

// 2009 RACE CALENDAR + RUNNER'S DIRECTORY //

THE Bull Runner

RUNNING MAGAZINE

VOL. 1 NO. 1

FREE

The Perfect Running Form

Improve Your Form to Run Efficiently

Summer Essentials

Must-Have Gear for Summer Running

Fuelling Up for a Race

Proper Nutrition for Best Race Performance

PINAY IN ACTION

SEN. PIA CAYETANO on her passion for running, career, and family

Comic Relief

Launch of TERGAT: A Comic Strip for Runners

a publication of



thebullrunner.com



YOU'RE BEING WATCHED

IS YOUR RUNNING FORM CORRECT?
WAS THE LAST HILL THAT HARD TO CLIMB?
DO YOU LOOK GOOD WEARING YOUR FAVORITE
RUNNING ATTIRE?

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SEARCH FOR YOUR RACE PHOTOS
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AND WE'LL DELIVER IT TO YOUR DOORSTEP.



	DAY	RACE	DISTANCE	VENUE	CONTACT
APR	4-5	Bataan Death March Tribute Ultramarathon	102km	Mariveles, Bataan to San Fernando, Pampanga	497-6442, 0917-623-2611 bataan102.com
	5	Airspeed	3k, 5k, 10k	SM Mall of Asia	Coach Rio de la Cruz, 703-1736 0906-314-3807, runrio.com
	5	Exodus Run	5k, 10k	Philsports Complex (ULTRA)	Tobi Corciega, 631-6166 loc 201 tobi_corciega@yahoo.com
	19	Greenfield City Run	3k, 5k, 10k, 21k	Greenfield City, Sta. Rosa	Coach Rio de la Cruz, 703-1736 0906-314-3807, runrio.com
MAY	10	Botak Paa-bilisan Road Race Series	5k, 10k	NBC Tent, Bonifacio Global City	Franco Atienza, Jr, 922-7868 415-5548, 925-1473
	23-24	TNF 100	10k, 20k, 100k	Sacobia, Clark	tnf_ph@yahoo.com
	24	Runnex 26th Anniv. Run	5k, 10k, 10m	U.P. Diliman	runnex.org
	24	PCRC Takbo	5k, 10k	Philsports Complex	pcrc_pasig@yahoo.com
	31	Para sa Kalusugan Earth Run	5k, 10k	Bonifacio Global City	Mary Anne, 0917-392-8343
JUN	7	Mizuno Infinity Run	5k, 10k, 15k	Bonifacio Global City	May, 757.3160 loc. 515 KC, loc. 520
	14	1st PTAA Charity Run	3k, 5k, 10k	U.P. Diliman, QC	Mike Alayon, 552-0027
	DAY	CLINIC	VENUE	CONTACT	
WEEKLY	Tue	Nike Running Clinic (<i>Coach Rio de la Cruz</i>)	Philsports Complex (ULTRA)	Coach Rio de la Cruz 0906-314-3807	
	Fri	Nike Running Clinic (<i>Coach Rio de la Cruz</i>)	Bonifacio High Street	nikerunning.com.ph/clinic May, 757.3160 loc. 515	
	Thu	Mizuno Run Clinic (<i>Coach Ige Lopez</i>) (starts March 26)	Bonifacio High Street		
	Sun	Runnex 10-mo. Scientific Running Clinic (until Dec 2009)	Plaridel Hall, U.P. Diliman	Rene Villarta, 0915-6606291 runnex.org	
	Sun	Run CPI Running Clinic (<i>Mang Fidel Ringor</i>) (starts May 2009)	QC Circle	Marie, 716-5537, 714-7337 marie@cargosafeway.ph	
	MWF	U.P. Makiling Campus Running Clinic	U.P. Los Baños, Baker Hall	Prof. Myra Abueg 0921-825-7742	

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Editor's Note

THE BULL RUNNER WAS BORN ON MY 31st BIRTHDAY IN 2007.

On that fateful day, it took me all of 30 minutes to create **thebullrunner.com** as a venue for me to share my newfound passion for running and as an online resource of information for runners. Little did I know that my humble blog would capture the attention of thousands of running enthusiasts and would later gain recognition as the Best Sports Blog in the Philippine Blog Awards 2008.

With the birth of **THE BULL RUNNER MAGAZINE**, I hope to provide you with even more valuable information—such as tips on training, gear, and nutrition, as well as a running calendar and directory—to help improve your performance and give you inspiration to run on.



Jaymie Pizarro | The Bull Runner



* MODEL MAY VARY FROM PHOTO

WE'D LOVE TO HEAR FROM YOU...

Email your comments to thebullrunner@gmail.com and get a chance to win a pair of Nike Running Shoes!

PIA IN ACTION

When Senator Pia Cayetano, in full hot pink garb, races a ten-kilometer run on a Sunday morning, every stride commands a firm, certain gait, continuously until she crosses the finish line. A regular fixture in running events in the country, the 42-year-old senator finds time to squeeze in running and triathlon in between her duties as a legislator, an advocate for women's rights, and a mother of two.

Pia has always been an athlete. In college, she was part of the University of the Philippines Volleyball Team, which eventually led in her becoming a member of the Philippine team. "In every sport that you do, running always takes part of it because, for instance, in my stint as a volleyball player, it's for warm-ups or cross-training," she says.





Sen. Pia's Sample Training Program

M	easy day: box & yoga
T	easy 10k run
W	30-60k bike (<i>depends on the time I have</i>)
Th	12k run
F	1-1:30 hour bike & short run (<i>brick</i>)
Sat	rest or easy day: swim
Sun	AM: 21k race/ a long run w/ 800 intervals PM: recovery swim

Like most sports enthusiasts, Pia ran to stay fit and shed off the pounds she gained over the years. To compensate for the training time taken from volleyball, Pia ran, joined fun runs and eventually, her first marathon when she was 24.

"After my first marathon, I told myself, never again!" she chuckles as she vividly recalls her first foray into long-distance running.

As the adage goes, never say never, for Pia ran all throughout three of her pregnancies, and even did her next marathon eleven years after her first. The gap in between marathons grew closer with every race, and even as she ran for a senatorial position in 2004, Pia continued running, even broadening her horizons through duathlon and then eventually, triathlon.

So how does a very busy senator and mother juggle a disciplined training program? "What I do is I eye a big race ahead of time," Pia shares. "Then, if I have to go out of town, and there's a Milo race in the locality, I run the 21k."

Pia's zest for an active lifestyle has been positively contagious. Apart from inspiring and empowering women through her Pinay In Action advocacy and holding an annual multisport festival in memory

of deceased son Gabriel, she has also involved her siblings and daughters into the world of sports.

"My brother Lino and I both did NY and Amsterdam marathon in late 2008," Pia relates. "We have always shared similar interest in sports [as we] were both members of the UP volleyball team. He got into triathlon, and then I did." Another brother,

Ren, has gotten into running recently.

Her young daughters Maxine and Nadine are regular fixtures in their mother's running and multisport events. Maxine now runs on a treadmill regularly.

"As for my kids, only time can tell how much influence I have had on them as far as running goes, but I know for sure that sports is already

a part of their life which I am very proud of," she beams.

To date, Pia has ran a handful of marathons, half-Ironman triathlons, and even an Ironman distance triathlon at Western Australia, but Pia, at the heart of it all, still staunchly identifies herself as a runner: "I like triathlon because of the variety, but I am, first and foremost, a runner."

Pia's stories on career, training, and family can be found on her blog <http://mydailyrace.com>

**"I AM FIRST
AND FOREMOST
A RUNNER"**

TEST

SUMMER GEAR BY HECTOR YUZON

The sweltering heat is no joke for the serious long distance runner. We've road tested hydration packs and shades: two essential products for summer running.

MIZUNO ENDURABELT LITE

Air mesh back panel, single power gel pouch, and a clip for the race number! Compared to the other hydration waist packs in the market, this is built for a faster run. The bullet bottle design is efficient for a faster pull in and out while hydrating – with that in mind, designers even created 'air lines' for the air to pass thru as you push it back in back in place. **P495**



NATHAN MUSE HYDRATION PAK

Horizontal orientation for the bottle, and two accessory pouches for trail food and power gel. The lid has a built in clip, which attaches securely to a backpack. The nozzle has two bite provisions: miss the first bite due to the bouncing motion of running and there's a second grip for your teeth to clamp on. The flexible bottle requires less energy for runners to squeeze, a seemingly minor detail which becomes important during a long run. **P1,995**



OPTIC NERVE: RESPONSE

A new comer in the market, lightweight and comfortable. It gets the job done with just a quarter of the cost of leading specs. The photomatic lens adjusts to the amount of light it is exposed to making it perfect for sunrise or sundown runs. The lenses are extended on the sides with vents on top to manage airflow. **P3,600**



RUDY PROJECT: SYLURO

Rudy Project boasts of their creativity in customizing your specs according to your sport-specific need (e.g., adjustable ear support and nose clips, interchangeable lenses.) Running with the Syluro is literally a breeze; in the middle of a marathon, you may even forget you're wearing this technically cool pair of eyewear.



RAKUWA NECK SPORT - Manufactured from silicone and incorporates processed titanium, MicroTitan Balls that are formed underneath. Perfect for active use. **P1,695**



RAKUWA NECKLACE AIR - Ideal for runners. Sufficiently elastic to be stretched and pulled over one's head. Helps relieve tense shoulders and fatigue in the upper body. **P1,695**

AVAILABLE AT R.O.X. BONIFACIO HIGH STREET, BONIFACIO GLOBAL CITY

SECOND WIND

WAIT FOR IT TO KICK IN

RUNNING WITH:



OPENS 03.28.09



Running Form 101

You are constantly searching for the secret formula to make you run faster or longer. But, truth to tell, the answer could be closer than you think: it's in your running form. Follow these tips to run more efficiently:

- **RUN TALL.** Imagine a string attached at the top of your head pulling you up and another string on your chest pulling you slightly forward. By practicing good running posture, you avoid common mistakes such as over striding, leaning back, or heel landing.
- **LOOK STRAIGHT AHEAD.** Keep your eyes focused in front of you and at the horizon. Avoid staring at your feet or glancing behind while running.
- **WATCH YOUR ARM SWING.** Bend your arms at a 90-degree angle keeping them low near your hips. They should move back and forth, not sideways crossing your midline as too much rotation in the trunk may lead to leg injuries.
- **FIND THE FOOTSTRIKE THAT WORKS FOR YOU.** There is no hard and fast rule when it comes to footstrike, or how your foot lands on the ground. While the debate goes on whether one should land on the heel or midfoot, it is better to simply run as you naturally would. If you have not encountered any injuries, then there is no immediate need to alter your footstrike.
- **PUSH FORWARD, NOT UPWARD.** With every step, your legs and foot must push off the ground with force and propel you forward. Avoid bouncing as vertical force downward will only thrust you upward thus wasting energy.
- **RELAX.** The biggest mistake runners make is to tense up—commonly demonstrated in tight shoulders or clenched fists—thus using extra effort to contract muscles, instead of conserving energy for the entire run. Your body should feel loose and light.



GUEST COACH

Coach Rio de la Cruz is a personal coach, coach of the U.P. Track team and head coach of the Nike Training Clinic. He is also a race organizer and a passionate runner.



RUN RIO

- personal coaching
- race organizing

CONTACT:
703-1736

www.runrio.com



BY ARMANDO MENDOZA JR., PTRP

Whether you are a weekend warrior or a serious athlete, you must keep in mind that optimal nutrition and athletic performance are inseparable. Therefore, to get your body charged up before the race, remember to carry on this food and hydration checklist:

- The day before the race: make sure you eat sufficient amounts of **CARBOHYDRATES** but not too much. Overloading on carbs may throw your body off balance causing bloating and toilet problems before or during the race. Aim for 3-4 grams of complex carbohydrates per pound of body weight or make sure you consume 55-60% of your total caloric intake from complex carbohydrates like rice, bread, or pasta. On race day, consume at most 1-2 servings of complex carbs 1-2 hours before the race.
- Make certain your body is well hydrated before the race by taking adequate amounts of **ELECTROLYTE-RICH FOODS** and **FLUIDS** like fresh fruit juices/shakes, sports drinks, and even mineral water. Remember that at least 20%-40% of your performance may be affected by dehydration which may cause dizziness, weakness and muscle cramps. Drink at least 8-16 ounces of fluid 30 minutes before and every after 15-20 minutes during the race to keep dehydration at bay. Be careful in consuming caffeinated drinks prior to the race as this may cause more rapid fluid loss.
- Before the race, refrain from consuming **NEW** or **UNFAMILIAR FOODS**. Some individuals may experience stomach pains or digestive discomfort when experimenting on untried foods before the race. Hence loading up on new foods may post a potential risk of having you to rush to the rest rooms rather than the finish line.

Official Partners:

What makes these Iron Ladies reach great heights?
Strength inside and out.

Iberet Active salutes the First Pinoy Everest Team
Nancy Manzanillo • Carina Sapinza • Janet Balantra

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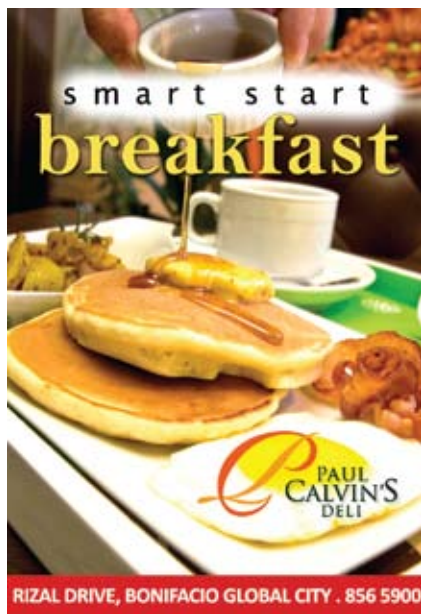
Abbott

JUN CRUZ

Oct 10, 2008 | 9 am

- WEATHER: cold, light drizzle
- PLACE: 2 km Bohol man-made forest, border of Loboc & Bilar, 20 km from Tagbilaran City
- DISTANCE: 2-2.5 km

Send us a photo of yourself running anywhere in the Philippines and get a chance to be featured in The Bull Runner Magazine. Email thebullrunner@gmail.com.



smart start
breakfast

PAUL CALVIN'S DELI

RIZAL DRIVE, BONIFACIO GLOBAL CITY . 856 5900

TERGAT

BY SMITH HERRERA

BLACKBERRIES ARE
GOOD SOURCE OF CALORIES
THAT WILL FUEL MY
BODY WHEN I RUN.



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/RUNNER'S DIRECTORY/

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MIZUNO – SM Mall of Asia, 915.1946; Club 650, Libis, 636.0179; Festival Mall, 850.3959; Trinoma, 916.6495; SM Megamall, 634.6293; Bonifacio High St., 853.1432; BMG Ctr Magallanes, 757.3160 ext. 805; SM City Cebu, (032) 238.9571

NIKE – Glorietta 4, 813.0082; Greenbelt 3, 757.4491; Robinsons Galleria, 631.3610; Bonifacio High St., 856.2586; Trinoma, 901.3547; Robinsons Place Mla, 522.8625; SM City Mla, 400.4674; SM Mall of Asia, 556.0789; Gateway Mall, 912.8468; Tutuban Ctr; The Podium, Festival Supermall, SM Southmall, Eastwood City, SM Fairview, Sta. Lucia East Grandmall

{ortho doctors}

DR. JOSE RAUL CANLAS – Sprain & Strain, Alabang Zapote Rd., 809.3942; St. Luke's Medical Ctr., 723.4918/ 19, 723.0101 loc. 4700

DR. EDGAR MICHAEL EUFEMIO – SM Megamall, 497.5746, 637.9661 loc. 115; Cardinal Santos, Rm 221, 727.7672

DR. ANTONIO RIVERA – Makati Medical Ctr., 892.1541-43; Asian Hospital, 771-0585/ 86

{race organizers}

ARGENT NETWORK INTL. CORP. – Magdalene Gay Maddela Febo St. Pandacan Mla, 482.5143, 0926.205.2787, gcmaddela@yahoo.com

EXTRIBE INC. – 438.9021, info@extribe.com.ph, www.extribe.com.ph

RACE – Rudy Biscocho G/FVazquez-Madrigal Bldg, Annapolis St. Greenhills, Sj, 727.9987, 0918.9158536

RUN RIO – Coach Rio de la Cruz, 703.1736, 0918.9859211, run_rio10k@yahoo.com, www.runrio.com

{running clubs}

HAPPY FEET – Mon Domingo, http://sports.groups.yahoo.com/group/impromptu_runners/

FORT STRIDERS – Bonifacio Global City, www.thefortstriders.com

PINYO ULTRA RUNNERS – pinoyultrarunners@yahoo.com

RUNNEX – QC, 938.3940

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MIGUEL LOPEZ – Running & Triathlon, 0917.8478500, t1multisport@yahoo.com

PATRICK JOSON – Running & Triathlon, Alabang area, 0917.527.7141

ANI KARINA DE LEON – Running & Triathlon, 0915.4440290, 0922.2095209, ani.karina@gmail.com

MITCH FELIPE – Lifestyle & weight loss coach (for runners & weight mgmt), Makati & Fort area, 0917.5033142, mitchfelipe@gmail.com



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Tel no. 383-5421

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http://SilogExpress.blogspot.com/

www.SilogExpress.com

{track ovals}

PSC-PHILSPORTS COMPLEX (formerly ULTRA) – Meralco Ave., Pasig City, 635.0107

MARIKINA SPORTS PARK – Sumulong Highway, Bgy. Sto. Niño, Marikina City, 646.1635, 943.2137

MORO LORENZO SPORTS CENTER – Ateneo de Manila Univ. Loyola Heights, QC, 927.7726

RIZAL HIGH SCHOOL – Dr. Sixto Antonio Ave., Caniogan, Pasig City

RIZAL MEMORIAL SPORTS COMPLEX – P. Ocampo Sr. St, Malate Manila, 525.2171

UNIV. OF MAKATI – J. P. Rizal Ext. West Rembo, Makati City, 882.0535, 882.0678/ 883.1862/ 68/

{therapy}

HEALTHWAY (Rehab & Sports Medicine) – SM City North Edsa, 442.0339-44; Shangri-La Plaza, 910.4929-44; Market! Market!, 889.4425-30; Alabang Town Ctr., 850.6721

INTERCARE – chiropractic, acupuncture, myotherapy & rehabilitation medicine, Kalayaan Ave. Mkt, 890.3378/79; Alabang, 807.6863; Greenhills, 724.6631

MORO LORENZO SPORTS CENTER – Ateneo De Manila Univ. QC, 927.7726 loc 111

PAIN & REHAB CARE – 5/L SM Megamall, Bldg. B, 914.7256, 0917.8862293

TCM HEALTH CARE trad. chinese medicine, acupuncture, 3/F Mercury Drug, Glorietta 3, Makati City, 816.0898



Pinay In Action
All Women's Run

1.6k/ 5k/ 10k

March 29, 2009

Mall of Asia, Pasay City

www.pinayinaction.com



9 August 2009

For inquiries, email
mommymilkshake@gmail.com

THE Bull Runner
MAGAZINE

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