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Bericht

Mittwoch, 15.01.2014 | [von: rw](#)

Kisumu

Admittedly, for the marathon race in Kisumu reported I only, as I was just in Africa. 120 US-dollar registration fees for Bleichgesichter while Kenyans needed to pay only 100 Kenya Shilling? In the Graz stood a bit of 3 orphan dinner dances, to which the first 100 detectors have been invited. But because I was below the first hundred? And what should be the For dances?

In hindsight I can say, the adventure was worth it, and my entry fee has never been as good as here in western Kenya. After the first part of my travel report Kaki: 100MC now follows the already announced continued.



Already in May, I had been in contact with the organizer. He told me that he and his wife *were* in the hotel "The Duke of Breeze" not far from Start / objective will be staying; so I also quartered here. The hotel also has its own website and fixed prices. Only the credit card did not work when I arrive. And since in my wallet were almost only Ugandan notes, I paid only a little and the rest on the following day.



However, the motorcycle taxi drivers in the city do not know all the hotel . When I arrived it was already dark by Busia . The first biker was the hotel name unknown. A Second wanted 100 shillings have ... Wait a minute, my wife had this afternoon but only paid 80 shillings , then he told me what the night surcharge ... but where he brought me back because the hotel was completely different ... there was another motorcyclist , and knew the right way , so I was up ... everything was good or not?

Why should I pay the other motorcyclists when the had not done his job ? That looked but not one and made trouble. After a long verbal altercation , which then also attended by several taxi drivers , I was then convinced to give him 50 shillings ... surprised that he so happily thanked ... later I realized that I was in the hustle and bustle but two 50s had pulled out of my pants pocket.

It turned out that I was placed in a completely wrong direction. Next time I do without equal for the taxi , I now know the walk from Matatustopp to the hotel.



The hotel will be run by a Dutch woman. Therefore, then certainly the Football fan in the breakfast room and the partially white staff.



With these shoes, which I had bought at the fair at Bremen Marathon only two months ago, I wanted to run. But they had done tuckered out after the week-long Eingehphase on Africa's roads. However, this damage could still be corrected for 20 shillings ... after two marathons but over Christmas I discovered another defect Etonic Jepará ... never again.



The yesterday's first orphon dinner dance I had missed. This year we went to Mama Pilista Bonyo Memorial Health Centre.



joyful reception: The man with the medal is Richard from the Richard M. Brodsky Foundation to the organizer of the whole. Why is he all the time but always walked around with a dust collector, I did not quite understand, and while there was the marathon goal no precious metal. The man with the cowboy hat next to Richard - Dr. Benson Bonyo - founded this house. He is originally from Kenya but is now *American*. He later led me through the *facility*.



The children were waiting for us already. What a teacher does not dream of even as a full classroom with eager students.



Now get to work. For the children it was orphans who live with family members and in some cases had never seen a doctor.



In the white doctors were mainly volunteers from the U.S. state of Ohio, who spent *their* tight annual leave here useful.



Dr. Sartori from New York had in Mercy from Kisumu a very good assistant.



While running events often only a paparazzo is sighted, it was here the same in multiple.



small Stickers obtain the friendship.



The food was served.



And now all the good boy in the front row seats ...



also ... then everyone gets what.



And then there was still something with "dances". Music sounded from those boxes.



Now there was dancing. The white lady is the way Richards wife, Jodi, who also marched with the marathon.



And with so much movement it sometimes also comes really in sweat.



IMMUNIZE AND PROTECT ALL CHILDREN AGAINST POLIO

Health teams will be moving from House to House vaccinating all children under 5 years of age

Free Vaccination will also be available in all Health facilities within these areas

Kick Polio out of Kenya!!!

Date: 11-12-2013
18-12-2013



Logos for UNICEF, USAID, and other partners.



For Saturday there was a tourfreundliche plan amendment. Instead of Kendu Bay, 40 km away to drive, we stayed in the city. On the return trip on Friday night we made a stop in Nakumat, and took Mercy to invitations for the third to copy orphan dinner dance in Impala Park, which they then distributed in the city.



That had then also the advantage that we appeared still in time and without time stress to the start number edition, those according to plan around 20:00 clock closed... practically however somewhat rather.



But back to the Impala park: Why tourifreundlich? Well because it concerned very a zoo beautifully put on directly at the Victoria lake. The dangerous apes were still locked up...



... ran around the zebras freely.



Then was there still another gluttonous giraffe...



....by an electrical fence was secured. Later Mercy asked me whether I could show it the animals, since she had not looked ever a giraffe into the eyes. For most German children heavy conceivable that one lives already 21 years in the city, but the attractions



There was surely still much more to see, but the dance at the Baboon Picnic site wanted to begin... and one may also not everything publish, otherwise it could happen that some no more do not drive.



Dr. Sartori with the work...



... after he had taken up the complaints together with his female assistant.



Which medicine is probably correct?



2 physicians see better.



And so have their medicine to take.



Naturally also again all white physicians from yesterday had come.



While Richard had coloring books to be distributed...



... and his wife and the children did dancing as requested...



... did the medical profession their non-profit job.















Ok ones, that were now perhaps again too many pictures... however something like that do not see one in the context of a run travel also all days. On a table I found this medicine... to no idea, which causes it is for ... however knows surely the medical profession in our club. On of Richard website becomes after a physician



The dance competition was not yet in the end.





Constantly there were new prizes for the best dancers...





... and a great many candidates.





As high point there was then still the Polonäse Victoria lake in solemn steps...

*(The **polonaise** (Polish: polonez) is a dance of Polish origin, in 3/4 time. Its name is French for "Polish." The polonaise had a rhythm quite close to that of the Swedish semiquaver or sixteenth-note polska, and the two dances have a common origin.)*



... to the Obstschnippelstelle left off...

(cant find a translation for Obstschnippelstelle, but it must mean kitchen or some sort of similar term)



... employ equivalent here and nevertheless please to the meal seizing.



Do not forget hand washing



Drinks is still the best medicine.



The Buffet was this year particularly rich. I ask myself only, what makes Richard with the whole pictures. Sometimes *he* gave me *his* camera... then photographed *me* alternating with *his* and with mine.





Picnic at the Victoria lake



with best tendency



Bon appétit!, enjoy your meal



So small stomachs and then still *consuming*?



We also know from running: looting of food item ... in this case, of course, with different background ... who knows if tomorrow there will be something to eat ... and then determines not in quality and mass as this Saturday in Impala Park. Also, while cleaning up the place asked me children if they the half full - could have garbage-filled plastic bags and cardboard boxes - to our understanding.





And naturally also still the very last rest from the pot was out-scratched.



a farewell photo ... In my company there were earlier times to Weltspartag a Captain Bluebeard calendar entitled "Do something!". This "Do something," I now give time to all readers of this report.



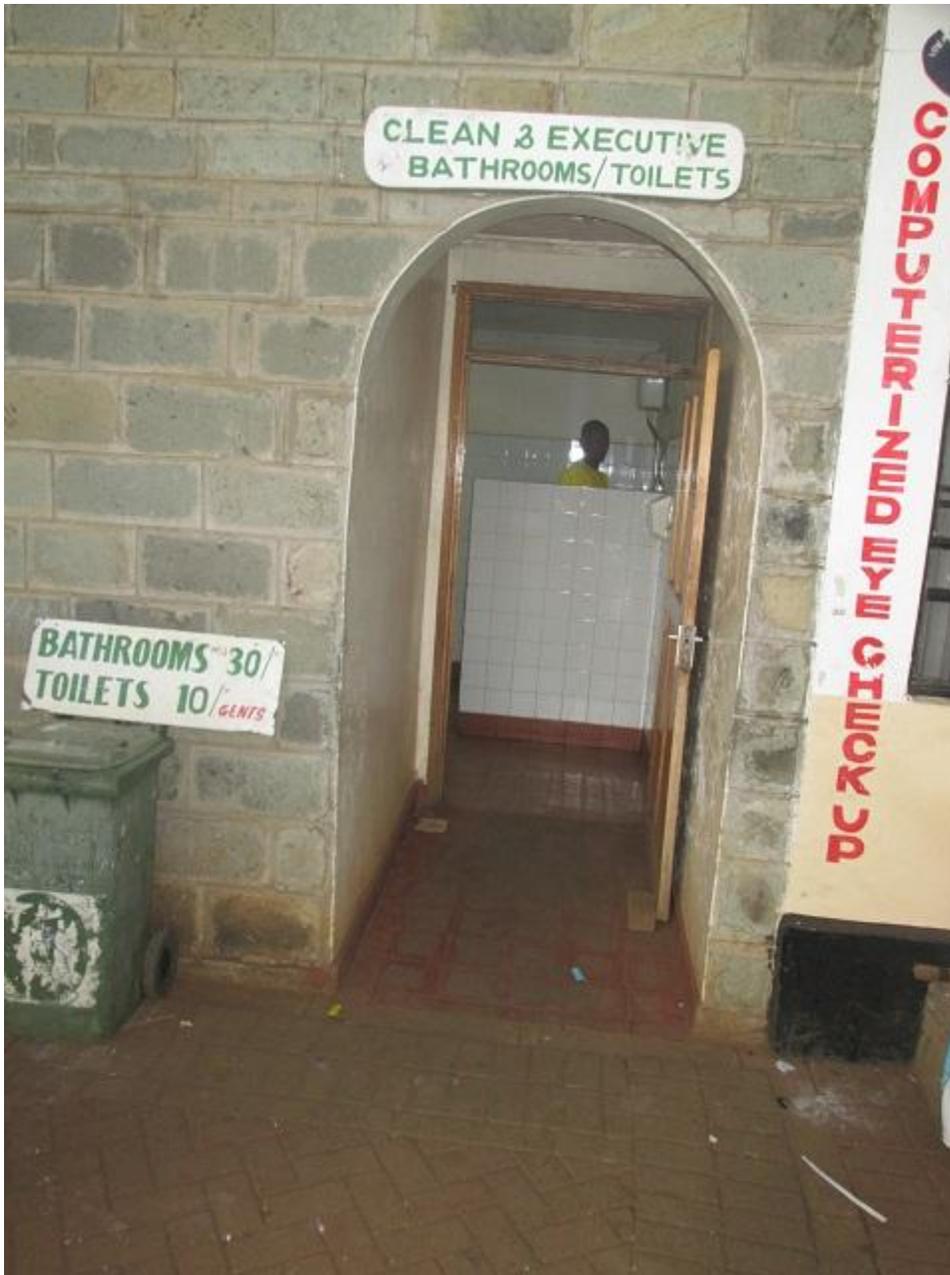
Oh yes, yes... the start numbers 414 and 415 also still came from Japan, was however it at present in Kisumu for a high-tech enterprise works only here, there... with the start time around 6:00 clock is pure wishful thinking was run and as per Richard each year tried is however never created.



Also the wheelchair users waited for the start signal.



The decoration was not punctually finished also yet.



Same price as everywhere... also in the stadium peeing cost 10 Schilling shortly before the start.



Finally with 90 minutes of delay we were allowed to start.



After approximately a kilometer I was reminded of the marathon in Kampala. What had told there the Kenyan winner to the press? „There were too many motorcycles on the road.“ Looked here now in addition, not better, changed however like few minutes.



Did this runner spare shoes have?



In some food supply places the aides poured such white things on the hand... thought because of the heat and many sweating only of salt... were however grape sugar.



Otherwise there was only water... however plentifully so approx. all kilometer... from a can filled up and freshly packed. But who says that completely packs delivered water is better?

When I ran years ago the marathon in Timisoara/Romania, stood in the food supply places water gallon... genuinely or false? Anyhow the run with 70% had a similar high wear and loss rate as the Spartathlon and was thus one of the heaviest marathons, it ever gave... was probably because of the *water*



This bag I knew already from the slums of Kampala, but this year I had no straw ... so pure prick her finger with a hole and quickly lead to mouth ... but since then a lot of liquid went wrong. And now I know why the German passport in international comparison is so cheap ... its color is not real, possibly made in China.

Only after I had left the hotel, it occurred to me that I had taken no plastic bag for my valuables ... thought to myself, it would not even raining ... but today's water fonts at the aid stations then ensured that my passport some of my cash reserves red inked. More victims of this flood: my camera ... so sometimes these water spots on the images.

And since all the bad things come in threes, while the third victim was the receipt from the supermarket opposite the hotel. When I bought a bottle of Coke, I did not warn the cashier before paying, that I again get the 30 shilling deposit only with proof of purchase receipt ... of course in cash but in kind. Now this was no longer legible, the money was but I still counted after detailed examination by several employees.



Sometimes there were also stamp ... this kind of presence control was even held the water rinse.



Along the route, there was a good atmosphere ... where I in some children already had the impression that they thought it was just funny that white people running around here ... at least they laughed accordingly suspect.



Again a waterhole ... route was well marked with chalk arrows ... on difficult branches there were uniformed. This was followed by a somewhat poorer area: a colored runner who overtook me, advised me to put away the camera.



Seen on the run course ... tonight three football games in 2-hour intervals ... a very closely knit timetable for this country.



Barefoot Runners on road



And also the rescue workers were looking *things* over.



From km 14 1/2, there was an approximately 2 1/2 kilometer turning point haul, so we half came back again to this place at kilometer 19.



They passed at Impala Park, boat rentals, beautiful floral ...



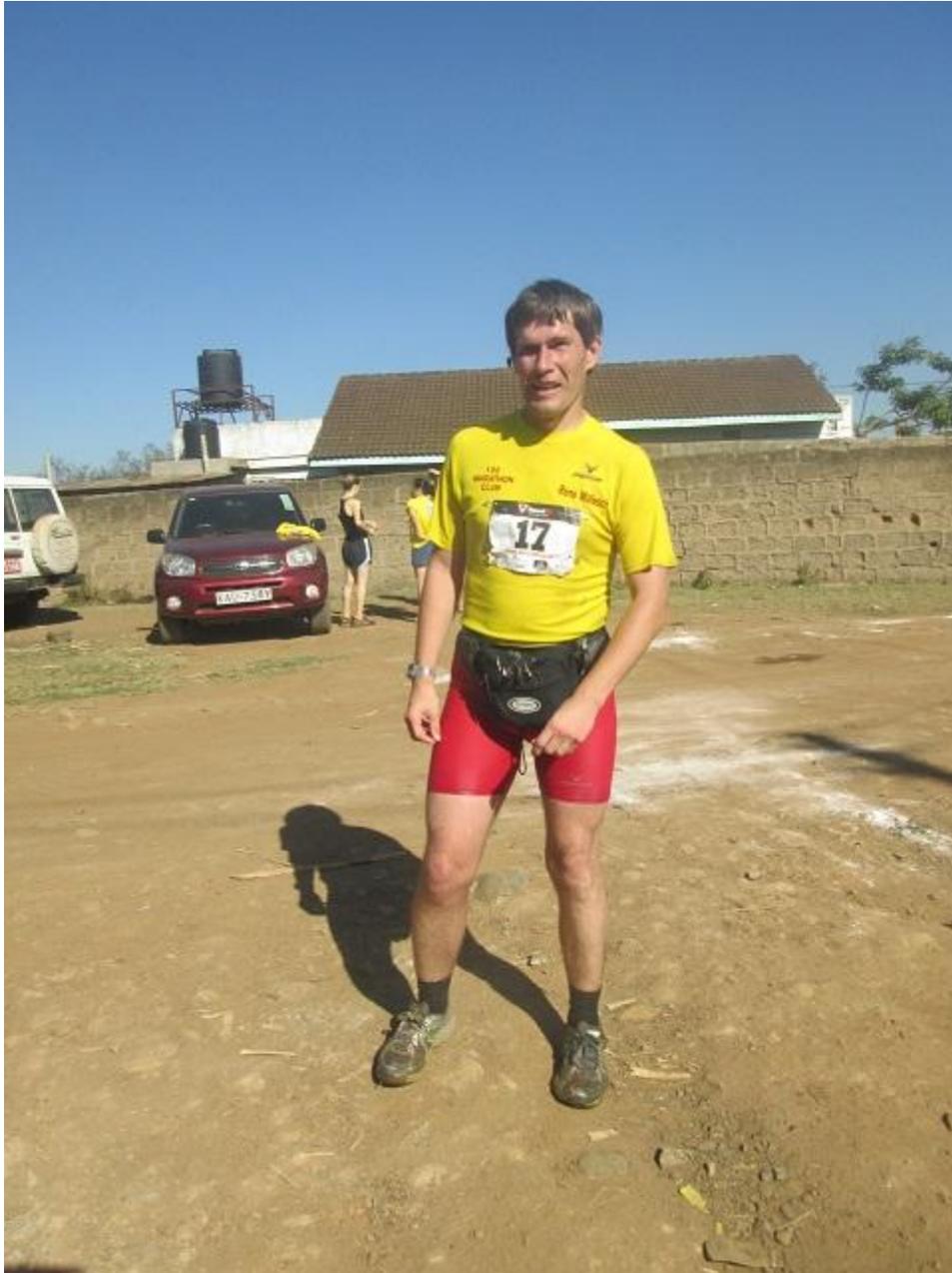
hairdresser ... and this ... "fair price" I must remember that and try out the next time Kisumubesuch.



Wheelchairs had to fight here with the track properly.



At this turning point I was looking for someone then also ...



the ... could make a photographic evidence of my presence.



I then met also the medical paparazzi.



Here the Half separated from the whole.



Runner escorted by police ... that could have something to mean ... So on this brief encounter distance the camera at the ready ... but who still leads one kilometers from the finish, does not necessarily win, and so was this sports fan "only" Second.



The second half marathon went out of the city towards the airport ... and here even Sunday was the "holy" worked.



Some of the new road was already finished, and that pleased the cows back there.



At the airport was waiting for this lady to me.



Two in one ... but only water, but a cola stand had just seen since ...



So ... drinking the same time with the catering team something reasonable ... the man said without blue hands, he would be here, the supervisor, and we will believe it once.



The route went straight on something else and then turned left from the main road. The Auspfeilung was still very good.



It went once around the airfield. I then saw a machine of Lakefront come ... in case of a fall she had gone to bathe in Lake Victoria ... maybe that's the reason why Uganda's capital city airport has been outsourced to Entebbe ... also in Larnaca / Cyprus is the airfield near the water, and my wife thought at the time when landing until we would fall for.



Not fooled but slightly sunken I am at this point. I had left the running track short and wanted to rush to the nearby Lake Victoria.



Here the sand was dug for the raw material.



He joined as a guide on this section to me and ran a few miles in these sandals. He was also fortunate for the wheelchair back in the picture, because in here some muddy sections, this sometimes needed start-up assistance.



before separation for a Coke and then toward the goal ... it was really an extreme heat



The prescribed minimum speed I could no longer keep.



Here was *hard work*.



Still watched Finally something on the clock and going ... sprinted a few seconds under 5 hours.



I was immediately led to the massage ... then still got a banana and a bottle of lemonade ... and also a certificate, but without a time ... apparently I ended up in 16th place



In the afternoon, I went again for a photo to the equator. This marker I had *seen* a few days ago, when I came from Uganda, been spotted by matatu from.



900 orphans *were* helped a bit ... surely only a drop in the famous hot stone ... but man or woman is doing what man or woman can. The Marathon in Kisumu always takes place on World AIDS Day on 1 of December instead, therefore, offers a combination with the marathon in Kampala, which is held every year in late November organized regularly. This year I will however not run in Kisumu ...

1 I have my vacation already fully used elsewhere.

2 The first December this year falls on a Monday. And if you're unlucky, runs Kampala one days earlier. In this case, the on-time registration materials in Kisumu will be logistically difficult.

3 Do I want my boss is not the same again a leave request at the beginning of the Christmas season expect.

plan ... but firmly with 2015 ... maybe then the interest in orphan dinner dances by the non medical somewhat larger, the only runner was certainly at the dances on 29 and 30 November 2013.



Tusker ... together forever ... have taken the allowed 16 liters to Germany ... was not so easy, because with the exception of Nakumat act supermarkets in Kenya is no longer with alcohol ... wonder then, however, what the make Hennessy advertising posters on the streets for a sense if there is that stuff anyway not to buy ... and when I walked into the airport in Nairobi, and the luggage was X-rayed, the still sealed box coincided with the 24 cans on a spot on ... somehow want to believe that not that it's beer, so I had to open the case ... but at least a souvenir, which is not standing around useless.

дружба
Товарищ René
at home in Europe
sometimes also in other parts of the world guest

PS: For those who want to stay longer in Kisumu ... in researching a result, I came across the Safaricom Kisumu Marathon on 15 December 2013

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2 Comments

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1 Klaus Bangert wrote on 15/01/2014 - 01:32

Hello René,

Great report! How about times with a book such as "Marathon in Africa"? The drug is an antibiotic
BTW ...

No. 2 Mario wrote on 15/01/2014 - 21:49

This really is even a meaningful souvenir

... and better than if you had (probably illegal) smuggled the coveted commodity sand out of the country

Again a very nice insight into your favorite continent. Thank you.

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Using mostly Google Translate: <http://translate.google.com/#de/en/>

(after using others with lesser preferred results) and with the best of intentions...

All words in italics are my translations of the translations, as some phrases did not translate well.

Heidi Weisel (for Richard M Brodsky Foundation) 1/17/14