

THE BULL RUNNER

DREAM

MARATHON 2015

There's Nothing Like Your First. 02.22.15 NUVALI

HANDBOOK



TITLE SPONSOR



PRESENTERS



OFFICIAL VENUE PARTNER





EVENT SCHEDULE



DATE	SUNDAY, 22 FEBRUARY 2015
ASSEMBLY AREA	E. NATURE AVENUE NUVALI, STA. ROSA, LAGUNA
ASSEMBLY TIME	1:00 AM
RACE START	2:00 AM
WEBSITE	tbrdream.com thebullrunner.com
FOR INQUIRIES	Contact TBR Dream Marathon Hotline Look for Macel at 0942-477-6099 or email tbrdream@gmail.com

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OFFICIAL ENDURANCE MULTIVITAMIN



OFFICIAL RECOVERY DRINK



OFFICIAL TIMEKEEPER



OFFICIAL LABORATORY PARTNER



OFFICIAL INSURANCE PROVIDER



VENUE PARTNER (BULL SESSIONS)



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HOTEL PARTNERS



MEDIA PARTNERS



BENEFICIARY



EVENT SCHEDULE



SATURDAY, FEBRUARY 21, 2015

2:00 to 5:00PM Race kits may be claimed at
Dream Marathon Info Booth
E. Nature Ave., Nuvali
Look for Macel

SUNDAY, FEBRUARY 22, 2015 | RACE DAY

1:00 AM	Assembly
2:00 AM	RACE START
	<i>* Make sure you check in</i>
11:00 AM	Race ends

CUT OFF TIME

21K Cut-off	6:30AM (4.5 hours)
42K Cut-off	11:00AM (9 hours)

IMPORTANT NOTES FOR RACE DAY:

- Wear a very light shirt and shorts and/or compression tights.
- You may wear a long sleeved top if you expect to feel chilly before sunrise, but should you choose to remove this at any point during the race and leave it at a tent, the organizer will not be responsible for any loss.
- Wear a visor (rather than cap), bring shades, and apply sunblock.
- It is recommended but not required for you to bring headlamps or small flashlights to complement the street lamps (every 50 meters of the road) and lamps in certain areas.
- Hydrate properly.
- If, at any point during the race, you feel dizziness, pain, or any major discomfort, approach a medic, marshal, or Dream Chaser for immediate assistance.

RACE KIT REDEMPTION

Runners & Pacers



Aside from the WELCOME KIT runners received upon registration, a RACE KIT containing the race bib, course map, and other important information for race day will be distributed. Runners may claim the race kits at the following:

1) TBR ULAH DREAM SEND OFF PARTY

- During the TBR ULAH Dream Send Off Party, all registered participants and accepted Personal Pacers of TBR Dream Marathon 2015 may claim the race kits.
- EVENT: TBR ULAH Dream Marathon 2015 Send Off Party
- DATE: 11 February 2014, Wednesday
- PLACE: JY CAMPOS Halls A&B, Unilab Bayanihan Center, 8008 Pioneer St., Brgy. Kapitolyo, Pasig City
- TIME: 7:00 to 9:30 PM (You may come in as early as 6:00PM to redeem your race kit)

2) THE ATHLETE'S FOOT, BONIFACIO HIGH STREET – Feb 14 Saturday to Feb 18 Wednesday, 12 NN to 8:00 PM

3) DREAM MARATHON INFO BOOTH, E. NATURE AVE., NUVALI – February 21, 2:00PM to 5:00 PM and February 22, 12 midnight to 2:00 AM

FAQ:

WHAT DOES THE RUNNER NEED TO REDEEM THE RACE KIT?

Just your Medical Certificate. All participants are required to submit a medical certificate. We will strictly implement the No Medical Certificate, No Race Kit rule.

CAN A REPRESENTATIVE CLAIM THE RUNNER'S RACE KIT?

You may send an authorized representative to claim your race kit. Please send the following:

- Letter of Authorization
- Photocopy of your valid ID
- Your Medical Certificate
- Signed Nuvali & TBR Waiver if not submitted yet (To download the Waiver, visit <http://tbrdream.com/downloads/>)

IMPORTANT NOTE: For Send Off Party, only registered participants and Pacers will be allowed entry. Only they may claim your race kit for you as an authorized representative. Non-registered runners will NOT be allowed entry.

WHAT DOES THE PACER NEED TO REDEEM THE RACE KIT?

- P1,500 fee and the signed Nuvali & TBR Waiver.
- Pacer's name must be on the Official List of accepted Pacers.

CAN A REPRESENTATIVE CLAIM THE PACER'S RACE KIT?

- You may send an authorized representative to claim your race kit. Please send the following:
- P1,500 fee
- Signed Nuvali & TBR Waiver. To download the Waiver, visit <http://tbrdream.com/downloads/>

IMPORTANT NOTE: For Send Off Party, only registered participants and Pacers will be allowed entry. Only they may claim your race kit for you as an authorized representative. Non-registered runners will NOT be allowed entry. 30, 2015 only. Should you fail to receive yours, please email tbrdream@gmail.com.

GENERAL RACE INFORMATION



- **FIRST- OR 2ND-TIME MARATHONERS ONLY:** DM is strictly for first- and second-time marathoners only. Running more than one official marathon anytime prior to race day (even the last week before the race) leads to automatic disqualification. Runners who have completed an official ultramarathon (above 42km) or an official full Ironman distance triathlon anytime prior to race day are prohibited from joining the race. We expect full transparency and honesty from each participant upon registering for the event. Any participant who fails to comply with this rule will be disqualified and/or removed from official results should proof arise before or after event day. No refund will be given.
- **COMPLIANCE:** Participants are required to follow instructions from all event officials including organizers, race marshals, volunteers, medical staff, and security personally during the event. Any participant who refuses to follow the officials of the race may be disqualified.
- **CONDUCT:** Participants should conduct themselves in a respectable and courteous manner during the event. A participant who is offensive to organizers, staff, volunteers, participants or spectators may be disqualified from the event.
- **AUTHORIZATION ON COURSE:** Only registered participants, registered pacers, registered Dream Chasers, and authorized event staff are allowed on the course. No person shall be allowed to accompany a participant if he/she is not registered in the event, nor shall any participant be allowed, without permission from the organizer, to receive assistance from anyone during the the event. Any person without authorization will be asked to leave the course. Any participant who received support from unauthorized personnel may be disqualified.
- **RACE BIB:** Participants must pin the race bib visibly on the shirt. The personalized race bib will allow for spectators and Dream Chasers to call you by name.
- **TIMING DEVICE:** Official time will be based on an Ipico Timing Chip from RunRio enclosed in the Race Kit. The timing chip must be secured by the participant to the laces of his/her shoe. Failure to attach the chip will mean no official results. The timing chip will be collected at the finish line. Runners who fail to return the chip will be charged P600.
- **BAGGAGE:** Runners are advised to leave valuables at home. The race organizer will not be responsible for any lost items in the parking or race area. There will be a baggage counter at the Clubhouse.
- **PARKING:** Parking is available at Evolving, West Nature Ave., and Monochrome.

GENERAL RACE INFORMATION



- **COURSE:** The Official Course map is provided in your Race Kit and in this handbook. Organizers reserve the right to change the course anytime before the race, but will advise runners of any changes. Runners should familiarize themselves with the course.
- **HYDRATION:** Water and Gatorade stations will be provided every 1.5km to 2.5km.
- **PUMPED UP STATIONS:** There will be two "Pumped Up Stations" along the route with sponges, ice, bananas, chocolates, petroleum jelly, Tiger Tail Roller, and Perskindol on top of water and Gatorade.
- **MEDICAL AID / AMBULANCE:** Medical aid and an ambulance will be available at the Start / Finish area and at the major u-turn at Venare. Runners who feel ill or any kind of discomfort are advised to stop and get medical assistance immediately.
- **BASIC FIRST AID:** Aid stations with a Medic will be available at every other hydration station providing basic First Aid.
- **PORTALETs:** Toilets are available at the Clubhouse, Evolving, and Solenad areas. Portalets will also be available at designated areas of the race course.
- **DREAM CHASERS:** Four (4) Dream Chaser Stations will be available along the route. Dream Chasers, experienced runners/ volunteers, will cheer, support, and run a few kilometers with runners who request.
- **DREAM MOBILE:** During the race, a van will take families and friends around the route to cheer for their runners. The Dream Mobile loading/unloading station is near the Dream Village. No other spectators or support will be allowed on the route except those allowed by organizer.
- **BAND:** A live band will be playing at certain periods at the junction. They will also be playing at 7 AM near the finish line.
- **TRASH BAGS:** Help keep the environment clean. Trash bags will be available at water stations for proper disposal of cups.
- **PHOTOS:** Photos of runners will be taken during the race, upon crossing the finish line, and after crossing the finish line. Photos will be available for download online a week after the race.
- **MEDALS:** In TBR ULAH Dream Marathon, every finisher is a winner. Medals will be awarded to each finisher. There will be no prizes for top finishers. Non-finishing participants will not be allowed to claim medals.
- **FINISHERS' SHIRTS:** Finishers' shirts will be given to Finishers at the Dream Village. Non-finishing participants will not be allowed to claim Finishers' shirts.
- **LOOT BAG:** Loot bags will be given to all Finishers. Non-finishing participants will be allowed to claim lootbags only on event day.

GENERAL RACE INFORMATION



- **FOOD:** Free breakfast will be provided to all Finishers and registered pacers at the Dream Village. Some Solenad Restaurants will be open by 6:30 AM. Samples from our sponsors will be available at the Dream Village.
- **CANCELLATION POLICY:** After registration, the organizer will not allow refunds for those who do not eventually participate in TBR ULAH Dream Marathon for any reasons whatsoever. Registration fee is NON-REFUNDABLE and NON-TRANSFERABLE.
- **SUBSTITUTION POLICY:** After registration, the organizer will not allow for the use of the race bib by a runner other than the registered participant. A runner caught using a race bib on event day under a different name will be disqualified and will not be included in the official results. Both the registered participant and substitute runner may be banned from all future TBR events.
- **DM MEMORABILIA:** A special TBRDM memorabilia for participants comprised of a framed photo of the participant, medal, and official finish time is available for pre-order at the Send Off Party.
- **CERTIFICATES:** Certificates will be emailed to all finishers one month after the race. Runners who fail to receive the emailed certificate may follow up until March 30, 2015 only. Should you fail to receive yours, please email tbrdream@gmail.com.
- **FINISHING TIME:** We will be strictly implementing a beginner-friendly race cut off time to ensure the safety of our runners. The organizer reserves the right to pull athletes from the course, at any time, for their own safety. Cut off time is 4.5 hours from gun start for 21km mark and 9 hours from gun start for 42km. This will be strictly implemented.
- **WEATHER:** The event takes place rain or shine.
- **MISCELLANEOUS:** The organizer reserves the right to change Rules and Regulations at any time without need of prior notice to the participants.

BATCH 2015 TRIVIA



Did you know?

> You are the first batch with more female runners than male!

Male	47%
Female	53%

> Almost half of you are in the 26 to 35 age range!

AGE CATEGORIES

below 18	1%
18 to 20	1%
21 to 25	10%
26 to 30	24%
31 to 35	23%
36 to 40	17%
41 to 45	13%
46 to 50	7%
above 50	4%

> More than half of you are half marathoners!

less than 5km	4%
5km	6%
10km	16%
15km	7%
21km	52%
42km	15%

> Most of you will run into your husband or wife's arms upon crossing the finish line (sigh!)

Parents	13%
Spouse	36%
Partner/BF/GF	11%
Kids	8%
Family Members	5%
Friends	21%
Everyone I meet	6%

RACE ITEMS

IPICO TIMING CHIP



- INCLUDED IN YOUR RACE KIT
- TO BE COLLECTED UPON CROSSING THE FINISH LINE

Please secure the timing chip to the laces of your shoe. Failure to attach the chip will mean no official results. The timing chip will be collected at the finish line. Runners who fail to return the chip will be charged P600.

TBR WRISTBAND



- TO BE DISTRIBUTED ON RACE DAY AT CHECK IN
- TO BE SECURED ON WRIST FOR RUNNERS' VISIBILITY & SAFETY
- RUNNERS MAY KEEP THIS AFTER THE RACE

RACE ITEMS

FINISHERS' MEDAL



* FINISHERS' MEDAL and FINISHERS' SHIRT may be claimed only by participants who finish the marathon. Items may only be claimed on race day.

FINISHERS' SHIRT



TBR ULAH DM DUFFEL BAG

*This item may be claimed by all registered participants of the race. Item may only be claimed during the event.



START / FINISH

SOLENA D

ABRIO

SANTIERRA

AVIDA
ESTATES

XAVIER
SCHOOL

TREVEIA

AVIDA
SETTINGS

ELARO

WILDLIFE & BIRD
SANCTUARY

MONTECITO

REPUBLIC
WAKE PARK

AVIDA
VILLAGE

AVIDA PARKWAY
SETTINGS







VENARE

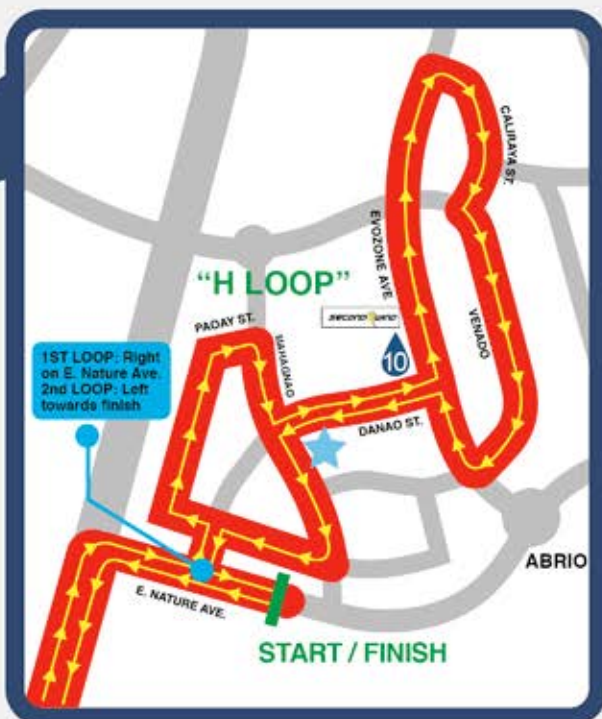
MIRIAM
COLLEGE

COURSE MAP 42 KM

- 1) **LOOP 1:** Start at E. Nature Ave.
- 2) LEFT at Nuvali Blvd.
- 3) RIGHT towards Xavier School.
U-turn. RIGHT at Nuvali Blvd.
- 4) RIGHT towards Miriam College. U-turn.
- 5) STRAIGHT down towards Avida Village. U-turn and pass Republic Wake Park.
- 6) RIGHT at Nuvali Blvd.
- 7) RIGHT at E. Nature Ave.
- 8) Begin the "H Loop"
- 9) RIGHT at E. Nature Ave.
- 10) **LOOP 2:** Repeat steps 2 to 8
- 11) LEFT at E. Nature Ave. towards FINISH LINE

LEGEND:

-  **HYDRATION STATION**
Gatorade & Water
-  **PUMPED STATION**
* More Gatorade and Water
* Plus: Sponges, bananas, chocolates, Tigertail, Ice & petroleum jelly.
-  **DREAM CHASER STATION:** (4)
-  **PORTALET / RESTROOM**
-  **MEDICAL AID / AMBULANCE**
* Medic at every other hydration station
-  **BAND / MOBILE**



THE BULL RUNNER
DREAM
MARATHON 2015

EXCEED YOURSELF
ACTIVE HEALTH



OFFICIAL VENUE PARTNER





DREAM CHASERS



DREAM CHASERS are runners, mostly composed of TBR Dream Alumni, who volunteer to pace, motivate, and support the TBR Dream Runners during the race as an act of “paying it forward” to first-time marathoners and to the rest of the running community. This is a unique feature of TBR Dream Marathon.

There will be four (4) Dream Chaser stations along the route.

SCOPE OF RESPONSIBILITIES OF A DREAM CHASER:

1. From the assigned Station to the next, run with a random group of TBR ULAH DM participants or a particular participant with an apparent need to be paced.
2. Provide creative and positive means of motivation, encouragement, and enthusiasm that will buoy the will of TBR DM participants during the race.
3. Assist in providing hydration to any participant in need.
4. Alert the Medical team and Course Manager of any participant needing outright medical / first aid attention.

DREAM CHASERS FOR TBR ULAH DREAM MARATHON:

TENT 1

Allan Ray Enriquez*

Jerry Dollosa
Jessie T. Dollosa
Jemalyn Joy Ng
Phoebus Emmanuel Pascua
Tina Dollosa
Brigette Ann Javier
Paolo S.C. Tiong
Allan Lim
Joanne Tan
JR Dizon
Joshua Felix S. Tadena
Ma. Eda Maningat
Craig Logan
Michelle Logan
Nora del Rosario
Allan Tauyan
Chiara Tolentino

TENT 2

Mildred Jocano-Tormes*

Noraid V. Santander
Sherwin Guansing
Paolo D. Capucan
Robert P. Ocampo
Christina Debuque
Marl Dario
Mark Chico
Ella Cecilia R. Arienda
Katrina Eunice J. Guinto
Manuel P. Marcaida III
Marc Anthony Gonzales
Maria Adelina Bugaoan
Gerlene Reyes
Gemar Chico
Gladysmae Jane Giron
Cherry Ramos
Minnie Tomas
Gerry Gutierrez
Roland Santos

TENT 3

Leo Tugade*

Francylei Gutierrez
Maria Luz Silva
Jasper Ignacio
Imelda P. Mampusti
Sheila P. Resurreccion
Cindy Llorente
Rubenzon A. Dimatulac
Nestor C. Buensuceso, Jr.
Emil Rebaño
Marriz B. Agbon
Dennis Mascardo
Maricar Leyva
Chiqui Dijamco
Mike Dijamco
Joseph Nebrida
Cecile Duran
Jonathan David

TENT 4

Florinda Canuto*

Roberto Arbis
Ronnel Go
Graciano S. Santos
Joey Odhuno
Evan Lu
David N Uichanco
Joshua Black
Kharene Santos
Kathreen Marie Diesto
Rosalia Castro
Efren Gregorio
Vincent Paul De la Cruz
Gamaliel Tayao
Siegfred A. Sumicad
Maria Fe G. Macaraig
Ricky So
Rio Mayuga
Odie Cacho

* Tent Leaders

6 TIPS TO PREPARE FOR TBR DREAM MARATHON

By Lit Onrubia, TBR DM Alumni Batch 2010

1 Get good quality sleep on Wednesday, Thursday and Friday night before the marathon. You won't get much sleep on Saturday but it won't affect your run if you are well-rested before the weekend.

2 For your first marathon (and the same could be said for your future marathons, as well), what's important is not how you start but how you finish. So watch your pace very closely during the first 10K. Stick to your plan and take more walk breaks if you find yourself going out too fast. Aim to finish with gas left in your tank.

3 Remember your nutrition plan. Don't get carried away and neglect your need to consume calories during the race. Most runners get by on 100-150 calories every hour but feel free to eat more if you feel hunger pangs. Poor nutrition has been known to derail even the best laid marathon plans.

4 Don't wear anything new on race day. Wear your most trusted shirt, shorts, underwear and pair of socks

and shoes. The average runner wears his marathon gear for about 8 hours total. You'll wear them dry and you'll wear them soaking wet. So make sure you're wearing something that feels good and looks good on you!

5 A lot of people eat dinner on Saturday night and then don't eat again until they cross the finish line. Mostly because of nerves. I strongly advise that you eat something (a piece of bread, half a sandwich, an apple or banana or crackers) 2 hours before the gun start. You have a run to focus on. Hunger at 3am will only distract you from your goal.

6 Stay off of your feet while waiting for the marathon to start. You'll already be making huge demands on your feet to carry you through 42.195 KMS starting at 2am. You don't want to make them do a lot of extra work before then. So if you get to the venue early, then find a place where you can sit, stretch your legs and relax. And think about how good that medal will look around your neck in a few hours.

GETTING YOUR BODY READY FOR TBR DREAM MARATHON

By 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, 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, the START of the race is 2 am. 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, the week before the race, 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 I would like you to execute the SAME thing. Advance everything another hour.
3. Wednesday and Thursday, 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". 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 race day.

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	There will be designated CHEER ZONES on NUVALI Boulevard. 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 as early as 1 AM to create banners and flags for the runners at Dream Village.
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 near the start/finish line. We encourage you to board this.
SHUTTLE	There will be a free shuttle taking runners/guests to and from the Start/Finish area and Solenad from 1am to 8am. After 8am, shuttle tickets may be purchased from the Nuvali Booth at the Dream Village for P10.
COURSE	<u>Only runners, marshals, and official volunteers will be allowed on the course, except for guests on the Dream Mobile.</u>

TBR DREAM TEAM

The Team Behind the Scenes



JAYMIE PIZARRO

Co-Founder

Overall Race Organizer

JIM LAFFERTY

Co-Founder

NEVILLE MANAOIS

Race Director

LIT ONRUBIA

Head Coach - Bull Sessions

Head - Dream Chasers & Pacers

JUN CRUZ

Logistics and Operations

Bull Sessions Logistics Manager

MACEL JANE0

Bull Circle Logistics Manager

Send Off Party Logistics Manager

Administrative Manager

MIKE JANE0

Bull Sessions Pacer Head

