

# It's all good at running clinic

MPI Generali Run programme set to benefit the community

story by  
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GOOD things come in pairs but the organisers of the MPI Generali Run 2016 did better by collecting 156 pairs of shoes for orang asli communities during a running clinic to help individuals become better runners.

More than 50 participants, including MPI Generali Marketing and Corporate Communications general manager Jayne Liew, who gave up a pair of shoes under the Project Good Deeds CSR initiative that also saw 800 shirts collected in the process.

"Runners who do 800km in running time find that the shoes no longer perform that well and then usually discard them.

"But in reality they are still wearable for normal use," said Liew at the end of the clinic at a park in Taman Sri Hartamas, which included a fellowship event and a hearty breakfast.

"My shoes are three years old, but now it will get a new lease of life. It is better to give them away than throw them as this effort will help build on the recycling culture.

"We are told that the orang asli walk around barefoot most of the time, so hopefully they will get into the habit of wearing these shoes to prevent injuries.

"We have given to six communities in Selangor since the project started in 2013 and the collection today along with those on the race-pack collection and race-day will go to four more orang asli communities.

The shoes were collected by Project Good Deeds volunteer Arok Hanong who is an orang asli himself.

In the last project, the organisers collected more than 200 pairs of shoes and 1,282 t-shirts.

The clinic -aimed at improving the participants' health, cardiovascular fitness and BMI measurements as well as contribute to their weight loss within a two-month programme- is part of a larger vision to develop a passion for running among the community and part of the run-up to the race.

It started on Oct 31 to Dec 12 and saw participants run a hilly 3km route and giving talks at the end by invited speakers on the topics of running, health and fitness.

This year speakers included UITM Sungai Buloh Senior Lecturer and Cardiology Specialist Dr Effa Abdul Rahman, fitness coach Oon Kian Khong, 2015 Standard Chartered KL Marathon head coach Mark Williams as well as Pacesetters Athletic Club president Wan Yew Leong and pioneering running blogger Jamie Pang.

"Runs are a dime a dozen these days but the one that has stayed true to the spirit of the community is the MPI Generali Run.



Pang (left) talking to participants of the MPI Generali 'My First Run Clinic' at Taman Sri Hartamas. — Photos by RICKY LAI/The Star



Liew (right) handing in her shoes for the project.



Athletes at the clinic posing for a group shot.

"Since the day it was mooted five years ago, the organisers have been clear that they wanted this to be less of a competitive event and more of a community run as well as to grow the number of runner," Pang said.

During the final session, he advised runners on selecting the right shoes and training techniques before the race as well as pacing themselves and race etiquette during the race.

"Training is a matter of consistency and discipline. Most of the people here are new to running but there are also seasoned runners here who want to be part of the community," he said.

"Those who were here tend to

have more awareness but there is information which they may not be privy to because they have not been running for that many years. But response to the clinics has been consistent and encouraging.

"Information is readily available on the internet but the problem with having that much information is that the beginner may not be able to filter through to see what can be applied to their own stage of fitness," Pang added.

The race will be held on Jan 10 at Padang Merbok in Kuala Lumpur and will see participants in nine categories ranging from a 5 km to 12 km as well as a 3 km fun walk.



Some of the runners and organisers in a relaxed mood at the event.