

DATES TO REMEMBER

Mark your calendars for these Dream Marathon activities. We recommend you post this on the fridge or bulletin board to ensure you don't miss a date.

“Bull Circles” are our running talks while “Bull Sessions” are our running clinics led by Coach Lit Onrubia. Schedule, speakers, and venue are subject to change. Confirm details at tbrdream.com and thebullrunner.com before proceeding. For inquiries, runners may contact Dream Hotline: 0942 477 6099.



UPDATED: 08.27.13

DATE/ TIME	EVENT	VENUE	DETAILS
SEP 18, Wed, 7PM	Bull Circle 1	Henry Sy Auditorium St. Lukes Medical Center BGC	THE MARATHON DREAM: The Marathon, Dream Marathon Program & Pacing Jaymie Pizarro, Jim Lafferty, Neville Manaois, Lit Onrubia
OCT 5, Sat	Bull Session 1	Track 30th, Bonifacio High Street	Long run of 50 mins Assembly - 5:30AM, Run start - 6:00AM
OCT 21, Mon, 7PM	Bull Circle 2	Henry Sy Auditorium St. Lukes Medical Center BGC	GEAR UP: Essential Equipment for the Marathon & Choosing the Right Shoe Neville Manaois, Hector Yuzon
OCT 26, Sat	Bull Session 2	Track 30th, Bonifacio High Street	Long run of 70mins Assembly - 5:30AM, Run start - 6:00AM
NOV 6, Wed, 7PM	Bull Circle 3	Henry Sy Auditorium St. Lukes Medical Center BGC	A MARATHON READY BODY: Strength & Conditioning, Balance, and Core Coach Jim Saret
NOV 16 Sat	Bull Session 3	Track 30th, Bonifacio High Street	Long run of 1hr 45mins Assembly - 5:00AM, Run start - 5:30AM
DEC 2, Mon, 7PM	Bull Circle 4	Henry Sy Auditorium St. Lukes Medical Center BGC	THE DOCTORS ARE IN: Biomechanics, Injury Prevention, and Hydration Dr. Randy Molo, Dr. George Canlas
DEC 14, Sat	Bull Session 4	Solenad I, NUVALI	Long run of 2hrs 40mins Assembly - 4:00AM, Run start 4:30AM
JAN 25, Sat	Bull Session 5	Solenad I, NUVALI	Long run of 3hrs 30mins Assembly - 4:00AM, Run start 4:30AM
JAN 29, Wed, 7PM	Bull Circle 5	Henry Sy Auditorium St. Lukes Medical Center BGC	THE ART OF TAPERING AND HOW TO RUN DREAM MARATHON Lit Onrubia
FEB 6, Thur	Send Off Party	Unilab Bayanihan Center Brgy. Kapitolyo, Pasig City	Race Kit Redemption, Race Briefing, Complimentary Dinner, Games, Raffle. Registration - 6:00PM. Start - 7:00PM Exclusively for Dream Marathon participants * Deadline for submission of Medical Certificate
FEB 16, Sun	RACE DAY!	NUVALI, Sta. Rosa, Laguna	Distance: 42.195km Assembly - 1:00AM. Gun start - 2:00AM

NOTES:

- For Bull Sessions, Gatorade will be provided at the assembly area. No water will be provided. Runners are required to bring your own water, bottles, and/or hydration belts. No cups will be provided to minimize waste.
- Runners may leave their bags with our staff during the Bull Session. Please leave valuables at home. Organizers will not be responsible for any loss.
- All Bull Circles and Bull Sessions are free of charge. No pre-registration required. Guests are welcome to attend.

ALL BULL SESSIONS
ARE FUELED BY



VENUE PARTNER
FOR BULL SESSIONS

