

THE Bull Runner
Dream
MARATHON
2011

NUVALI
EVOLVING 

RUNNERS' HANDBOOK

EVENT DETAILS

DATE: SUNDAY, 20 MARCH 2011

ASSEMBLY AREA: BEHIND SOLENAD, NEAR ONE EVOTECH
NUVALI, STA. ROSA, LAGUNA

ASSEMBLY TIME: 1:30 AM

RACE START: 2:00 AM

WEBSITE: tbrdream2011.com
thebullrunner.com

FOR INQUIRIES: Call Micky Darantinao
TBR Dream Marathon Secretariat
570-7827

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EVENT SCHEDULE

SATURDAY, MARCH 19, 2011

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

SUNDAY, MARCH 20, 2011 | RACE DAY

1:30 AM Assembly
2:00 AM **RACE START**
10:00 AM Race cut-off time
1:00 PM Bus departs NUVALI for ROX

IMPORTANT NOTES FOR RACE DAY:

- 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 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) signed NUVALI waiver <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. Pick up point: ROX, Bonifacio High Street.</p>
TENTS	<p>Families may pitch tents (and choose to stay overnight) near the Fields Clubhouse. Register and inquire with the Concierge at Evolving Center. Please bring your own tents.</p>
SHOWER	<p>There will be a shower area near the Field's Clubhouse 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 DEVICE	<p>Official time will be based on D-TAG provided in the race packet. D-TAG must be secured by the participant to the shoes prior to the race, failure to do so will mean no official results.</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>
DREAM CHASERS	<p>Dream Chaser Stations will be available along the route. 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.</p>
RACE BIB	<p>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</p>

WRITE YOUR
NAME HERE



Chasers to call you by name.

DREAM MOBILE

During the race, a van 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.

GELS

Hammer Nutrition will provide 1 Hammer Gel per runner at the assembly area at 1:30 AM. Hammer Gels also available at key stations.

KINESIO TAPE

Kinesio Tex will have certified tapers to tape runners before and during the race. Until supplies last.

PORTALETS

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

Water and Gatorade stations will be provided every 1.5km 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

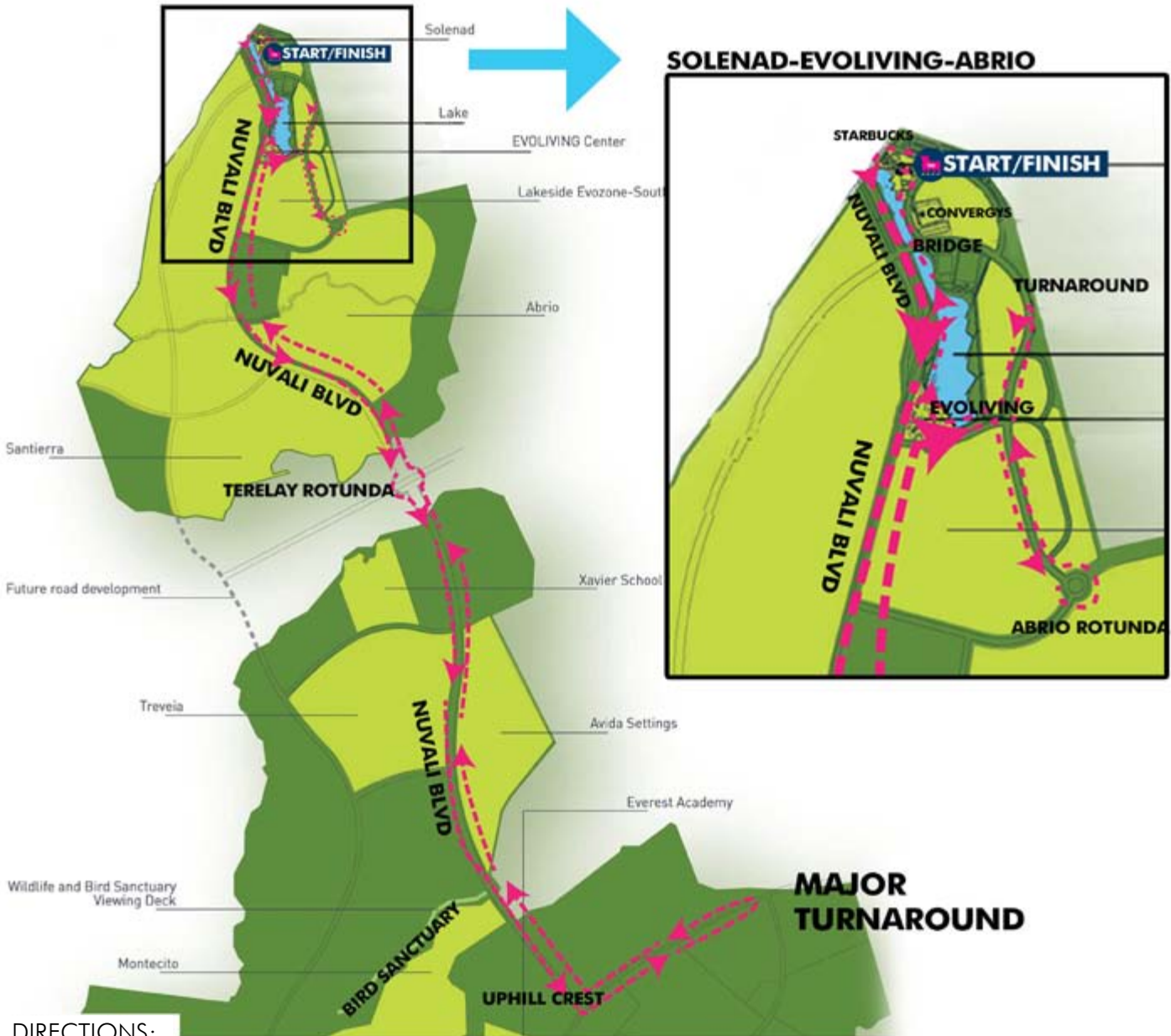
Medical aid will be available at the major turnaround and at the assembly area.

AID STATIONS

Aid stations will be available along the route manned by Nurses. These will have: Petroleum Jelly and Basic First Aid. Selected aid stations will have Tiger Tail Foam Rollers and Bodivance.

KEY STATIONS	Key Stations will be available along the route which will have: Sponges, Ice, Tiger Biscuits and Cadbury Zip chocolates.
PHOTOS	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
FOOD	(1) Cadbury Zip chocolates, Tiger Biscuits and Bananas will be provided at key stations along the route. (2) FREE Starbucks VIA™ ready brew coffee will be served for free and free samples sticks of VIA™ will be provided for runners and guests. (3) Milo 3-in-1 samples will be provided after the race. (3) Some Solenad Restaurants will be open by 6:30 AM.
MASSAGE	Free massage booth from Omron after the race.
FINISHING TIME	The maximum race time is 8 hours.
MEDALS	In TBR Dream Marathon, every finisher is a winner. Medals will be awarded to each finisher. There will be no prizes for top finishers.
FINISHERS' SHIRTS	New Balance Finisher's shirts will be given to each finisher after the race.
LOOT BAG	Loot bags containing food, water, and products will be given to each finisher.
CERTIFICATES	Certificates will be available for pick up 2 weeks after the race. Runners will be advised on venue via thebullrunner.com
SOUVENIR PROGRAM	PDF Souvenir program will be available for download at tbrdream2011.com 2 weeks after the race.
WEATHER	The event takes place rain or shine.
MISCELLANEOUS	The organizer reserves the right to change these Rules and Regulations at any time without need of prior notice to the participants.

42K TBR DM ROUTE MAP



DIRECTIONS:

1. Start: Back of Solenad, near Parking Area
2. Immediate RIGHT. Slight LEFT and LEFT again at Starbucks and LEFT onto NUVALI Blvd.
3. Follow NUVALI Blvd. passing the rotunda. Cross the bridge and, at crest of hill, turn LEFT until the MAJOR TURNAROUND. Follow Nuvali Blvd. back.
4. RIGHT at Evolving Center, then turn RIGHT heading to Abrio. Circle around Abrio Rotunda. Go straight towards Solenad and make a UTURN. Make a RIGHT back towards Evolving Center. RIGHT onto Nuvali Blvd.
5. RIGHT at the bridge. Immediate LEFT after the bridge into Solenad. Weave through Solenad boardwalk and lake area. RIGHT at Italianni's and LEFT at Domo Tomo to head out of Solenad area.
6. Turn LEFT at the end of the road and LEFT again at Starbucks. LEFT back onto NUVALI Boulevard. This is the end of Loop 1.
7. Start LOOP 2: Repeat Step 3 to 5.
8. From Solenad area, head straight towards the FINISH LINE.

42K TBR DM

HYDRATION STATIONS & DREAM CHASER MAPS



KEY STATIONS:
 * More stock of water and Gatorade
 * Some key stations will have sponges, fruits, chocolates, and ice by Loop 2

REGULAR STATIONS:
 Gatorade followed by water station

DREAM CHASER STATION
 * Last 5K (near DC 3) will have Secondwind Zone

PORTALET/RESTROOM

MAJOR TURNAROUND

** Note: This is the same route map with Hydration Stations and Dream Chaser Stations plotted out for your reference*



GETTING YOUR BODY READY FOR TBR 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 MARCH 20, 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 20th. 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 March 14 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 March 15 I would like you to execute the SAME thing. Advance everything another hour.
3. Wednesday, March 16 and Thursday, March 17, SAME THING. Advance 1 more hour. So far you should be doing OK with this.
4. Friday and Saturday 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 Friday, 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 Saturday, 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. Saturday 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 20th.

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 twice 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 van 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** Only runners, marshals, and official volunteers will be allowed on the course, except for guests on the Dream Mobile.