorship. We are still negotiating with other sponsors," said Wan.

The clinic is initiated to kick-start a programme for runners interested in taking up running at recreational areas.

"Hopefully, the group can sustain its

see the programme for the group.

"For those who do not want the hassle of setting up a club, we will recommend them to join an established club like Pacesetters," added Wan who is willing to share his experience in forming and administering a running club effectively in a half-day workshop in the future.

Other programmes lined up include inviting a qualified podiatrist to educate on proper running footwear. "We will invite professional speakers to speak on different topics related