

THE Bull Runner
Dream
MARATHON
A BEGINNER'S MARATHON IN NUVALI

**RUNNERS'
HANDBOOK**



EVENT DETAILS

DATE: SATURDAY, 22 MAY 2010

ASSEMBLY AREA: NUVALI BOULEVARD, NUVALI
STA. ROSA, LAGUNA

ASSEMBLY TIME: 1:30 AM

RACE START: 2:00 AM

WEBSITE: tbrdreammarathon.com
thebullrunner.com

FOR INQUIRIES: Call Angela
TBR Dream Marathon Secretariat
0909-756-8859

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EVENT SCHEDULE

FRIDAY, MAY 21, 2010

11:00 PM Bus departs ROX (only runners may ride)
Online sign in sheet to be posted on thebullrunner.com
First come, first served

SATURDAY, MAY 22, 2010 | RACE DAY

1:00 AM Bus pick up at Sta. Rosa Commercial Complex,
Balibago for family members or runners

2:00 AM **RACE START**

4:00 AM Dream Chasers are deployed

8:00 AM Raffle/Program

10:00 AM Race cut-off time

1:00 PM Bus departs NUVALL for ROX

IMPORTANT NOTES FOR RACE DAY:

- Expect heavy traffic Southbound along South Super Highway. We recommend you leave early and take the Skyway.
- Wear very light shirt and shorts. Refrain from wearing full body gear as this will reduce ventilation and trap heat.
- Wear a visor (rather than cap), bring shades, and apply sunblock.
- We recommend you bring headlamps or small flashlights to complement the street lamps (every 50 meters of the road) and temporary lamps in some areas.
- Hydrate more than normal.

GENERAL INFORMATION

REQUIREMENTS	<p>The organizer requires participants to submit the following:</p> <ol style="list-style-type: none">1) a medical certificate from a licensed physician that will certify that he/she is fit to participate in the marathon,2) signed TBR Dream Marathon waiver3) 2 X 2 photo4) NUVALI waiver - to be distributed during race pack redemption <p>Participants who fail to submit these requirements shall not be allowed to join the marathon.</p>
BUS SERVICE	<p>Free bus service will be provided for runners and volunteers. Pick up point: ROX, Bonifacio High Street. Families can travel to Sta. Rosa Commercial Complex, Balibago. Bus will pick them up and take them to NUVALI.</p>
TENTS	<p>Families may pitch tents (and choose to stay overnight) across the road from Evolving Center. Please bring your own tents.</p>
SHOWERS	<p>Showers will be available at the Evolving Center and the Mobile Shower area in the parking lot across the road from Solenad the day before the race and on race day.</p>
PARKING	<p>Parking available at the back of Solenad. Cars must present parking pass included in the race packets.</p>
TIMING CHIP	<p>Official time will be based on the disposable Champion Chip provided in the race packet. The chip must be secured by the participant to the shoes prior to the race, failure to do so will mean no official place or time will be published for you. To attach chip properly, visit http://thebullrunner.com/2010/02/20/how-to-wear-your-timing-chip/</p>
BAGGAGE	<p>Runners are advised to leave valuables at home. The race organizer will not be responsible for any lost items in the parking area or in the race area. There will be a baggage counter at the Solenad area.</p>



WRITE YOUR
NAME
HERE

RACE BIB

Participants must pin the race bib visibly on the shirt. Write your name on the blank space provided using a pentel pen. This will allow for spectators, cheerers, and Dream Chasers to call you by name.

DREAM CHASERS

Dream Chaser Stations will be available approximately every 5km of the route after 21km. Dream Chasers, experienced runners/volunteers, will cheer, support, and run a few kilometers with any runner who requests it. They will be deployed at 4:00 a.m.

DREAM MOBILE

During the race, a bus will take families and friends around the route to cheer for their runners. There will be a designated Dream Mobile station for loading and unloading at the Solenad area.

PORTALETTS

Toilets are available at Evolving and Solenad areas. Portalets will also be available at the site during the race and designated areas of the race course.

HYDRATION

Mineral water and Gatorade stations will be provided at the finish line at every 2.5km after the first 5 km.

TRASH BAGS

Help keep the environment clean. Trash bags will be available at water stations for proper disposal of cups.

MEDICAL AID

Medical aid will be available at the major turnaround and at the assembly area.

SPONGES

Sponges will be available at specific stations.

FOOD	<p>(1) Hersheys Chocolates and Dole Bananas will be provided at specific stations along the route.</p> <p>(2) Light snacks and drinks will be available for runners after the finish line.</p> <p>(3) FREE Starbucks iced coffee with milk will be provided for runners and guests.</p> <p>(4) Solenad Restaurants will be open by 6:30 AM.</p>
PHOTOS	<p>Photovendo will take photos of runners during the race. There will be a Photovendo booth where runners and friends/family members may have their photos taken. Participants may download photos for free after the race</p>
FINISHING TIME MEDALS	<p>The maximum race time is 8 hours.</p> <p>In TBR Dream Marathon, every finisher is a winner. Medals will be awarded to each finisher. There will be no prizes for top finishers.</p>
FINISHERS' SHIRTS	<p>Finisher's shirts will be provided after the race.</p>
LOOT BAG	<p>Loot bags will be given to each finisher after crossing the finish line.</p>
CERTIFICATES	<p>Certificates will be available for pick up 2 weeks after the race with finisher's names and official time.</p>
SOUVENIR PROGRAM	<p>Souvenir program will be available for pick up 2 weeks after the race.</p>
RAFFLE PRIZES	<p>Raffle for runners will start at 8:00 AM. Prizes include:</p> <ul style="list-style-type: none"> 10 pairs of Nike Running shoes Timex watches Team 8 Compression Tights 1 TNF Hydration Bag ResToeRun products 6 ROX Gift Bags High Sierra backpacks
WEATHER	<p>The event takes place rain or shine.</p>
MISCELLANEOUS	<p>The organizer reserves the right to change these Rules and Regulations at any time without need of prior notice to the participants.</p>

OVERVIEW



42KM COURSE

FOR DETAILED RACE MAP, VISIT tbdreammarathon.com

ALI Spine Road

Laguna Blvd.

Sta. Rosa-Tagaytay Road

Solenad

Lake

EVOLVING Center

Lakeside Evozone-South

Alrio

Santiarra

Terelay Rotunda

Future road development

Xavier School

Travisa

Avida Settings

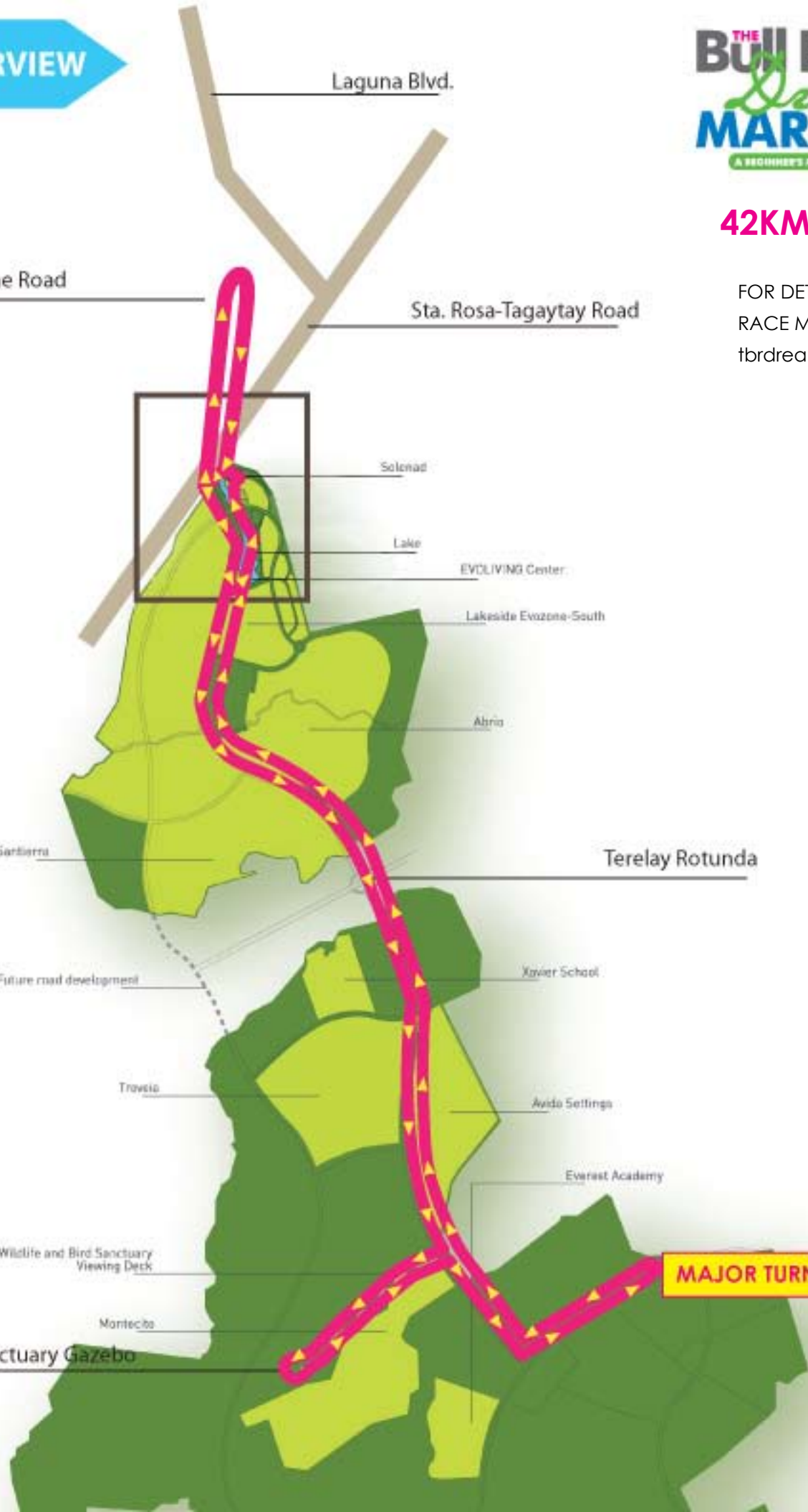
Everest Academy

Wildlife and Bird Sanctuary Viewing Deck

MAJOR TURNAROUND

Montecoba

Bird Sanctuary Gazebo



42KM COURSE

1. Start at guardhouse across Solenad on NUVALI blvd.
2. Proceed to cross the Sta. Rosa-Tagaytay road. TURNAROUND. Head back into Nuvali.
3. Go straight passing the STARTING LINE. LEFT up the bridge. LEFT after the bridge. LEFT into the Solenad area.
4. Weave through Solenad boardwalk and lake area. This is the CHEERING ZONE for family and friends. RIGHT at Italianni's and LEFT at Domo Tomo to head out of Solenad area.
5. Turn LEFT at the end of the road and LEFT again at Starbucks. LEFT back onto NUVALI boulevard.
6. Head straight on NUVALI boulevard. RIGHT at bird sanctuary (dirt roads), proceeding to Gazebo. TURNAROUND. RIGHT heading back out to Nuvali Boulevard.
7. Proceed across the bridge and at crest of hill, turn soft LEFT to end of road. This is the MAIN TURN AROUND.
8. Follow Nuvali Blvd. back and past bird sanctuary road (NOT TURNING BACK IN) and all the way to the bridge. RIGHT on the bridge. LEFT after the bridge and LEFT into Solenad.
9. Run the same loop through restaurants area and out back into NUVALI Blvd. This is end of loop 1.
10. START LOOP 2: REPEAT step 6.
11. In Solenad area, run the same loop through restaurants area and out of Solenad where the FINISH LINE awaits.

GETTING YOUR BODY READY FOR THE DREAM MARATHON BY COACH JIM LAFFERTY

As you maybe have noticed when a top runner leaves their home country (say Kenya) and flies to the US for the NYC Marathon, they will arrive at least a week or so ahead of the race to allow their bodies to adjust to the new time zone. After all, a 5, 6, 7 hours or more time difference can truly “throw off” the body’s natural circadian rhythms that play a major factor in bodily processes and peak energy levels.

To make sure each of you is optimally ready for race day on May 22, we need to take a page from the world class runner’s playbook. And that means adjusting your body for the time differences. Why is this you ask?

For heat purposes, we have now shifted the time of the START of the race to 2 am on the 22nd. For I would assume 99% of our runners, this represents a shift 4 or 5 hours from “normal” morning running time. This is hence equivalent to any of us getting on a plane and running the Athens, Greece Marathon! Whilst the race may be in Nuvali, with the time of the start, it is equal to your body to traveling to Europe for a race!

I strongly believe shifting the starting time is right to do. And we will get the



body adjusted, no issue. We just need to work a plan in the final 7 days.

What Do We Need to Specifically Adapt with our bodies?

To deliver a peak race day, we shall need to make sure we are “up” in terms of waking so that we can begin a marathon at 2 am and our bodies are ready for it. This means specifically for us:

- Waking time, and all kinds of various hormone levels (melatonin, Estrogen, Testosterone levels) that impact energy and metabolism.
- Bodily functions, specifically digestive and when your bowels move (this is a very important subject nobody ever wants to talk about but most runners worry about—being “cleaned out” before the race so you don’t have to make frequent CR visits!)
- Food intake.

What do we need to do?

We shall try to get you into a GRADUAL acclimatization without disrupting your life too much. But please be forewarned to do this right it will maybe mean a couple of days

of irritation. Sorry!

1. Starting Monday May 17 I would like you to advance your wake up time by 1 hour. So if you normally wake at 7 am, I want you to push it to 6 am. Also advance as a result all meals by the same 1 hour. So if dinner is normally at 6 pm, move it to 5 pm. And that night, plan to be in bed 1 hour earlier than normal. Everything advances by 1 hour.
2. Tuesday May 18 I would like you to execute the SAME thing. Advance everything another hour.
3. Wednesday, May 19, SAME THING. Advance 1 more hour. So far you should be doing OK with this.
4. Thursday and Friday are going to be the tougher days. We need to make the final transition into getting your body, and bowels, all on a 2 am cycle. So even if you want (or can) take Friday off work, DO IT. It is also good to rest up the day before the race anyways.
5. On Thursday, please try to rise at 2 am. Eat breakfast and go about your day. This would be a final small jog, and if you can, please get out and be running if even only for 15 or 20 minutes, nice and slow, at no later than 5 am. Assuming it is safe in your neighborhood to run that early. This would be your final run, just a small tune up for 20 minutes max.
6. On Friday, we need to make full transition. Please get to bed no

later than 6 pm the night before (I assume you will be tired anyways). Rise by 1 am latest, take a light breakfast and light up the house. Go about your day, but RELAX. Try to make it to late afternoon before you fall back asleep.

7. Friday night is sleep before the race. I hope/assume many of you will be staying near Nuvali so you don't have a longer commute in the morning. If you are staying near Nuvali, you will need to be up to eat around midnight a light breakfast before the race, and be at the staging area no later than 1:30 am.

Discussion Points:

- A. Do I really need to do this? Well anyone can argue "no" and they can be right. It is possible of course to go about your life, and just "gut it out" by rising 6 to 7 hours earlier than normal, on no sleep, and run a marathon. But if you do this, there is little doubt that physiologically it will be tough on the body. This is equal to a shift to EUROPE for a race on your body. Your sleep patterns, energy patterns, eating and bowels will be all "off". And it will affect you. This is fact. It may not stop you from running OK or finishing, but it will hit you. At the end of the day, it is a personal choice. But Jaymie and

I have an obligation to give you all the facts, and let you decide. If this was me, knowing what I know, and having run many marathons in different time zones, I would do this. Nothing worse than standing at a start line half dead and then have to stop in 3 kilometers because my bowels are all off. But again we are there to help you, and you make the final decision.

B. Bowels. This always makes me laugh, because it is one of the MOST WORRISOME topics in racing and nobody ever wants to talk about it. What's the issue folks? We all know that we all need to poop! So let's talk about it! As running long distances shortens what is called "intestinal transit time" meaning the time a stool moves through the intestines, it is not uncommon to have to make a CR stop in a marathon. And we will have CR's on the course for you. My advice is the following on "potty breaks".

- Try to train your bowels for the timing of the race. A bowel movement early morning is quite normal as the body wakes up. As long as you shift the internal clock as per above, and shift your meals accordingly, you should be ok and able to evacuate prior to the race.
- DO NOT take any kind of medicines to "stop you up". This is common in some European races where

everyone takes Imodium or Lomotil. Don't do this. It can do more harm than good and make you feel very sick and bloated. And affect your hydration levels. Don't do it.

- Also some people, to be sure, will also do an enema before the marathon. DON'T DO IT. This can also cause dehydration and even loose stools during the race.
 - When you are in the race, and you can "feel it coming", become aware of how long you can go, and where the next CR is. Use your first loop of Nuvali to spot all the CR's so you know where they are for loop 2. Become a bit strategic about it! It will all work out in your head, and we will have CR's placed around the course. Don't worry! And at least you won't be like me in Paris a few years ago.....I had to go, and went into a bar, and the man would not let me use the CR without buying something, so I actually bought a beer and ran to the CR! In the TBR Dream Marathon, rest assured you can use our toilets free, without the beer!
- C. FOR LADIES ONLY. A common question is how to handle a marathon if the date happens to fall on during the menstrual cycle. You might be wondering why Jim, a man, is answering this. The answer is, because we know it is a common question yet again, nobody seems to want

to talk about it. I have 3 female marathoners in my household (wife and 2 Daughters, 30 marathons among the 3 of them) and also worked on feminine protection products for 20 years and I have coached several thousand women so this is not the first time talking this. So here is all I can offer up, but again it is clearly a personal choice. The overwhelming product of choice is a tampon for security and comfort. Of all the people I have coached, the consensus BY FAR is tampons are the best way to run whilst on your period. Now, recognizing many people for many reasons don't use or want to use a tampon, the fallback seems to be the use of a high quality pantiliner vs. a full pad. The issue is, a larger pad can be a source of irritation over 42 kilometers. But again, it's a personal choice and this is only advice to be helpful.

OK, that's it. Good luck and see you on the 22nd.

GUEST GUIDE

TBR DREAM MARATHON IN NUVALI is a family-affair. We encourage family and friends to provide support and cheer for our runners on this momentous occasion.

CHEER ZONE	Solenad area will be a cheer zone. Runners will pass this thrice as part of the course. This is where you can cheer wildly for your runner, but be sure to cheer for other runners as well.
CHEER EQUIPMENT	Bring banners, whistles, bells, and other cheer equipment you'll need to support your runner. Make noise!
FOOD	Race organizers will provide food and hydration for participants. Family and friends are advised to bring their own food/hydration requirements. Food and drinks will be available for purchase at Solenad restaurants by 6:30 am
ATTIRE	Come in light, comfortable clothing. Apply sunblock. Bring shades, umbrella, visor/cap, and of course, your camera.
ARTS MATERIALS	Art materials will be available for families and friends to create banners and flags for the runners at the Solenad area.
DREAM MOBILE	During the race, a bus will take families and friends around the route to cheer for their runners. There will be a designated Dream Mobile station for loading and unloading at the Solenad area. We encourage you to board this.
COURSE	<u>Only runners, marshals, and official volunteers will be allowed on the course, except for guests on the Dream Mobile.</u>