THE CROSS TRAINING ISSUE

MARK AND DORAY ELLIS
The Power of Two

5 BEST TOOLS FOR INDOOR WORKOUTS

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5K PROGRAM

5 NEW RUNNING SHOES

AMELE JOPSON: BREASTFEEDS ON THE RUN

THE FORT STRIDERS

10 MUST-HAVE FOODS IN YOUR KITCHEN

Gatorade

a publication of

thebullrunner.com
**RUN CALENDAR**

**JULY**

4: **34th NAT'L MILO MARATHON** - Manila
Elm. Call Rudy Biscocho 097-5008/ 0922-8367992

11: ROBINSON'S FIT & FUN BUDDY RUN
3 Boni Global City, 5/10k. www.robinsons-supermarket.com.ph

11: **ATENEO BIG BLUE RUN**
Ateneo, 3/5/10k.

11: **ROBINSON'S FIT & FUN BUDDY RUN**
3 Boni Global City, 5/10k. www.robinsons-supermarket.com.ph

11: **ATENEO BIG BLUE RUN**
Ateneo, 3/5/10k.

11: **RUN 4 LIFE 2010**
Filinvest Corp. City,

11: **ROBINSON'S FIT & FUN BUDDY RUN**
3 Boni Global City,

11: **ATENEO BIG BLUE RUN**
Ateneo, 3/5/10k.

18: **34th NAT'L MILO MARATHON** - Baguio.
Call 0918-5618364

18: **ONE RUN ONE FAMILY ONE LA SALLE**
Bonifacio Global City, 3/5/10k. Call 524-4611

to 26 loc. dlsaa.com

25: **TAKBO.PH ANNIVERSARY FUN RUN**
Bonifacio Global City, 3/5/10k.

call 468-6449. ncfphil.org

25: **CKSCAA FUN RUN**
SM Mall of Asia, 3/5/10k.

25: **ABCCI RUN FOR KIDS**
Ayala Mall, Cebu, 3/6/15k. Call (032) 411-5800.

25: **TAKBO MAS MAY YABANG**
UP Acad Oval, 4/4/8/16k. Call 0916-
2164030/ 0916-6129885

25: **34th NAT'L MILO MARATHON** - Gen.
Santos. Call Mr. Nanali 0929-7687813

25: **ENDURUN**
Felino Marcelino Baseball Stadium, 3/5/15k.
Call 225-7128/ 0999-52871218

29: **34th NAT'L MILO MARATHON** - Cebu.
Call (032) 254-8567 or Rudy Biscocho 0922-8367992

31: **PBA Run for a Cause**
2010 SM Mall of Asia, 3/5/10k. Call PBA ofc 470-
2768 loc. 221/117

**AUGUST**

1: **2nd UP LAW DEAN'S CUP & FUN RUN**
UP Diliman, 1/3/5/10k. Register at Secondwind,
All Terra, Club 650

1: **REXONA RUN**
SM Mall of Asia, 3/5/10/21k. Register at ROX BHS,
selected Timex shops. Call 703-1736. runrio.com

1: **RUN FOR JUAN**
Roxas Blvd., 150m/3/5/10/21k. Call 0916-4521165

8: **MOMMY MILKSHAKE MARATHON**
Bonifacio Global City. Call 811-4052/ 4188/
4189. www.finex.org.ph

15: **RUN TO READ**
Bonifacio Global City, 500m/3/5/10/15k.

15: **ACTIVATE RUN**
UP Acad Oval, 3/5/10k. Register along UP Acad
Oval or online http://up-erg.org/erg75/marathon/

15: **RUN FOR HUMANITY**
SM MOA Corp. Center, 3/5/10k. Register at Phil.
Red Cross - Pasay. Call 855-2364/ 854-2748.

22: **MILES FOR SMILES**
Bonifacio Global City,
400m/3/5/10/16k. Call 411-4856 or Rudy Biscocho 0922-8367992

22: **TIKTAKBO 3: I SA DALAWA-TAKBO UP**
Diliman, 2/6/18k. Call 0926-6988387

**SEPTEMBER**

4: **KENNY ROGERS NIGHT RUN**
Bonifacio Global City. Call 703-1736. runrio.com

5: **34th NAT'L MILO MARATHON** - Cebu.
Call (032) 254-8567 or Rudy Biscocho 0922-8367992

11: **THE FS RUN**
The Fort Striders Club

12: **1ST FINEX FUN RUN**
SM Mall of Asia, 3/5/10k. Call 811-4052/ 4188/
4189. www.finex.org.ph

12: **34th NAT'L MILO MARATHON** - Tagbilaran.
Call Atty. Dionisio Balite (038) 411-4856 or Rudy Biscocho 0922-8367992

19: **34th NAT'L MILO MARATHON** - Dumaguete.
Call (035) 225-5709 or Rudy Biscocho 0922-8367992

26: **CAMSUR INT'L MARATHON**
CamSur Water Sports Complex (CWC), Camarines
Sur, 3/5/10/16k. Call 686-1954/ 0908-6340208

26: **34th NAT'L MILO MARATHON** - Iloilo.
Call Mr. Rommel Castro 0917-7200630 or Rudy
Biscocho 0922-8367992

**CLINICS**

TUE/WED/FRI, 5:30 pm:
TEAM BALD RUNNER SPEED TRAINING,
Coach Saturnino Salazar,
Philsports Complex (ULTRA), teambaldrunner.wordpress.com

TUE, 6:00 pm: RUN RHYTHMS WITH FREE run-plyo sessions,
Philsports Complex (ULTRA), Alfa Peras-Reyes 0918-3026302/ Jody
Jacinto 0917-5288767

AUG/THUR, 6:30 pm:
FRONTRUNNER CLINIC
R.O.X. Call 0917-8030664

JUL/AUG/SEP 6:00 AM:
MIZUNO RUN CLINIC,
Coach Patrick Joson, St.
James the Great parking lot,
Ayala Alabang. Call
757-3160 loc 515 to
confirm date.

Schedule may change
without prior notice.
Please contact race organizer
to confirm.

For regular event updates, visit
www.thebullrunner.com

For FREE event listing in our calendar and website,
email complete details to tbrmag@thebullrunner.com
YOU ROCK!

I am a newbie in running and when I read an issue of your mag, I was enthused all the more to continue running. I’ve checked out a lot of websites that can feed me information as a newbie and I must say that your mag is packed from informative articles to running gears, people, and places, definitely a mag to read from cover to cover.

After reading your mag I was able to convince a dear friend to be my running buddy and introduce your 6 week training program which definitely rocks. Your recent article about the seven deadly sins on marathon reveals so much about facts and fixes, do’s and don’ts. It’s comforting to know that there are runner’s who run for a cause like Michelline, Mikko and Melfred (May-June issue) who share their passion to bring change to the lives of those who are in need.

Truly, a very inspiring write up.

May The Bull Runner continue to inspire more readers and running enthusiasts. Thank you and keep it up! You Rock!

- Ant de la Cruz

THANKS FROM CEBU

I just want to share how surprised & happy I am to finally have an actual copy of TBR magazine here in Cebu. As a rookie runner who got hooked to the sport last October 2009, I want to give you props for putting up such publication for free. It’s one thing reading about your running adventures, insights & reviews through your blog, but it’s somehow more enlightening being educated, informed & inspired with the various articles & features you have in your magazine. It’s like a handy bible for runners :) I’ve graduated from running 5-6k races to 10-15k ones and I recently completed my 2nd half-marathon during the Great Lapu-Lapu Run last April 18. It’s my dream to finish a full marathon this year and I have no doubt TBR will be a great factor in helping that dream become a reality! Thank you so much for sharing your passion with us.

- Pamela B. Apuin
Words by Eric Nicole Salta
Photography by Ben Chan

INSPIRE

THE POWER OF TWO

MARK AND DORAY ELLIS REPRESENT THE NEW BREED OF MARRIED COUPLES.

They’ve taken their athletic interests, professional pursuits, and parental responsibilities to a whole new level, seamlessly fusing the three most important aspects of their lives in perfect harmony. And to a positively pulsating effect, mind you.

Their two kids Gabbie, 10, and Kira, 3, seem to be following in their footsteps. “I think we’re setting an example for them. They always see us train and compete so they think it’s a normal thing,” says Doray, 38, who, after spending a decade-long career in TV networks, has just started her own creative media marketing company.

“We encourage the kids by exposing them to groups like IronKids, gymnastics, and swimming classes. Kira did her first mini-triathlon at two!” adds Mark, 40, himself an athletic buff as a youngster playing sports like water polo, rugby, and soccer.

The story of how they met is one for the books. Shortly after moving to the country in 2002, Mark and Doray serendipitously crossed paths at the FitnessFirst gym in RCBC. “I was trying to...
get her to notice me in the BodyPump class we attended,” confesses Mark. “I see him in class but that’s about it,” she affirms. But things started looking up when they both discovered their mutual interest in scuba diving; thus, the expansive, deep-blue depths of the ocean served as the backdrop of their flourishing relationship. Well, at least until recently when the asphalt roads paved the way to a stronger bond.

Of the two, it was the stately and toned Mark who was first exposed to running years ago when his father ran marathons. “My brother and I would join him on his shorter runs. It wasn’t really something we were into at the time but after several months, I started to really enjoy it.” And while his running resume includes four international marathons (three in South Africa, one in New Zealand), he has yet to run alongside with his wife. “We have done some international triathlons together but not a marathon; however she really wants to join the New York marathon.” Doray only began running just as when she started triathlon. “I don’t even know how to run,” she says. “I started yung talagang proper running in 2004.”

Though they primarily consider themselves triathletes, they don’t take running lightly. Mark shares an insightful perspective. “I think, along with 80% of triathletes, that the run is the hardest part of triathlon,” he continues. “I’m pretty consistent in all three disciplines however, the run is always where the pain is and the true test of my mental toughness.” Running is still a huge part of their training but it clearly has a different kind of weight. On average,
But the best part of training is that the benefits aren’t just on a physical scale. Not only does it help them get better, it also offers countless opportunities to stay together. “My wife and I train together most of the time and keep each other motivated. It’s great we are both into running because it really does mean we spend more time together. If just one of us were into running, I don’t think we would see much of each other with our hectic schedules,” says Mark, who regularly has his hands full as FitnessFirst’s country manager.

That said, whenever the rainy season is around the corner, indoor training is inevitable. Both of them maximize their membership when it rains, focusing on strength training to improve cardio performance, utilizing treadmills and stationary bikes to tone muscles, and attending BodyPump and Cycling Classes. Mark also works with a personal trainer once a week to concentrate on core training, which he says, “is great for improving my running.” Still, that’s not to say they don’t enjoy the rain as both of them love running in the rain. “But, of course, a storm would mean I get on a treadmill instead,” clarifies Mark.

The Ellises, although began running at different stages in their lives, are now at a point where they can look ahead with rose-tinted glasses, seeing the bright future that lay ahead before them. But for now, they have their sights set on Ironman 70.3 in CamSur, and oh, perhaps a few 21K runs here and there.

**INSPIRE**

they run three times a week as part of their training program—intervals and tempos on weekdays, long runs in Dasmarinas Village and Forbes Park on weekends, and road races at least twice a month. “You know those every-Sunday runs? We join those for training,” utters Doray.

And for as slender and svelte as she already is, Doray runs to shorten her running splits and to lose weight, and by that, no vanity issues are implied. “In triathlon, it’s better if you’re lighter kasi there’s less load on the bike and on the run.” Mark, meanwhile, emphasizes his motivation for running as simply “a great time for me to unwind.”
ON TRACK

YOUR RUNNING CHECKLIST: July-August 2010

- GET A RUNRIO CARD. The benefits:
  1. Quick & Easy Registration. Sign up once at Runrio’s registration site. For future Runrio races, use your card and simply enter your singlet size, race category, and sign the waiver.
  2. Accumulate Points. Each distance in a Runrio event will allow you to collect points to redeem freebies or obtain discounts.
  3. Find your Ranking. The card will allow you to view your Philippine ranking in running events. Ex: Top 100 - Class A, 101-200 Class B, etc.
  4. Discounts at partner stores soon.

Get your Runrio card for free by registering for Rexona Run at R.O.X. Bonifacio High Street. For inquiries, call 703-1736. www.runrio.com

- READ MORE, RUN MORE. Learn how to train faster or longer, or draw inspiration from the words and experiences of other runners. New running books are available at Runnr.

- TUNE IN TO FANTASTIC, ENERGETIC SOUNDS. Get your hands (or ears) on the newest Sennheiser/adidas sports headphones offering extreme comfort, powerful and robust sounds, and durability in the face of sweat or water. MX 680, CX 680, CMX 680 and PMX 680 now available at adidas.

WHAT’S NEW: Running Stores Galore

New running stores are popping up not just in the metro, but also in the provinces:
- ASICS: G/F Greenbelt 3
- K-Swiss: Glorietta
- Run Club, Davao City
  Plaza del Carmen, Loyola St., Brg.Obrero, Davao City

OPENING SOON: THE BRICK MULTI-SPORT STORE: Unit 1, Woodridge Apts., McKinley Hill, Taguig
# TOP 5 Runners’ Home Workout Equipment

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>WHAT IS IT?</th>
<th>BENEFITS?</th>
<th>HOW TO USE?</th>
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</thead>
</table>
| **1 THERABANDS**     | Flat latex bands.                                | Full body strength training workout; excellent for strengthening the often neglected ankle joint | • use as a resistance device to perform whole body exercises (chest press, squats, etc.)  
• for ankle strengthening, wrap around foot and do dorsiflexion, plantarflexion, inversion and eversion movements while pulling on the bands |
| **2 4-5 FEET POLE**  | PVC pipe or broomstick.                          | Improve flexibility, spinal decompression, posture alignment               | • perform dynamic exercises while holding pole overhead or behind you (making sure the pole is touching your head and butt the whole time)  
| (any light material) | Available at any hardware store. P35-55         |                                                                           | position body part (e.g. calves) on top of the foam roller and “roll” body part back and forth over the foam roller | | **3 FOAM ROLLER**    | Big 3” to 5” cylindrical shaped hard foam.       | Myofascial release, improve flexibility, elongating the muscles, releasing the I.T. Band  | | Available at Chris Sports, Second Wind Running Store, Ensayo. P500-P1,500 | | **4 45”-55” STABILITY BALL** | Big, round exercise ball made of rubber. | Core, stability and full body strength training, particularly the hamstrings | • perform planks and other exercises with your hands or feet on the stability ball  
• for leg curls, lie down and put feet on the ball, lift your hips up and bend your knees to pull the ball towards your butt | | Available at Chris Sports, Toby’s, Second Wind Running Store, Runnr. P350-600 | | **5 TRX SUSPENSION TRAINER** | Military belt type of gadget used for suspension | Total body core and strength training (upper and lower body) | place either hands or feet on the TRX unit and perform various exercises | | Available at Chris Sports, Second Wind Running Store. P7,949 | | | **GEAR** |  |  |  |

Coach Jim, MSAT, PES, SAQ, CAPT is a Performance Enhancement Specialist and Speed and Conditioning Coach of RP SMART Gilas and a Sports Training Consultant of the POC. He is a sports and fitness columnist and Men’s Health Fitness Advisory Board Member, and co-host of FIT Radio on 99.5RT.
MIZUNO WAVE AERO 8

Wave Aero 8 is a lightweight, responsive and fast racing flat. For a better smoother performance, it minimizes rapid acceleration and deceleration during transition. Highly recommended for speed runs as well as short and long competitions. Limited in the market, available only in selected countries.

WEIGHT: 8.6 ounces
AVAILABLE AT: Mizuno
PRICE: P4,295

REEBOK ZIG FUEL

Aply named due to its zig-zag soles, the Zig Fuel is designed to conserve and return energy to the runner’s legs for a soft and springy ride. Its lightweight foam reduces wear and tear in leg muscles by up to 20% so you can train more efficiently.

AVAILABLE AT: Reebok Concept Stores (Megamall, Trinoma, Festival Mall), Shoe Shop Rockwell & Royal Sporting House, Robinson’s Ermita
PRICE: P4,995

HOME BUDDIES

MITCH FELIPE-MENDOZA
REVEALS THE TOP 10 HEALTH FOODS ALL RUNNERS MUST HAVE IN THEIR KITCHEN NOW THAT WE'RE SPENDING MORE TIME INDOORS.

1 PASTA: It will take you less than 10 minutes to cook pasta noodles. Top it with your ready-to-eat bottled sardines or pesto sauce with chicken, and you’ll ensure yourself of a great race performance or heavy run training the next day.

1 CUP NOODLES: 200 CALORIES, 1 GRAM FAT

2 LEAN CHICKEN: More grocery stores now sell skinless, boneless chicken breast and thigh fillets for health conscious consumers. Grilled, roasted, steamed, boiled, or sautéed chicken fillet dish is healthy enough combined with rice, pasta, bread or salads.

1/2 CHICKEN BREAST: 120 TO 140 CALORIES, 1 TO 3 GRAMS FAT

3 A LOAF OF BREAD: Spread tuna over a slice of bread and, voila, you’ve got a handy, satisfying, and not to mention, healthy snack in a jiffy. Don’t rely

K-SWISS TUBES RUN 100

Tubes Run 100 is a lightweight running shoe. It is K-Swiss' unique take on addressing cushioning needs of runners. Perfect for beginners to marathoners who are on a budget, overall a great shoe to start with for neutral runners and supinators.

Best shoe under $80 in Running Network
WEIGHT: 12 ounces
AVAILABLE AT: Secondwind, The Athletes Foot, and Planet Sports
PRICE: P3,995

NUTRITION

1 CUP NOODLES: 200 CALORIES, 1 GRAM FAT

2 Lean CHICKEN: More grocery stores now sell skinless, boneless chicken breast and thigh fillets for health conscious consumers. Grilled, roasted, steamed, boiled, or sautéed chicken fillet dish is healthy enough combined with rice, pasta, bread or salads.

1/2 CHICKEN BREAST: 120 TO 140 CALORIES, 1 TO 3 GRAMS FAT

3 a loaf of bread: Spread tuna over a slice of bread and, voila, you’ve got a handy, satisfying, and not to mention, healthy snack in a jiffy. Don’t rely
on bars since it's not always enough, especially after a long or strenuous run.

4 CANNED TUNA: Runners can get protein from canned tuna or bottled sardines for more effective muscle recovery since your body is always being used for high intensity, long duration workouts. Remember: pasta or crackers is not enough.

5 EGGS: Whip up your own satisfying breakfast after a morning run: 1 cup of rice, a serving of smoked fish, and a sunny side up or egg omelette. Eggs contain enough protein and fat to satisfy a ravenous runner.

6 LOW-FAT MILK: Runners need complete food like milk drinks either as pre- or post-workout food and as a reliable supplement to their daily food intake.

Choose low-fat!
250 ML OF MILK: 120 CALORIES, 2 GRAMS FAT
7 GREEN LEAFY VEGGIES: Runners are guilty of grabbing easily accessible fruits without including enough vegetables in their diet. Buy mixed green leafy veggies. Wash and pre-pack them in your refrigerator for quick meals without any inconvenience.

3 CUPS GREEN VEGGIES: 60 CALORIES, 0 GRAMS FAT
8 BANANA: Touted as one of the healthiest fruits in the world, runners should consume bananas before, during, or after a run since it contains carbohydrates for energy and high levels of potassium.

1 MEDIUM BANANA: 100 CALORIES, 0 GRAMS FAT
9 REDUCED-FAT PEANUT BUTTER: Peanut butter is a popular food among runners due to its satisfying sweet taste with lower (glycemic index) and nutrient content. Spread a tablespoon of this on whole wheat bread for a handy, portable meal.

1 TBSP REDUCED-FAT PEANUT BUTTER: 80-90 CALORIES, <1 GRAM FAT

10 TOMATOES: Tomatoes contain a potent anti-oxidant called lycopene, which reduces the risk of chronic diseases especially the ones related to the most important organ for runners: the heart.

1 MEDIUM TOMATO: 15 CALORIES, 0 FAT

Harvie de Baron’s Healthy Comfort Food

Triathlete, businessman, and sports nutritionist Harvie favors his wife’s SPAGHETTI BOLOGNESE above all else after long rides or runs. For muscle recovery, Harvie makes sure to take in high GI (glycemic index) foods right after a workout, such as relatively low-fat, no shortening white pasta along with protein from the minced chicken in his wife’s special bolognese recipe.

SORENESS SOLUTION

Q: I JUST STARTED RUNNING AND I FEEL A BIT SORE THE DAY AFTER, ESPECIALLY IN MY KNEE. IS THIS NORMAL?

A: Soreness after exercise is a common occurrence. This is usually due to the build up of waste products in the muscle causing some inflammation. Hard workouts can also cause micro injuries.

To minimize soreness, make sure you practice proper cool down after a run. Stretching after a warm up or a workout are effective as well.

Mitch Felipe-Mendoza is a lifestyle & weight mgmt.coach, fitness trainer and runner who has helped her clients manage weight and improve running performance by combining her background in psychology, exercise, nutrition, and injury prevention. She is also a regular wellness contributor of Philippine Daily Inquirer and a weight loss columnist for Women’s Health Philippines.

Dr. George Canlas is an orthopedic surgeon specializing in sports medicine. He is a member of FIBA (International Basketball Federation) Medical Commission. He was once a member of the National Track Team.
### 10km PROGRAM

**Running + Cross Training**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>45 mins - 1 hour gym or rest</td>
<td>3-4k w/ 4 x 3 mins fast pace, 3 mins easy</td>
<td>XT 45 mins</td>
<td>3-4k sustained effort</td>
<td>XT 30 - 45 mins</td>
<td>XT 45 mins</td>
</tr>
<tr>
<td></td>
<td></td>
<td>45 mins - 1 hour gym or rest</td>
<td>XT 45 mins</td>
<td>4-5k sustained effort</td>
<td>XT 30 - 45 mins</td>
<td>XT 45 mins</td>
</tr>
<tr>
<td>Week 2</td>
<td>45 mins - 1 hour gym or rest</td>
<td>4k w/ 4 x 3 mins fast pace, 3 mins easy</td>
<td>XT 50 mins - 1 hour</td>
<td>5-6k negative split run</td>
<td>XT 45 mins</td>
<td>XT 50 mins - 1 hour</td>
</tr>
<tr>
<td></td>
<td></td>
<td>45 mins - 1 hour gym or rest</td>
<td>XT 50 mins</td>
<td>4-5k easy run focusing on form</td>
<td>XT 40 mins</td>
<td>Rest day</td>
</tr>
<tr>
<td>Week 3</td>
<td>45 mins - 1 hour gym or rest</td>
<td>6k w/ 5 x 4 mins fast pace, 3 mins easy</td>
<td>XT 45 mins</td>
<td>5-6k sustained effort</td>
<td>XT 45 mins</td>
<td>XT 1 hour</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6k w/ 5 x 4 mins fast pace, 3 mins easy</td>
<td>XT 45 mins - 1 hour</td>
<td>6-7k negative split run</td>
<td>XT 30 - 45 mins</td>
<td>XT 1 hour</td>
</tr>
<tr>
<td>Week 4</td>
<td>45 mins - 1 hour gym or rest</td>
<td>6k w/ 6 x 4 mins fast pace, 3 mins easy</td>
<td>XT 50 mins</td>
<td>4-5k easy run focusing on form</td>
<td>XT 40 mins</td>
<td>Rest day</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7k w/ 7 x 4 mins fast pace, 3 mins easy</td>
<td>XT 45 mins - 1 hour</td>
<td>7-8k sustained effort</td>
<td>XT 30 - 45 mins</td>
<td>XT 45 mins</td>
</tr>
<tr>
<td>Week 5</td>
<td>45 mins - 1 hour gym or rest</td>
<td>6k w/ 8 x 2 mins fast pace, 2 mins easy</td>
<td>XT 45 mins</td>
<td>5k easy run focusing on form and fast turnover</td>
<td>XT 30 - 45 mins</td>
<td>Rest day or 20 min easy jog</td>
</tr>
</tbody>
</table>

- **GYM SESSION/STRENGTH TRAINING**: high rep, low weight training for body toning and overall conditioning. You may do 2-3 sets of 10-12 reps of 3 different upper body workouts and 3 lower body workouts. Ex: Upper Body - chest press/push ups, standing bent arm lat pull down and seated rowing. Lower Body - hip extension, leg press and hamstring curl. Abdominal workouts should be included.

- **XT/CROSS TRAINING**: stair climbing, elliptical trainer, bicycling, swimming or any aerobic sport. Include a 15-20 min warm up and 5-10 min cool down whenever you cross train. The intensity of the XT will depend on the athlete but to maximize the results try 75-85% effort.

- **TT/TIMETRIAL**: race pace effort. Warm up for 15-30 mins.

- **SUSTAINED EFFORT**: hold a certain intensity for a certain length of time.
- **NEGATIVE SPLIT**: workout wherein the second half of the workout is faster than the first half.

### SO, YOU THINK YOU'RE READY FOR A 10KM RACE?

**Coach Ige Lopez** shares his 10k training program which allocates three days of running per week combined with cross-training or gym activities. Train this way and you’ll improve your endurance while reducing the risk of injury or overtraining. Try it!

Miguel Antonio “Ige” Lopez is known by many as a triathlete and adventure racer. More than acquiring recognition in local and international races, he finds fulfillment in being a multisport coach who converts his students’ lifestyles into active and healthy ones. He also designs and produces “Transition One” - a multisport apparel brand.
I felt that figuring some running races into the picture would be much more fun, motivating and effective than just going to the gym. Of course I hadn’t considered that doing so was not just starting from zero, but that major abdominal surgery meant I would have to begin at sub-zero. Feeling like my insides would fall out, and carrying all that extra weight prevented me even completing my usual 1 mile circuit at first. Would I ever even run 5 k again, much less get close to my previous PRs? It sure didn’t seem like it at the time. Ouch is all I can remember. But of course, things did get better, building up to 5k at first, then 10k, and 10 miles, after which I decided to train for my first half mary at the Cebu City Marathon only 10 months post partum.
MY STORY

Along the way, I also had to figure out how I was going to combine breastfeeding and running, which as it turns out was not too complicated. (See below for Amale’s Rules on Breastfeeding)

After a year of getting back into running, I’ve progressed from barely completing a mile to running 2 half marathons in 1:55. And while my unofficial 10k of 49:55 (it was within a 12k race) is still a far cry from my 46 min. run in a triathlon, the fitness and enjoyment I’ve experienced is well-worth the initial struggles post-partum. Best of all, I still managed to give Rafa the best nutrition in his first year of life.

MOMS’ RULE!
Amale Jopson’s Tried & Tested Rules for Running while Breastfeeding

RULE #1: ALWAYS WEAR SUPPORTIVE TOPS. Never did I think this would apply to me since I’ve always had this “go-anywhere” physique. I guess when your body is heavy with milk, this rule applies to all regardless of size.

RULE #2: NURSE YOUR BABY BEFORE GOING OUT FOR A RUN. This will ensure that he is full for at least 2 – 3 hours, and it will help lighten you up so you can go faster. During race days, I would set my alarm 30 minutes earlier so I could nurse Rafa in bed before putting him in his crib as I got ready to go.

RULE #3: INVEST IN A GOOD PUMP. The breast pump is essential so you can express milk to leave behind while you’re out. Stocking up on expressed milk allowed me to run my races and do long training runs, confident that baby still had mommy’s best.

CHASE THE SUN THE NEUTROGENA RUN

Runners came out to run and had a blast under the sun at Neutrogena’s Run Chase the Sun. MAY 16, 2010 BONIFACIO GLOBAL CITY

3/5/10/15K

Runners were treated to generous goodie bags from J&J

Tessa Prieto-Valdes

Kids joined in on the fun

Runner sprints to the finish

Winners of the race flanked by Taffy Ledesma of J&J

Epics REALAY 250: 23 teams consisting 230 warriors covering 250 kilometers of road from Subic to Mt. Samat in 2 days, having an unforgettable experience. Team effort at its best! JUNE 12-13, 2010

Teams hammering it up at the finish line

Off to a great adventure

Events
EVENTS

NATURE VALLEY RUN (Leg 2: RunRio Trilogy)
Over 12,000 runners braved the scorching heat to run this well-anticipated, well-organized race.
MAY 30, 2010, BONIFACIO GLOBAL CITY, 3/5/10/21K

OVER 12,000 runners braved the scorching heat to run this well-anticipated, well-organized race.
For runners, GATORADE is ahead of the rest.

Only Gatorade is scientifically formulated and athlete-tested to provide everything your body needs for a strong finish.

**Brain**
Gatorade helps deliver the needed glucose to the brain to help you maintain focus all the way to the finish line.

**Mouth and Throat**
Gatorade’s flavorful taste encourages you to drink more, thus giving your body the fluids and nutrients it needs unlike the boring taste of water.

**Lungs and Heart**
The fluids and electrolytes that Gatorade fills your body with help maintain blood volume and blood pressure to reduce the risk of fatigue.

**Kidneys**
Gatorade helps fight water loss by curbing the kidney’s drive to produce urine. This way, your body retains the much needed fluids to stay properly hydrated.

**Skin**
Proper hydration, delivered by Gatorade, maintains blood flow from the muscles to the skin where sweat evaporates to cool your body down.

**Muscles**
When your body is properly hydrated with Gatorade, blood then flows into the muscles so heat can be taken out and carbs can be transferred into energy. Gatorade also feeds fluids and electrolytes like sodium and potassium into your muscles to reduce the risk of cramping, the ultimate race killer.

Keep up with the demands of the race. Drink Gatorade.
TRAVEL

Email a photo of yourself running anywhere in the Philippines to tbrmag@thebullrunner.com. If your photo is printed, you win this VIVO Barefoot shoe from Terra Plana. (Model may vary from photo)

WHERE TO STAY: In your own tent! There are no buildings in Mahabang Buhangin aside from a few open nipa huts. Perfect for outdoor junkies.

WHERE TO EAT: Al fresco, under the stars, enjoying your personal camp recipes. No restos on the beach, so it’s a good place for your own experimental cuisine.

WHY RUN IN MAHABANG BUHANGIN: Because there is no better way of connecting to the beach than feeling the sand under your bare feet during a run just before sunrise.

LELAND PASION
Mahabang Buhangin, Calaguas Island, Camarines Norte

The Fort Striders Club, Inc.

WHY THE NAME: FORT STRIDERS?
We were the only runners running at The Fort at that time. We belonged to the Fort with different “strides” of members so we came up with THE FORT STRIDERS.

WHAT MAKES YOU DIFFERENT?
We are a group of runners from all walks of life, so whatever your standing in life you will not be alone. We can match whatever your running pace, so you will enjoy your pace partners.

MOST MEMORABLE EVENT:
We held 2nd Place for three consecutive years in the Philippine Marathon. We were able to field 75 marathon runners (42.2 km.) from the club.

TEAM ADVOCACY:
We continue to conduct our annual fun run at the Fort. We have also donated to charitable institutions, such as Clean and Green Foundation and Real life Foundation.

TEAM GOAL:
• To encourage people in our community of all shape and sizes, of all ages and gender, whether a beginner or advanced to get interested, join, and enjoy the sport of running.
• To achieve and enjoy a full 42.2km marathon for every member of the club.

HOW CAN ONE JOIN?
Our meeting place is at Bonifacio High Street, Global City, Taguig. Just approach any runner and you will be welcome.

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David Casas family
Mahabang Buhangin, Calagueas Island, Camarines Norte

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RUNNERS DIRECTORY

(stores)

ADIDAS – Glorietta, 888.1234; Festival Mall, 999.1234; Trionna Mall, 823.9129; SM Megamall; Podium
LIBIS, 636.0179; Festival Mall, 888.1234; SM Mall of Asia, 556.0445; SM Southmall, 800.1273; North Edsa, 927.0640; Glorietta, 389.5432; Ayala Cebu, (032)231.5749

TOBY’S SPORTS – Shangri-La Plaza, 633.7014; SM Mall of Asia, 633.4998; SM Mall of Asia, 556.0445; Trinoma, 901.3688; Glorietta 4, 815.1793; Greenhills Shopping Ctr, 725.7112; Abingdon Town Ctr, 775.0623 (For complete listing, visit thebullrunner.com)

THE NORTH FACE – Glorietta 4, 752.8226; Shangri-La, 637.5666; SM Mall of Asia, 915.1947; SM Megamall, 914.4591; SM North Edsa, 332.2925

WATCH REPUBLIC – Robinsons Galleria, 634.5476; Robinsons Ermita, 524.4496; Trinoma, 901.3469; Market/Market, 845.1705; SM Cebu, (032)233.642.

(orthopedists)

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; P. Ayala Hospital, 771.0585/46

(coaches)

RIO DE LA CRUZ – Running, 703.1736; 0918.9859211, run rio10k@yahoo.com, www.runrio.com

ANI KARINA DE LEON – Running & Triathlon, 0915-4409200, anikarina@gmail.com, anikarina.wordpress.com

FERDIE ESPEJO, JR. – Running & Triathlon, 0932.2580722, ferdienespejo@yahoo.com

PATRICK JOSON – Running & Triathlon, Abang area, 091.7527.7741

EDWARD KHO – Running, Strength & Conditioning, 0915.999.0187, edwardphk@yahoo.com

MIGUEL LOPEZ – Running & Triathlon, 0919.747.8200, tshufirm@gmail.com

JOY MACALINTAL – Running, Spinning & Triathlon, 920.3854, 0927.763.7930, joymacalintal@yahoo.com

MICH FELIPE-MENDOZA – Lifestyle & Weight Mgmt. Coach, Makati & Fort area, 0917.5031342, mitchfelip@gmail.com

ARMAND MENDOZA – Weight Mgmt, Physio, Sports Massage, 0917.951.7733, askarmand@gmail.com

LIT ONRUBIA – Chi Running, 0917.537.6870, lonruba@yahoo.com

TITUS SALAZAR JR. – Running, Physiotherapy, & Sports Massage, 0920.256.7038, saturnwalkerjr@yahoo.com, http://teambaldrunner.com

LIZA YAMBAO – Running (Ultra & UP), 0915.333.5794, liza12marathon@yahoo.com

ARGENT NETWORK – Magdalene Gay Maddela, 821.1443, 0926.205.2787, gmaddela@yahoo.com

EXTRIBE INC. – 492.0922, info@extripe.com, www.extribe.com

FINISH LINE – Coach Rio de la Cruz & Vince Mendoza, 703.1736, 0918.9859211, run_rio10k@yahoo.com, www.runrio.com

RUNNING, SPINNING & TRIATHLON DIRECTORY

27th BALINGHAI MARATHON (2015)

Coaches

Ferdie Espejo Jr. – Running and Triathlon, 0932.2580722.

Anikarina De Leon – Running and Triathlon, 0915.4409200.

Ferdie Espejo Jr., Anikarina De Leon – Running and Triathlon.

Race organizers

ARGENT NETWORK – Magdalene Gay Maddela, 821.1443, 0926.205.2787, gmaddela@yahoo.com

Coach Rio de la Cruz – Running and Triathlon, 0918.9859211, run_rio10k@yahoo.com, www.runrio.com

Coach Vince Mendoza – Running and Triathlon, 0918.9859211, run_rio10k@yahoo.com, www.runrio.com

Coach Armand Mendoza – Weight Management, Physiotherapy, and Sports Massage, 0917.951.7733, askarmand@gmail.com

Coach Titus Salazar Jr. – Running, Physiotherapy, and Sports Massage, 0920.256.7038, saturnwalkerjr@yahoo.com, http://teambaldrunner.com

Coach Liza Yamboa – Running (Ultra & UP), 0915.333.5794, liza12marathon@yahoo.com

Coach Patrick Joson – Running and Triathlon, Abang area, 091.7527.7741

Coach Edward Kho – Running, Strength & Conditioning, 0915.999.0187, edwardphk@yahoo.com

Coach Miguel Lopez – Running and Triathlon, 0919.747.8200, tshufirm@gmail.com

Coach Joy Macalintal – Running, Spinning & Triathlon, 920.3854, 0927.763.7930, joymacalintal@yahoo.com

Coach Ferdie Espejo Jr. – Running and Triathlon, 0932.2580722, ferdienespejo@yahoo.com
RACE
Rudy Biscocho
GF/Vazquez-Madrigal Bldg.
Annapolis St. Greenhills, SJ
727.9987, 0918.9853

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0915.7256002

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Loyola Heights, QC,
927.7726

RIZAL HIGHSCHOOL
Dr. Sixto Antonio Ave.,
Canigao, Pasig City

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

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Rembo, Makati City
882.0535, 882.0678/883.1862/883.1862/68

FOR COMPLETE DIRECTORY LISTING
OR FREE INCLUSION INTO TBR DIRECTORY,
PLEASE VISIT www.thebullrunner.com
When it rains, it pours. Runners share loads of their best running tips whether it’s done on a treadmill or under the pouring rain...

**JOANNE IGNACIO:** Whether you’re on the treadmill or pounding pavement under the rain, always mind your laces. Gym floors and big puddles are the worst places for a faceplant.

**JOEY RAMIREZ:** Be conscious of where your striking. Water can hide deep ruts and uneven surfaces. Enjoy the run! It’s always refreshing to run under the rain!

**NANOY BASA:** Running indoors can get really boring with nothing much to see, so I usually put on my ipod and listen to my favorite playlist, or just watch tv if there’s an interesting program on.

**LAARNI ANENIAS-PAREDES:** It’s putting on a lot of fast, upbeat songs on my ipod so I won’t get bored. Also try to raise the treadmill to at least 3% incline to somehow simulate running outdoors.

**LEVY ANG:** Don’t let the rain deter you from running outside. Just go out and run. You won’t get sick. Trust me. Libreng hydration pa.

**NIKKI DE GUZMAN:** Wear a cap with a visor, to help keep the rain of your face.

**JUANNE IGNACIO:** Whether you’re on the treadmill or pounding pavement under the rain, always mind your laces. Gym floors and big puddles are the worst places for a faceplant.
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