

[LONG DISTANCE TRAINING: 15KM TO ULTRAMARATHON]

THE Bull Runner

RUNNING MAGAZINE

ISSUE 2 JUL-SEP 2009

Happy Runner

Drew Arellano
creates change
through running

Hydration Facts

Dispelling the myths
on proper fluid intake

Runner's Calendar

Races & Clinics for
3rd Quarter of 2009

Joselyn Saw

Pinoy Ultra Runner
goes the distance

FREE

a publication of



thebullrunner.com

Defy your limits

RUNNR 

83, BONIFACIO HIGH STREET

www.runnr.com.ph



id: Go Runnr



www.twitter.com/runnrstore

NEWTON
TRAINING



adidas

Mizuno

asics

new balance

SPENCO

SALOMON

POLAR
LISTEN TO YOUR BODY

CWX

@euipe

NATHAN

Fuel Belt

HAMMER

SPORTLIVE

VASCQUE

RUN CALENDAR

July-September 2009

[RACES]

JULY

5: MILO MANILA ELIMINATIONS, Luneta Grandstand, 3k/ 5k/ 10k/ 21k/ 42k, Ruddy Bischoch 727.9987

12: ROBINSON'S FIT & FUN WELLNESS BUDDY RUN, NBC Tent, 5k/ 10k. Register at Robinson's Supermarket

19: RUN FOR HOME, Globe-Ayala Land City Run for Habitat for Humanity, Bonifacio Global City, 3k/ 5k/ 10k/ 21k, Vince of Finish Line 703-1736

19: M.O.V.E. MANILA RUN, UP Diliman, 2.2k/ 5k/ 10k. Thumbie Remigio 0915.6872380

26: COME RUN WITH M.E., 3k/5k/10k, Ateneo Blue Eagle Gym, Rodel Cubos, 426-6001 loc.4193

AUG

2: 2009 FAMILY FUN RUN, Roxas Blvd, 5k/ 10k. Kenneth John Montegrando 515-1915

9: MOMMY MILK-SHAKE MARATHON, NBC Tent, Fun Run for Breastfeeding, 780-9898

15: KENNY'S URBANITE RUN, 5k/10k/15k, Bonifacio Global City, Vince of Finish Line 703-1736

23: BOTAK PAA-TIBAYAN, U.P. Diliman, Street mile, 5mile,

10mile. 925-1743/ 415 5548, botaknet_01@botak.com.ph

SEPT

20: RUN RIO TRILOGY (1st Leg), Daang Hari Rd., 3km/ 5km/ 10km/16km, Vince of Finish Line 703-1736

[CLINICS]

TUE/FRI: NIKE RUNNING CLINIC, Coach Rio de la Cruz, Philsports Complex (ULTRA)/ Bonifacio High Street, Coach Rio 703-1736, nikerunning.com.ph/clinic

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

SUN: Runnex Running Clinic, Coach Jojo Macalintal, Plaridel Hall, U.P. Diliman, Rene Villarta, 0915-6606291, www.runnex.org

SUN: Run CPI Run Clinic, Coach Fidel Ringor, QC Circle, Marie, 716-5537, 714-7337, marie@cargosafeway.ph

Schedule may change without prior notice. Please contact race organizer to confirm. For regular updates, visit thebullrunner.com. For FREE event listing in our calendar, email details to thebullrunner@gmail.com

Editor's Note



The Marathon: almost every runner's ultimate conquest. For the last quarter of 2009, four marathons are tentatively scheduled in the country. This would put marathon dreamers in full training mode for the next several months.

In this issue, Drew Arellano, a recent Hong Kong Marathon finisher (3:54), shares his passion for running. Our other articles will guide you through building your mileage, proper hydration, and choosing the right watch whether it's for a 10k, 21k, or a full 42.195 km.

Jaymie Pizarro

Jaymie Pizarro
The Bull Runner

Bull Runner
MAGAZINE

ISSUE 2 • JUL-SEP 2009

EDITOR-IN-CHIEF	Jaymie Pizarro
PHOTOGRAPHY	Ben Chan
DESIGN & LAYOUT	Jaymie Pizarro
CONTRIBUTORS	Marga Deona Miguel Lopez Jay Nacino
CONSULTANTS	Janice Villanueva Jun Cruz

Material appearing here may not be reproduced in print or electronically without written permission of the publisher, and without proper credit. The Bull Runner Magazine is published by Imagination Design. For inquiries, call 0908.756.8661 or email thebullrunner@gmail.com

JOSELYN SAW

Pinoy Ultra Runner

Maclehose Trail - Oxfam HK 100k, 31 hrs
Banaue-Sagada 65K, 12 hrs
The North Face 100, Batangas 64K, 15 hrs
Tarlac-Clark 52K, 5 hrs, 30 mins
TNF100 Relay 50K, 12 hrs
2008 Subic Marathon 42K, 4 hrs, 59 mins



Send an email to **thebullrunner@gmail.com** or write about us on your running blog. The next issue's published commenter will win one pair of **Nike Running shoes!**

TBR Inbox 



Ret. Gen. Jovenal Narcise (www.baldrunner.com) wins one pair of Nike Zoom Structure Triax+ for his comment on TBR Magazine's maiden issue (Apr-Jun 2009): *"This magazine is a "one stop" shop for a runner, whether he/she is a beginner, competitive, or an elite. It has a race calendar for the 2nd Quarter of the year, Running Clinics, Gears, VIPs who are into running, Tips in Running, Nutrition, Runner's Directory, Running Personalities, and Ads connected to running. I am highly recommending that every runner must have a copy of this running magazine."*



YOU'RE BEING WATCHED

IS YOUR RUNNING FORM CORRECT?
WAS THE LAST HILL THAT HARD TO CLIMB?
DO YOU LOOK GOOD WEARING YOUR FAVORITE
RUNNING ATTIRE?



PhotoVendo
www.photovendo.ph

SIMPLY LOG ON TO WWW.PHOTOVENDO.PH
SEARCH FOR YOUR RACE PHOTOS
VIEW AND ORDER ONLINE.

AND WE'LL DELIVER IT TO YOUR DOORSTEP.

/INSPIRE/



drew's happy high

HOW TV HOST/ RUNNER / TRIATHLETE
DREW ARELLANO SPREADS THE LOVE
THROUGH RUNNING

WRITTEN BY MARGA DEONA • PHOTOGRAPHY BY BEN CHAN

IT IS NO SURPRISE THAT DREW HOSTS AN EARLY MORNING SHOW. WHILE THE REST OF US stagger out of beds, our bleary eyes meet Drew's beaming own on the tube, his energy more potent than any alarm clock or a douse of cold water.

This very same energy gives justice to his high-octane performances in his sporting life. An enthusiastic runner and triathlete, Drew's boundless, child-like energy finds its way towards a physically demanding sport.

"You know, I join triathlons, I love the challenge, but really, running is my greatest love," he candidly shares with a sheepish grin.

It is not unusual to catch Drew on

a Sunday road race. He is not only a sports enthusiast, but those who have seen him race can attest to him being fairly competent. Having a body clock attuned to waking up very early on a regular basis is an added advantage.

But even beyond the obvious fact that Drew can run a good race, he has shared his love for running through his loved ones and advocacies close to his heart. His sister Ann and brother Gelo have started running and triathlon due to his prodding. Eventually, their father Tony started running as well.

"You know how Dad started running? We'd all – me and my siblings – sit around the dining table and talk about races, about running, about tri...

It's time to put a
Premium
on your good health!

And get
your game on!



To stay at the top of your game in everything you do - whether in your sport or even in your everyday activities - you need to put a premium on your good health. Cherifer Premium is right for you. Packed with Chlorella Growth Factor to help in tissue and muscle repair, Ginseng for more energy, and Taurine for mental alertness and focus, as well as other essential vitamins and minerals, Cherifer Premium has what every body needs to perform at its best, at work, at play, and at home!

NO APPROVED THERAPEUTIC CLAIMS

1084N0603096

InterMed
Manufacturing, Inc.

Available at
mercury drug

/INSPIRE/

"I join triathlons,,
I love the challenge,,
but really,,running is
my greatest love." ,"

The Bull Runner



and then he was like 'what on earth are you talking about, I can't relate!' So in order for him not to be alienated, he started running," he confides. His longtime girlfriend, actress/TV personality Iya Villania, has been bitten by the running bug, too. "I couldn't be any prouder, one day she went up to me and said 'Lovey, I can run thirty minutes straight already!' I feel fulfilled and happy for being a great influence to them – my family, Iya, and my other friends who have gotten into running."

While Drew never takes himself too seriously ("If I did, it'll take the fun out of training and racing."), one thing that he involved himself with was children's education. With the help of running coach and race organizer Rio dela Cruz, Drew set up the Happy Run for the benefit of Bagong Silang Elementary School in Taguig. Apart from that, he has joined the

steering committee of the iamNinoy Runners Group, who has recently conjoined with the 5775 Foundation to reverse the educational crisis. One common thing both projects have – uplifting children's education.

"I guess I could say that all my life I've been blessed, and this is my way of sharing the blessings," Drew shares. "I don't know, I guess I just wanted to give back, for kids to experience at least a sliver of the blessings some of us are lucky to have."

While Drew can think of many reasons why he runs, his primary motivation for doing so is the joy it brings him. "Running just gives you that euphoria, that something that you just want to feel over and over again *kaya* you're willing to subject yourself to the pain." For a guy who seizes every second of the day, the time spent running becomes well worth it. ●

GEAR

TRACK YOUR RUN

Garmin
Forerunner 405
Price: P28,000

Ironman Triathlon
Fitness Tracker 50 Lap
Price: P5,490

Polar RS800CX
Price: P26,595
w/ Footpod: P31,995

Nike+ SportsBand 2.0
Price: P3,295
Available Aug. 15, 2009

Visit thebullrunner.com for complete watch specifications and features



SPEED AND DISTANCE
ONLY TAKE YOU SO FAR
HEART RATE
TAKES YOU FURTHER

RS300X

RUN 3D

POLAR
LISTEN TO YOUR BODY

Exclusively Distributed by: SPORTS Resources, Inc. • 671-8765 • 672-2973 • www.srphits.com



Cho-Pat
Products For Athletes

"My strap came yesterday
and I ran two miles today
PAIN FREE. It's amazing!
Thank you so much!"

Shin Splint
Compression Sleeve

Dual Action
Knee Strap

ITB Strap

www.cho-pat.com

AVAILABLE AT: SELECTED TOBY'S SPORTS BRANCHES AND RUNNER STORE
Exclusively Distributed by: SPORTS Resources, Inc. • 671-8765 • 672-0510
www.srphits.com

TRAINING FOR long distance RUNNING

15k to 42k
to even an
Ultramarathon

BY COACH MIGUEL "IGE" LOPEZ



GUEST COACH

You have a number of short races under your belt, your 5k times are quite decent as well as your 10k's. But now, you want to up your ante. Short races just don't appeal to you anymore. Going longer like 21k, 42k or even an ultramarathon sounds more like your cup of tea. Before you dive into these epic distances keep these three most basic things in mind:

- **FOCUS ON LONG RUNS TO BUILD ENDURANCE.** Building good endurance is like building a house with a solid foundation. When race day comes, this is the only thing that will take you to the finish line.
- **GRADUALLY INCREASE YOUR WEEKLY MILEAGE.** Add no more than 10 percent of your previous week's mileage to your current week's mileage. Depending on your program and goal, this gradual increase in mileage should also eventually taper off.
- **EYE ON THE BALL.** Focus on realistic goals. Don't be too conscious of your time. With patience and consistency, you will find that improvement will come naturally. After all, the point of all these is to be a better you. ●

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 multi-sport apparel brand.



/Race/

The Condura Run



WRITTEN BY JAY NACINO
PHOTO BY JC LIM USING CANON EOS DIGITAL CAMERA

Last March 22, 2009, the Condura Skyway Run for the Whale Sharks was held at the Bonifacio Global City Open Grounds in Taguig City. The event was organized by Patrick and Ton Concepcion to help raise funds to protect the Whale Sharks and promote responsible eco-tourism in Donsol. 6,000 runners converged at the site with almost half running the 21km race which would go through the Skyway. There were shorter distances as well: a 3 km fun run, a 5k discovery run, and a 10k challenge run.

It was a highly anticipated affair as many runners had fond memories of the well organized 2008 edition of the run. It would also be the first time runners would experience running on the elevated roads of the Skyway.

The event was well organized down to the last detail. Assembly areas were delineated using the color of the participants' bibs and lit by a contingent of Condura delivery trucks' headlights. The races started on time with the half marathon starting 30 minutes earlier than the 3-, 5-, and 10-km races to avoid the late morning sun.

The route was well planned as it wound thru the streets of the Fort and the Makati CBD. There were kilometer markings and marshals along the way and water stations every 2.5 km. There was a Manila Water truck at the Skyway and at the finish line to provide cool relief from the heat. Along the way, there were running and non-running celebrities, cheering squads, marching bands, and runners in different marine life costumes to entertain and inspire everyone.

At the end of the race, runners were treated to a festive atmosphere. Finishers were given loot bags and, for the half marathon finishers, a medal to remember their achievement. There were also games and a raffle for prizes. Several booths showcased the products of the sponsors and invited runners to buy their goods at discounted prices. The Bull Runner Magazine was also launched.

Eduardo Buenavista won the men's 21-K and Mercedita Fetalvero won the Women's 21-K.

All in all, it was a great ending to a great race day. ■

Kenny Rogers

RoastersTM

For Deliciously Healthy Food.

**KENNY'S
OPEN '09
URBAN TIER RUN**
5K 10K 15K • AUGUST 15, 2009
FORT BONIFACIO

For more details, pls. call Vince of Finish Line at 703-1736

co-presented by



COMING 07.24.2009





Hydration is a key factor that can affect a runner's performance and, more importantly, safety during a run. With so much information out there, it's hard to separate fact from fiction. Here's the truth about proper hydration:

- ◆ **FICTION: Thirst is the signal for a runner to drink fluids.**
- ◆ **FACT:** By the time a runner is thirsty, it will be too late as dehydration would have already set in. Runners should hydrate before, during, and after a run.
- ◆ **TIP:** Weigh yourself before and after a run. For every pound lost, drink 16 oz. of water or sports drink (ex. Gatorade).
- ◆ **FICTION: Plain water is enough to hydrate runners.**
- ◆ **FACT:** Water will quench your thirst, but it will not fully rehydrate your muscles and other parts of your body. It will not restore the important electrolytes you lose when you sweat, which can lead to cramps and early fatigue. Drinking sports drinks will provide your body with carbohydrates, sodium, and electrolytes

(sodium and potassium) lost during a run which are critical for muscle function and fluid absorption.

- ◆ **TIP:** Fill your hydration pack or water bottle with your favorite sports drink instead of plain water.
- ◆ **FICTION: Caffeine in coffee, softdrinks, or energy drinks will boost my performance.**
- ◆ **FACT:** Ingesting high levels of caffeine before running can enhance your performance, but it can also have negative side effects, like anxiety, jitters, or nausea.
- ◆ **TIP:** Avoid caffeine completely or take in minimal amounts.
- ◆ **FICTION: I can drink as much as I want.**
- ◆ **FACT:** Drinking too much can result in a condition called hyponatremia which occurs when too much fluid taken leads to reduced blood sodium concentration levels.
- ◆ **TIP:** Have a hydration plan during a race or training run.

FUEL UP FOR THE BIG RACE!

To run your best, you need to be properly hydrated before, during, and after your run. If not, you could experience fatigue, decreased coordination, or muscle cramps. These are some of the common outcomes of dehydration and could easily prevent you from finishing your race. Worse, you could be susceptible to heat exhaustion or heat stroke.

DRINK BEFORE YOU RUN.

If you're competing in a race or a long distance run (more than 8 to 10 miles), prehydration is important. If your urine is very dark (concentrated) and low in volume, you need to drink more fluids before play. Also, if your body weight is lighter than usual, you're likely to be poorly hydrated.

IS WATER REALLY ENOUGH?

Water is a good thirst quencher but is not a very good hydrator during activity. Water tells your brain to "turn off" thirst before your body's fluid needs are met. If you're an athlete, water doesn't provide your body what it needs – fuel and electrolytes – to give you your best performance, fight fatigue and sustain working muscles. It also doesn't replenish the sodium and other electrolytes your body loses in sweat. Only Gatorade has the science-tested amount of electrolytes to help your body be properly replenished.

WOULDN'T DRINKING BEFORE THE RACE MAKE ME FEEL BLOATED OR CAUSE AN UPSET STOMACH?

No. Actually, the effect is just the opposite when you're drinking a sports drink. Gatorade has been formulated to avoid stomach upset and bloating during stop-and-go sports. Research shows that a six percent carbohydrate solution (or 14 g per 240 mL, which is found in Gatorade) is the maximum level that it is absorbed by the intestine just as fast as water.

DRINK ON THE RUN.

To determine how much to drink during a race, weigh in before and after a practice run of an hour. You should drink a volume that minimizes weight loss/gain. If you lost weight (more than 1% of body weight), increase fluid intake. If you gained weight, cut back the next time you play. Also note the weather conditions. Hotter temperature will require more fluids due to higher sweat rate. The reverse is true for cooler weather. If you already know your hourly sweat rate, divide by 4, and drink that volume every 15 minutes of a race to provide a steady and reliable intake during the race.

FINISHED THE RACE? LET'S DRINK TO THAT.

Don't forget to rehydrate after your run. If you lost weight, drink 125% to 150% of the deficit to rehydrate. For example, if you lost 0.5kg (0.5L of sweat), drink 0.75L of Gatorade to optimize your rehydration. One way to estimate if you're dehydrated is to check your urine. If your urine is dark yellow after your run, you need to keep rehydrating. It should be a light lemonade color.

RUN BETTER, LAST LONGER AND FINISH STRONGER WITH GATORADE.

Unlike water or other beverages, Gatorade has electrolytes, the minerals your body loses when you sweat. It also has carbohydrate to fuel your muscles' performance and prevent them from cramping. Importantly, only Gatorade is backed by 40 years of scientific research. No other sports beverage has been tested so long and has been shown to consistently improve physical performance. No wonder it's the World's No. 1 Sports Drink.*

* Based on Off-Trade Volume Sales 2008, Euromonitor International Softdrink Edition 2009

For more information, visit www.gatorade.com.ph



/RUNNER'S DIRECTORY/

(stores)

ADIDAS - Glorietta, 888.1234: Festival Mall, 999.1234: Trinoma Mall, 823.9129: SM Megamall: Podium

MIZUNO - SM Mall of Asia, 915.1946: Club 650, Libis, 636.0179: Festival Mall, 850.3959: Trinoma, 916.6495: SM Megamall, 634.6293: Bonifacio High St., 853.1432: BMG Ctr Magallanes, 757.3160 ext. 805: SM City Cebu, (032) 238.9571

NIKE - Glorietta 4, 813.0082: Greenbelt 3, 757.4491: Robinsons Galleria, 631.3610: Bonifacio High St., 856.2586: Trinoma, 901.3547: Robinsons Place Mla, 522.8625: SM City Mla, 400.4674: SM Mall of Asia, 556.0789: Gateway Mall, 912.8468: Tutuban Ctr, The Podium, Festival Supermall,

SM Southmall, Eastwood City, SM Fairview, Sta. Lucia East Grandmall

R.O.X. - B1 Bonifacio High Street, 856.4638/39

RUNNR - B3 Bonifacio High Street, 403.1787

SECOND WIND RUNNING STORE - 88 Maginhawa St. Teachers Vill., QC, 434.0827, www.secondwindrunningstore.com, thesecondwind.multiply.com

TOBY'S SPORTS - Shangrila Plaza, 633.7014: SM Megamall, 633.4998: SM Mall of Asia, 556.0445: Trinoma, 901.3688: Glorietta 4, 815.1793: Greenhills Shopping Ctr., 725.7112: Alabang Town Ctr., 775.0623 (For complete listing, visit thebullrunner.com)

RIZAL DRIVE, BONIFACIO GLOBAL CITY . 856 5900

smart start
breakfast

P250 SUNDAY BRUNCH BUFFET

PAUL CALVIN'S DELI

KIDS UNDER 5 YRS. OLD EAT FOR FREE!

ISPORT
BOTAK

The BOTAK

SADYANG GAWA AT SUBOK
NA TUNAY SA PANGANGAILANGAN
NG MANANAKBO AT NG
MGA ATLETA. ANG PANGALANG
BOTAK AT GUHIT-KIDLAT
AY SIYANG MAGGAGARANTIYA
SA INYO NG MAHUSAY AT
MATAAS NA URING GAWA

www.BOTAKphilippines.com

Aqualogic Swim Co.

Total Immersion

"World Class Swim Instruction"

www.aqualogicswimco.com
0917.858.AQUA (2782)
aqualogicswimco@gmail.com

Official Partners:

arena **AQUAZORB** **crocs**

THE NORTH FACE
- Glorietta 4, 752.8226;
Shangri-La, 637.5606; SM
Mall of Asia, 915.1947; SM
Megamall, 914.4591; SM
North Edsa, 332.2925

{ortho doctors}

**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. PAOLO
PUNSLAN** -
Orthopedic Multispecialty
Ctr., Ortigas Ave., 635.6789
ext 6521; Second Wind,
799.2089

**DR. ANTONIO
RIVERA** – Makati Medical
Ctr., 892.1541-43; Asian
Hospital, 771-0585/ 86

{race organizers}

**ARGENT NETWORK
INTL. CORP.** -
Magdalene Gay Maddela
Febo St. Pandacan Mla,
482.5143, 0926.205.2787,
gcmaddela@yahoo.com

EXTRIBE INC. -
438.9021, info@extribe.
com.ph, www.extribe.com.ph

FINISH LINE – Coach
Rio de la Cruz, 703.1736,
0918.9859211, run_
rio10k@yahoo.com,
www.runrio.com

RACE – Rudy Biscocho
G/F Vazquez-Madriral Bldg.
Annapolis St. Greenhills, Sj,
727.9987, 0918.9158536

{coaches}

RIO DE LA CRUZ -
Running, 703.1736,
0918.9859211, run_
rio10k@yahoo.com
http://runrio.com

**ANI KARINA DE
LEON** – Running &
Triathlon, 0915.4440290,
0922.2095209, ani.karina@
gmail.com

FERDIE ESPEJO, JR -
Running & Triathlon,
0932.2580722,
ferdielespejor@yahoo.com

MITCH FELIPE -
Lifestyle & weight loss
coach (for runners & weight
mgmt), Makati & Fort area,
0917.5033142, mitchfelipe@
gmail.com

PATRICK JOSON -
Running & Triathlon, Alabang
area, 0917.527.7141

MIGUEL LOPEZ -
Running & Triathlon,
0917.8478500,
t1multisport@yahoo.com

JOJO MACALINTAL
- ITU Level 2 (Triathlon),
Running and Spinning coach,
920.3864, 0927.7637930,
jojomacalintal@yahoo.com

{track ovals}

**PSC-PHILSPORTS
COMPLEX** (formerly
ULTRA) – Meralco Ave.,
Pasig City, 635.0107

**MARIKINA SPORTS
PARK** – Sumulong
Highway Bgy. Sto. Niño,
Marikina City, 646.1635,
943.2137

**MORO LORENZO
SPORTS CENTER** -
Ateneo de Manila Univ.
Loyola Heights, QC,
927.7726

RIZAL HIGH SCHOOL
- Dr. Sixto Antonio Ave.,
Canioogan, Pasig City

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

UNIV. OF MAKATI -
J. P. Rizal Extension, West
Rembo, Makati City,
882.0535, 882.0678/
883.1862/ 68

{therapy}

HEALTHWAY (Rehab
& Sports Medicine) -

SM City North Edsa,
442.0339-44; Shangri-La
Plaza, 910.4929-44; Market!
Market!, 889.4425-30;
Alabang Town Ctr., 850.6721

INTERCARE -
chiropractic, acupuncture,
myotherapy & rehabilitation
medicine, Kalayaan Ave.
Mkt, 890.3378/79; Alabang,
807.6863; Greenhills,
724.6631

MIGUEL DEL PRADO
- Sports & Occupational
Physical Therapist, Urdaneta
Village, Makati City,
0915.7256002

**MORO LORENZO
SPORTS CENTER** -
Ateneo De Manila Univ.
QC, 927.7726 loc 111

**PAIN & REHAB
CARE** - 5/L SM Megamall,
Bldg. B, 914.7256,
0917.8862293

TCM HEALTH CARE
trad. chinese medicine,
acupuncture, 3/F Mercury
Drug, Glorietta 3, Makati
City, 816.0898

**FOR COMPLETE
DIRECTORY
LISTING, VISIT
www.thebullrunner.com**

**mommy
Milkshake Marathon**
A Fun Run For Breastfeeding

9 August 2009

For inquiries, email
mommymilkshake@gmail.com

**T1
TRANSITION ONE**

**INSPIRED BY THE
MULTISPORT CULTURE**

**Miguel Antonio Lopez
09178478500
t1multisport@yahoo.com**

Dole

**AVOID
CRAMPS**

Have a DOLE® banana!

Bananas are high in potassium, which can help with muscle cramps. Sufficient potassium is one of the main causes of cramping and dehydration.

DINGDONG BIRUAR

April 5, 2009 | 8 am

- WEATHER: sunny
- PLACE: Station 1 Boracay
- DISTANCE: 15km
- TIME: 2:04:35



Email a photo of yourself running anywhere in the Philippines to thebullrunner@gmail.com. If your photo is printed, you win P3,000 worth of R.O. X. Gift Certificates!

RUNNER'S PLANET by Smith Herrera

I CAN'T UNDERSTAND HOW YOU CONFUSED THIS TO STARBUCKS... NO SIR, WE DON'T HAVE VENTI SIZED CUPS.



"Energize Your Life"

i·pure

GE

Far-Infra
Red Rays

3 in 1 ENERGY

NEGATIVE
ION



Energy Silicone
Bracelet

COMING SOON....

Exclusively Distributed by:

SPORTS Resources, Inc. • 671-9765 • 672-0510 • www.srphilts.com

PRINT avenue

print * design * copy



G/F CLASSICA TOWER, 114 H.V. DELA COSTA ST.
SALCEDO VILLAGE, MAKATI CITY, PHILIPPINES
(632) 888-4347 / (632) 752-1640
printavenue@gmail.com
printavenue.com.ph



CORPORATE &
PERSONAL PRINTS
INNOVATIVE &
CUSTOMIZED DESIGNS
DIGITAL PRINTING
SHIRT PRINTING



www.mizuno.ph



RUNNING
SEE US WORK

BEST SHOE

Performance

Fall 2008

WAVE PRECISION 9