

[RUNNERS' HOLIDAY GIFT GUIDE FOR EVERY BUDGET]

THE Bull Runner

RUNNING MAGAZINE

NOV 3 OCT-DEC 2009

FREE

PRINCESS OF THE ROAD

Tessa Prieto-Valdes celebrates life through running

Run Faster
Lose weight to improve your time

Running in Banaue
Travel secrets for runners

10 Smart Tips
for safe, injure-free runs

Do You Need Insoles?
Get expert advice

X-TIMEX

a publication of



thebullrunner.com

 **NEWTON**
Running

A SHOE FOR ALL RUNNERS

NEW!

SIR & LADY ISAAC: GUIDANCE TRAINER



Exclusively available at

RUNNR 

Bldg. B3, Bonifacio High Street

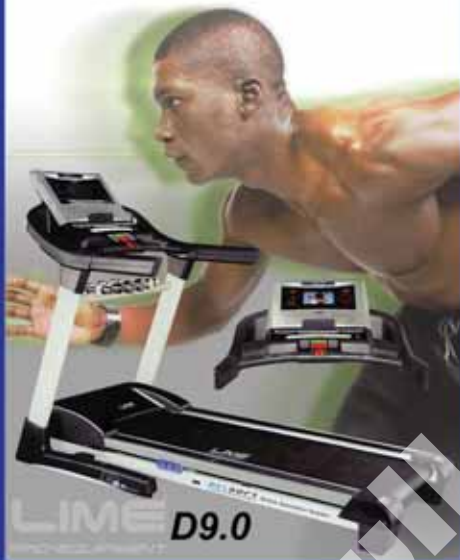
www.runnr.com.ph

 www.facebook.com/RUNNRstore

 www.twitter.com/RUNNRstore

LIME[®]

PRO-EQUIPMENT



Lifegear

PREMIUM EVA FOAM ROLLERS

**RESILIENT,
NONPOROUS!**

Top-of-the line rollers made of heat-sealed EVA foam to maintain shape and resist moisture and bacteria. Smooth surface cleans easily with anti-bacterial cloth.



TRX[®]

Suspension Training[®]

TRX Suspension training is a new category of exercise that allows you to leverage your own body-weight and gravity to improve strength, balance, stamina and flexibility all at once while strengthening your core all the time.

The human body is one mechanism and operates best and most efficiently when the whole body is highly trained.



Exclusively Available at

CHRIS

SPORTS

BETTER EQUIPMENT. BETTER GAMES.

www.chrissports.net



Editor's Note

EDITOR-IN-CHIEF	Jaymie Pizarro
PHOTOGRAPHY	Ben Chan
DESIGN & LAYOUT	Jaymie Pizarro
CONTRIBUTORS	Marga Deona Patrick Joson Mitch Felipe-Mendoza Jun Cruz Marie Calica Simon Sandoval Dr. George Canlas
CONSULTANT	Janice Villanueva

Tis the season for celebrating, but it is also a time for giving. We feature Tessa Prieto-Valdes, a generous runner who inspires us to find the joy in life through running. Browse through our runner's gift guide to find presents for running friends (or yourself!) We also share wise tips on running safe and losing weight during the Holidays.

Run with the Bulls, my friends!

Pizarro

Jaymie Pizarro, The Bull Runner

www.thebullrunner.com

TBR Inbox

SMALL BUT HELPFUL

"Truly, big things come in small packages. And that's what The Bull Runner is! I can finish reading it in less than 30 minutes yet it's packed with helpful tips, features, a directory and the run calendar. I can stuff it in my bag and keep me company wherever I go.

You are a blessing to the running community for sharing your magazine for free! What more can we ask for?"

- Carmen Cabiles

WIN!

Send an email to thebullrunner@gmail.com or write about us on your running blog. If your comment is chosen, you win one pair of Nike Running shoes! (Model may vary from photo)



Every effort has been made to ensure the accuracy of the information in this publication. The publisher nor its staff and contributors will not accept responsibility for any omissions, errors, or changes however caused. The opinions expressed in The Bull Runner Magazine do not necessarily represent the views of the publisher.

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

RUNNING POET

"The TBR magazine is truly great nutrition for anyone who considers running as their strong ambition.

But after reading through it all you might have a bad disposition

Because you'll have to wait another three months for the next edition!"

- Anton Cabalza

Anton wins one pair of Nike Running Shoes for his comment. Read his complete poem at thebullrunner.com. Search: Anton Cabalza

1.9 kilometers
of swimming.



90.1 kilometers
of biking



21.1 kilometers
of running



Not every athlete is an Ironman triathlete.

The Ironman 70.3 is a combination of 1.9 kilometers of swimming, 90.1 kilometers of biking followed by 21.1 kilometers of running. That is 113.1 kilometers of speed, power and endurance.

Not every sports watch is a Timex Ironman watch.

Since 1984, Timex has been working with the World Triathlon Association in the design and manufacture of watches that meet the grueling demands of tri-athletes. Timex Ironman watches are built for strength, performance and rigorous time-keeping standards in keeping with the ironman-will and determination of completing a triathlon race.

This 2009, the Ironman competition finally arrives in the Philippines. What better way to be a part of this tribute to endurance than to wear the watch chosen by Ironman tri-athletes world over...

Timex, Official Timekeeper.



Timex Ironman Race Trainer Digital Heart Rate Monitor Kit
SRP 13,990

TIMEX IRONMAN

RUN CALENDAR

OCT-DEC
2009

[RACES]

OCTOBER

3: RUN FOR CHILD, Bonifacio Global City 3/5/10k. Call 0919-5248906/ 0923-5769380

4: 5TH OCTOBER RUN FESTIVAL, Bonifacio Global City, 3/5/10/16k. Call 890-1954

11: MILO NATIONAL FINALS, Luneta 3/5/10/21/42k. Call Rudy Biscocho 727-9987

11: PHIL. STAR CELEBRITY RUN, Bonifacio Global City, 3/5/10/15k. Register at R.O.X. or Second Wind

11: TAKBO BREASTFRIENDS, Ultra, Pasig City, 3/5/10k. Call 557-8410/ 724-0162/ 721-8338/ 0917-8138149

18: 1ST QC INT'L MARATHON, 5/10/21/42k. Call Finish Line 703-1736. runnex.org/qcim2009/

18: MAYON TRAIL RUN, Legazpi City, Albay, 5/ 21k. www.mayontrailrun.com

24/25: SUBIC INT'L MARATHON, SCTEX, Subic, 10/ 21/42k. www.subicinternationalmarathon.com

24: NIKE+ HUMAN RACE, Subic Int'l Marathon, Subic, 10k. www.nikerunning.com.ph

25: ADIDAS KING OF THE ROAD, Bonifacio Global City, 5/10/21k. Call Rudy Biscocho 727-9987

25: TAKBASA 2009, CCP Complex, 2.5/5/10k. Call 856-1318/ 994-9730

30: SHAKE RATTLE & RUN, 2/ 5k, Bonifacio Global City

NOVEMBER

8: PASIG INT'L MARATHON, 3/5/10/42k, Manila. Call Rudy Biscocho 727-9987

8: FEET ON FIRE: RACE AGAINST CANCER, McKinley Hill, 3/5/10/15k, 6k relay.

15: TIME IS RUNNING, TIMEX 2009 RUN 3/5/10/21k, Bonifacio Global City. Call Finish Line 703-1736

15: YES RUN U.P. DILIMAN 3/5/10k. Call 426-1116/ 426-6001 loc. 5270

15: 7TH ANIMO RUN, SM Mall of Asia, 5/10k.

22: RACE & SHINE,

3/5/10/15k, Bonifacio Global City. Call 0920-9244282

29: Pioneer Mighty Bond Run, UP Diliman, 5/ 10k. Call 986-8286/ 0922-4722336

DECEMBER

4/5: PHIL. CANCER SOCIETY MARATHON RELAY FOR LIFE RUN. Call 0917-5140057

6: RUNRIO TRILOGY (1st Leg), Daang Hari Road, 3/5/10/16k. Call Finish Line 703-1736

6: TAKBO CAVITEÑO PARA SA KALUSUGAN, Dasmariñas, Cavite, 5/ 10k. Call 416-3941 loc. 0139/ 0935-9686501

6: 26TH RUNNEX 5/10K OPEN, U.P. Diliman. Register at Second Wind.

13: VSO BAHAGINAN KABAHAGI RUN, Bonifacio Global City, 5/10/15k. Call 374-6450 to 52

30: RIZAL DAY RUN, 30k. Call 497-6442

[CLINICS]

TUE/FRI, 7PM: NIKE RUNNING CLINIC, Coach Rio de la Cruz, Philsports

Complex (ULTRA)/ Bonifacio High Street, Call Coach Rio 703-1736, nikerunning.com.ph/clinic

TUE/WED/FRI,

5:30PM: TEAM BALD RUNNER SPEED TRAINING, Coach Saturnino Salazar, Philsports Complex (ULTRA), teambaldrunner.wordpress.com

SUN, 5:30AM: RUNNEX RUNNING CLINIC, Coach Jojo Macalintal, in front of Abelardo Hall, U.P. Diliman, Call Rene Villarta, 0915-6606291, www.runnex.org

SUN: RUN CPI RUN CLINIC (until Oct. 24), Coach Fidel Ringor, QC Circle, Call Marie, 716-5537, 714-7337, marie@cargosafeway.ph

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

For FREE event listing in our calendar, email complete details to thebullrunner@gmail.com

For regular event updates, visit thebullrunner.com

/INSPIRE/

The Sea Princess Hits the Road

WRITTEN BY MARGA DEONA
PHOTOGRAPHY BY BEN CHAN

FUN AND VIBRANT
TESSA PRIETO-VALDES
GETS SERIOUS WITH
RUNNING AND LEARNS
THAT HER LEGS CAN
TAKE HER FAR
BEYOND THE SEAS



THE CLICHÉ “LARGER THAN LIFE” APPLIES TO TESSA PRIETO-VALDES’

exuberance. After all, with all the things she does, the hours in a day seem too few. She maintains a weekly column chronicling everything exciting and colorful, sang and sashayed her way to win a celebrity singing contest, and dresses gaily like a princess who just stepped out of a fairy tale book. Oh, that doesn't end there – she's a wife and mother, an interior designer, and a sports nut. A running enthusiast, to be exact.

And the list goes on.

In an interview with Tessa some years ago during an invitational run, she was talking about getting into running seriously by running the 5k. Two years later, she has completed a full marathon and a half-Ironman triathlon.

It was a pleasant surprise to find Tessa's name in the relay division of last year's O3 Long Distance Triathlon as the runner of Team Valdes' 30-kilometer leg. Tessa was a regular fixture in 10k races earlier that year, but the 30k leg was in preparation for her first-ever marathon, the 2008 ING New York Marathon.

“After the NY Marathon, my goal was to finish the Ironman 70.3 and now that's finished, I am still thinking...” she discloses.

So how did she become serious with running in the first place?

“I started seriously running around three years ago when my cousin Jon-jon Rufino invited me to join a triathlon race in Subic for fun. At that time, I didn't even have a bike so I just did the swim and the run leg. The race was so much fun, he told me to train for a year



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.

for the NY Marathon and do the race with the rest of my cousins. Even if he is ten years younger than me, Jon-jon is so encouraging and inspiring that I did take up his challenge and completed that race. My coach Ani de Leon taught me the proper form with our twice a week sessions." Tessa shares.

With an ace triathlete like Ani to coach her, she had to make some adjustments in her lifestyle. "I had to definitely lessen my social life especially late night parties and events. My cocktail drinks are much less. My eating habits are different. My breakfast meals are more loaded with carbohydrates and so are my dinners."

While the rest of the fortysomethings encounter one midlife crises after another, Tessa is right smack in the middle of a midlife celebration. Be it over cocktails or road races, Tessa brings the party wherever her feet take her – flamenco or fartlek.

The oftentimes gown-clad Tessa also had to incorporate sports shopping

into her wardrobe. "My vanity table is filled with anti-wrinkle sunblocks, and muscle relaxing aids, like Tiger Balm, etc... all smelly stuff that makes me smell like a grandma according to Dennis, my husband." she humors.

Despite her recent achievements in running and triathlon, Tessa still calls herself Ani's "laziest student." Tuesdays and Thursdays are most crucial though, as they are for running drills, strengthening exercises, and long runs.

For Tessa, running is a celebration of life, a celebration of what she is capable of doing. "It is also the fulfillment and joy of the sport at this point in my life of being mid-forties. The body is capable of fantastic activities if you set your mind to it. I have never felt this healthy and energetic," she beams. With a marathon and a half-Ironman triathlon off her list, the possibilities are endless as to what she'll do next. In the meantime, we can only just wait with bated breath and wonder what next adventure Tessa will embark on. ●

Q&A with Tessa

- NO. OF YEARS RUNNING: 3
- DISTANCE OF CHOICE: 21km
- RUNNING SHOE: Newtons
- RUNNING MUST-HAVES: Oakley shades, Phiten necklace and socks, Body Glide, Timex watch, Shiseido SPF 50 for the face, Kerastase hair products, YSL lipstick, iPod
- FAVORITE APPAREL: Nike Tops, CW-X compression pants
- BEST RUNNING BUDS: Leica Carpo, Leana Farrales, and Leah Caringal
- POWER SONG: Madonna songs
- DREAM RACE: Boston Marathon



The Ultimate Runners' Gift Guide

RUNNING GEAR YOU WOULD LIKE TO GIVE...
AND RECEIVE!

1 Polar FT60 G1 Heart Rate Monitor

features a personalized training program to help achieve fitness targets. RUNNR, P23,395

2 Newton S Stability Racer

a lightweight shoe aimed at maximizing forward propulsion and optimal running technique. RUNNR, P7,450

3 Nike LunarGlide+ adapts to a runner's gait providing superior cushioning and as-needed support. NIKE P5,995

4 New Balance 1225 a stability trainer offering seamless transition from heel to toe-off. P6,395

5 AdiZero Tempo a lightweight trainer for motion control. P5,095

6 Timex Ironman iControl for iPod a workout watch that doubles as an iPod control. TIMEX P7,290

7 Mizuno Wave Creation 10 has a new Ortholite® sockliner and heel design providing excellent cushioning and comfort. MIZUNO P5,250



Above P5,000

P3,000 to P5,000



1 CW-X Stabilix Tights offers targeted support to the lower back and core and helps stabilize knee joints. RUNNR, P4,850,

2 Nike+ SportsBand 2.0 tracks time, distance, pace, and calories burned on a water-resistant, light weight band. NIKE, P3,295

3 Optic Nerve White Ranch I/C comes with four sets of lenses. RUNNR, SECONDWIND, KNOBBIES, & GRANTRAIL, P4,288

P1,000 to P3,000



1 Nordic Track Reflective Vest ensures runners' safety in the dark with its visible reflective stripes. CHRIS SPORTS, P450

2 Headsweats Supervisor most popular visor in the Headsweats line and a favorite among triathletes for its durability and light weight. Comes in 8 colors. SECOND WIND, SABAK, P900

3 Wrightsock Dual Layer Anti-blister Socks has inner and outer sock layers which absorbs friction normally transferred to the skin. The result... no blisters! SECOND WIND, SABAK. P370

4 Polar Insulated Bottle keeps the liquid cold despite the temperature outside. SECOND WIND, P600

5 Lock Laces elastic laces and adjustable lock offers a comfortable fit. Say goodbye to lace tying! SECOND WIND, P450

1 Finis Tempo Trainer acts like a personal coach by beeping at a runner's desired cadence. RUNNR, P2,300.

2 Crocs Prepair Slide uniquely designed to help muscles repair and recover after workouts. CROCS, P2,350

3 Nathan Speed 1.5 Energy Belt equipped with 5- and 10- oz nutrition flasks with molded holsters for quick access. Also features a race number clip and stash pocket. RUNNR, P1,295

4 50/50: Secrets I Learned Running 50 Marathons in 50 Days - and How You Too Can Achieve Super Endurance! by Dean Karnazes, RUNNR, P1,595

5 Ultimate Direction Fury Fuel Belt holds 20-oz. of liquid and 4 oz. of gel in an elastic and comfortable elastic web belt. For 5K or 10K runs. SECOND WIND, P2,000



Below P1,000

HYDRATION BASICS:

HOW TO DETERMINE AND REPLACE LOST FLUIDS

SWEAT 101

Whether you play ball, swim, run, bike or engage in any sport or physical activity under the sun, there will always be one common denominator- sweat!

And when you sweat, you lose electrolytes like sodium and potassium. These are essential elements that you can replace and replenish through a smart fluid-replacement plan!

Keep in mind these two important things:

1. How much do you sweat?
2. How much do you need to drink to replace sweat?

HOW MUCH IS ENOUGH?

Sweat rates can vary based on the weather or exercise intensity. Here's a good way to measure hourly sweat rate:

$$\frac{\text{The amount of weight lost during exercise (in oz)} + \text{The amount of fluid consumed during exercise (in oz)}}{\text{Fluid needed for good hydration}}$$

* Each 16 oz loss is equivalent to 1 lb.

For example, if an athlete loses 1.5 lbs (24 oz) during exercise, 24 oz each hour should be consumed during similar-intensity workouts. In this example, drinking 6 oz every 15 minutes would do it.

Another way of checking your hydration status is through the color of your urine. A well-hydrated person's urine will remind you of lemonade, while a dehydrated person produces less urine than normal and it looks darker, like apple juice.

Dehydrated



Hydrated

Signs of dehydration that could lead to serious effects: *THIRST *IRRITABILITY *FATIGUE *LACK OF FOCUS *DIZZINESS

THE MOST BASIC RULE: REHYDRATE PROPERLY.

Unlike water or other beverages, Gatorade has electrolytes, which are the minerals your body loses when you sweat. Backed by over 40 years of scientific research, no other sports beverage has been tested and 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



WHY RUN

What would make someone jump out of bed in the wee hours

Why would anyone want to stand in a starting chute alone

Ask any runner and the default reply you would get is, "Sarap eh!" Probe some more and you'll get countless reasons why running has become their sport of choice.

It's probably because running is an all-natural way to stay healthy. All you need is a sturdy pair of running shoes and you're ready to run countless miles. With the right motivation it becomes a habit, then that "runner's high" becomes a daily must-have.

Running also provides great mental escape. It allows your mind to temporarily detach from the world, and just let your thoughts run free - or maybe fly. Whether that's 5k on the road or 20k on a trail, running can be both a physical workout and a spiritual excursion.

Today, running has not only become a sport but a lifestyle. It has inspired people to constantly explore and test their limits, more than just the desire to be in shape or to look good. Many may find running to be boring or just not fashionable enough, but the truth is, it's one of the easiest and most fulfilling forms of exercise, only if you do it right.

You don't have to join races to enjoy the benefits of running. But races are a great way to set training

goals and gauge your improvement. With races every weekend, the Philippines has become a running junkie's heaven. The atmosphere at the start and finish lines is electric, and the adrenaline rush you get as you run through the cheering crowd is something you wouldn't find on solo runs.

So how are you sure you get off on the right foot?

Map out a course that is best suited for you. Whether that's your immediate neighborhood or an ultramarathon, what matters is to run on a course that matches your skills. Beginners should shy away from hills and stick to flat courses for their first few weeks.

Run at your own pace. If you're new to running, trying to match the pace of seasoned runners is a recipe for disaster. Even they will tell you that you should start running at easy intervals to help your body adapt to the new routine.

Use the right gear. Many first-time runners figure they can get away with running in basketball or badminton shoes. Wrong! Running shoes are designed to protect your feet from the pounding they will get. Today's

VE

rs of the morning before even the roosters start crowing? ong with thousands of strangers just for a t-shirt?

technology has also made it possible for shoe companies to create shoes that correct biomechanical flaws such as overpronation and supination. These conditions can lead to running injuries if not corrected so before you buy a pair of shoes, make sure they are meant for your feet. Leading running stores offer free gait analysis to determine your foot type and stride. This is the first step you should take before even looking at the shoes on the shelf.

Hydrate. Hydrate. Hydrate. You lose a lot of water when you run. Take sips of water or a sports drink regularly. Never gulp it down because you'll end up with a heavy feeling in the stomach. On longer runs, choose a sport drink so you can replace lost electrolytes.

Fuel naturally.

Runners expend a lot of calories during exercise. But this doesn't mean you're free to binge on anything. Pre-run meals or snacks should be high in carbohydrates but kept light enough so you don't run heavy. Immediately after a run, meals must be taken within 30 minutes to ensure you get nutrients to help rebuild your spent muscles. Granola bars such as Nature Valley are an excellent way

to replenish energy stores that are depleted during exercise as carbohydrates from whole grain oats are converted to blood glucose, and ultimately into glycogen, for fuel. Nature Valley is made of rolled, whole grain oats mixed with other wholesome ingredients like honey, fruits and nuts.

In addition, whole grain has vitamins, antioxidants, carbohydrates, phytonutrients, minerals and fiber that work together in powerful ways to promote health. Nature Valley is 100% natural with no artificial flavors, colors, preservatives, cholesterol and trans fat, so you enjoy pure and all-natural goodness. What's more Nature Valley is delicious!

So now for your every run or any outdoor adventure, whether you are a beginner or an adventure enthusiast take Nature Valley with you. Get started naturally with Nature Valley.



Run Safe & Smart

BY COACH PATRICK JOSON

SO YOU'RE HOOKED INTO RUNNING? Before you go any further, practice these wise tips to ensure an injure-free and enjoyable run:

- Visit a cardiologist and have your heart condition checked before you begin your running program.
- Make sure you are using not just a good pair of running shoes, but one that is right for your foot type.
- Walk for a minimum of 5-10 minutes before you start running. This will regulate your heart rate.
- Stretch after a warm-up & cooldown.
- Eat proper amounts of carbohydrates and protein so you have fuel to burn.
- Get a massage at least once a month to prevent muscle tightness.
- During long and slow runs, keep your heart rate within 80% of your maximum heart rate.
- Running hills can improve your performance, but make sure to take recovery breaks in between.
- Hydrate every 15 to 20 minutes to avoid dehydration.
- Consult with a coach or a physician if you are experiencing pain.



GUEST COACH: PATRICK JOSON

Patrick is a triathlon and running coach in the Alabang area. He admits to getting butterflies in his stomach whenever he witnesses his students beating their "personal best" or achieving a "runners' high." He is also an entrepreneur and Yabang Pinoy advocate.

Run for Home Globe Ayala
Land City Run for Habitat for
Humanity



Kenny's Open 2009
Urbanite Run

iamninoy Runners' Group
Heroes Run



Organizer



Race Manager



Race Director



Communications Manager



**Quezon City
International
Marathon**

October 18, 2009
Quezon Memorial Circle
5km • 10km • Half Marathon (21KM) • Full Marathon (42KM)

- Call Finishline at 703-1736.

Look for Merlyn Teves. (Mon-Sat 8am-6pm)

- Email to QCIM@finishline.ph

- Visit www.runnex.org/qcim2009/



C.A.R.B.S. for Weight Loss

BY MITCH FELIPE-MENDOZA, M.A., P.T.R.P

Keeping the right weight will do wonders for your running performance. Follow these guidelines (C-A-R-B-S) to maintain or lose weight and, hopefully, improve your running time:

Customize your eating plan based on your current and goal weight, activity level, and lifestyle. Never deprive yourself by following a strict diet plan like eating less than 1,200 calories/day. Losing more than 2 pounds/ week will not work for a performance runner.

Avoid drinking alcohol especially at night. It contains useless calories and causes you to consume other high-fat foods like “chicharon” and chips. It also disrupts your sleeping pattern and affects your performance the next day.

Regulate your total daily intake by eating at regular intervals. Avoid hunger pangs and ensure a quality running performance by eating every 3 to 4 hours consisting of 3 main meals and 2 to 3 snacks.

Balance your plan by including the right amounts of protein (15-25%) and fat (20-25%) in your diet aside from carbohydrates (55-60%). Have enough fruits and vegetables for needed vitamins, minerals and fiber. Hydrate yourself well with water during the day.

Substitute complex carbs for sweets or junk foods. Ask yourself, “Will the calories I will be taking in from this food contribute to my performance or will it just make me gain weight?” Instead of eating pastries, opt for a low-fat carbohydrate meal like pasta or sandwich instead.



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

5

Healthy, Holiday Treats

MIXED FRUIT SALAD

a good source of complex carbs and contains important disease-fighting phytonutrients

CEREAL & OAT SNACK BARS

delicious, low-calorie alternative to brownies

RICE CAKE WITH LESS BUTTER

satisfying and boosts energy levels

BANANA/ YOGURT SHAKE

a low-fat alternative to milkshakes; it contains calcium, carbohydrates & potassium to help combat cramps

LEAN CHICKEN/ TURKEY WITH CHEESE & LETTUCE ON WHOLE GRAIN BREAD

a complete meal!



We asked experts in their respective fields (yes, they are runners, too) to supply the answers to a few of your running questions:

Q DO RUNNERS REALLY NEED INSOLES?

A Not all runners need insoles.

It is only recommended for certain foot types. The best way to determine if you require insoles is to visit credible shoe stores or an orthopedic surgeon who will analyze your foot type by way of a pressure plate, video gait analysis, or mirrors to study your foot anatomy and make the proper recommendation.

- Dr. George Canlas is an orthopedic surgeon specializing in sports medicine. He was once a member of the National Track Team.



Q CAN YOU RECOMMEND A GOOD SUNBLOCK THAT WON'T LEAVE ME FEELING HOT AND STICKY WHILE I RUN?

A I've roadtested quite a number of sunblocks in my line of work.

My top three picks for greaseless, perfect-for-running choices are:

1. VMV Hypoallergenics Armada Sport 70, at VMV Hypoallergenics stores
2. Murad Oil-Free Sunblock SPF 30, at Rustan's
3. Hawaiian Tropic SPF 45 Sheer Touch Sunscreen, at Rustan's, PCX

If you still feel a sticky film, remember – sticky is better than sun-damaged!

- Marie Calica, former beauty and fitness editor of Marie Claire Phils., is a freelance beauty writer and makeup artist, rock climber, and runner (www.thebeautycoach.wordpress.com)



ASK THE EXPERTS! Email your running questions to thebullrunner@gmail.com and we'll help you get the best answer from our panel of running experts.

Age Defiance: Kim Ong Runs Beyond 60

At her prime, artist Kim Ong proved that it's never too late for someone to take on a challenge. "I did my first marathon when I was fifty," she shares. Now, many long-distance races and an ultramarathon later, Kim keeps finding ways to challenge herself. Her first full marathon at San Diego in 1999 was the start, and she never looked back. She has done several other marathons, with Hong Kong, Singapore, and the San Diego Rock n Roll, among many others.

Kim's drive is fueled by her passion for the new and exciting. By eating right, following a training program, and looking after her health, she manages to be on top of her game. "I listen to my body, I put on the mileage, but the key is, I do what my body tells me," she confesses.

She also engages in other activities such as yoga, core training, and pilates that enable her to keep on running. "I do things in full force, even if I'm not young anymore. However, I have the stamina; it's something you get by age."

Kim likens herself to an engine – "I'm not a brand-new one, but I always have to double-check, tune up, listen to my body very, very closely. The body is an artwork – there should be a symmetry among the elements in it to maintain strength and spirit," she says.

What gives her that added boost to go the distance is her choice of Hammer nutritional supplements that give her that rock-solid surge of energy during intense performances, eliminates post-exercise discomfort, and accelerates muscle recovery time. To top it all off, Kim fuels herself for extreme endurance so she can enjoy her life as an artist, mother, and grandmother.

In the running world, Kim is known for being very motherly and caring to her fellow runners. But don't be fooled by the sweet smile and gentle demeanor – Kim's resilience is her main fuel, and it has taken her distances beyond sixty.

ADVERTORIAL

KIM ONG

Marathoner, Grandmother

The Bull Runner



ENDURANCE FUELS
AND SUPPLEMENTS

www.hammernutrition.com.ph



SIMON SANDOVAL

11 July 2009 / 10 A.M.

Weather: Overcast

Place: Banaue

Distance: 68k

Time: 13:42:00

RUNNING IN BANAUE & SAGADA

We asked Simon Sandoval, Pinoy Ultra Runner and recent finisher of The North Face Ultra-Trail du Mont-Blanc (UTMB) in Chamonix, France for running and travel tips in Banaue and Sagada:

WHERE TO STAY: Banaue Hotel and Youth Hostel (Banaue), Sagada Homestay (Sagada)

WHAT TO BRING: rain and cold weather gear, hydration, headlamps, food, money, and of course, a camera

WHY RUN IN BANAUE? The air is clean, people are friendly, traffic is sparse, and the views are great! There is a lot of concreting going on between Banaue, Sagada and Baguio, so the road conditions will improve soon. Unfortunately, this will also make the run less exciting!

Congratulations to Simon for winning P3,000 worth of R.O.X. Gift Certificates for his travel photo. Email a photo of yourself running anywhere in the Philippines to thebullrunner@gmail.com. If your photo is printed, you win P2,000 worth of Timex Gift Certificates!

/RUNNER'S DIRECTORY/

(stores)

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

BOTAK - 131 Kamuning Road, Q.C., 922.7868, 929.7743

CHRIS SPORTS - SM City The Annex, 441.1889; SM Marikina, 477.1933; SM North Edsa, 928.1487; Market Market!, 886.7467; SM Megamall, 633.4946; SM Manila, 522.1345; Glorietta, 818.6124; SM Sucat, 829.9549; SM Bicutan, 776.0899; Festival Mall, 771.0504; Robinsons Ermita, 536.7847; SM Mall of Asia, 556.0260 (For complete listing, visit thebullrunner.com)

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



Complement your Running Fitness with Smart Swimming

Aqualogic Swim Co.

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

Tubal Immersion
Licensed Swim School



Two Cavendish Bananas give an instant and sustained boost of energy perfect for running!

Buy 2 DOLE® CAVENDISH BANANAS before your weekly training and get **P3 OFF**

Simply fill up below and present the coupon to the cashier for redemption.

Name: _____ Age: _____
Email address: _____

Avail at Mini Stop stores (Metro Manila) only
Valid from October to November 2009



ZXU COMPRESSION

HUMAN PERFORMANCE. MULTIPLIED.

HIGH PERFORMANCE COMPRESSION WEAR

COMING SOON!

Exclusively Distributed by: SPORTS Resources, Inc.
Tel. Nos. : 671- 9785 672-0510 www.srphits.com

RUNNER'S PLANET

by Smith Herrera

I'm training and this is called "Carbloading." Don't you know a bottle of beer has 13 grams of carbohydrates?



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

TOBY'S SPORTS - Shangri-La 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)

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 - Or thopedic Multispecialty Ctr., Ortigas Ave., 635.6789 ext 6521; Second Wind, 799.2089

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

(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,

RIZAL DRIVE, BONIFACIO GLOBAL CITY . 856 5900

smart start breakfast



KIDS UNDER 5 YRS. OLD EAT FOR FREE!

"Energize Your Life"

i·pure

GE

Far-Infra Red Rays

3 in 1 ENERGY

NEGATIVE ION



Energy Silicone Bracelet

NOW AVAILABLE
at selected Toby's Sports Branches.

Exclusively Distributed by:

SPORTS Resources, Inc. • 871-8785 • 872-8510 • www.srghits.com

0932.2580722,
ferdinelespejojr@yahoo.com

PATRICK JOSON
Running & Triathlon, Alabang
area, 0917.527.7141

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

JOJO MACALINTAL
Running, Spinning &
Triathlon coach, 920.3864,
0927.7637930,
jojomacalintal@yahoo.com

**MITCH FELIPE-
MENDOZA** Lifestyle
& Weight Loss Coach
(for runners & weight
mgmt), Makati & Fort area,
0917.5033142, mitchfelipe@
gmail.com

ARMAND MENDOZA
Weight Management,
Physical Therapy, Sports
Nutrition, 0917.9517733,
askarmand@gmail.com

**SATURNINO
SALAZAR JR.**
Running, Physiotherapist,
and Sports Massage
0920.5367038,
saturnwalkerjr@
yahoo.com, http://
teambaldrunner.com

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

**WAIT
for it to
kick in**



[www.secondwind
runningstore.com](http://www.secondwindrunningstore.com)
Tel. no. **799.2089**

Cho-Pat®
Proven For Active Lifestyles

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



Shin Splint
Compression Straps

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.** • 671-9765 • 672-0510
www.srphilis.com

**2 out of 5 Filipinas are affected with
anemia. If you often look pale, feel tired
and dizzy, you could be one of them.**



**To fight anemia,
take Iberet Active!**


The brand trusted by
most doctors for anemia



MULTIVITAMINS + IRON
IBERET Active
For Women of Strength




Manufactured and marketed by AIBOLIT (PHILIPPINES) HEALTH GLOBAL SERVICES INC.
Aibolit is a registered trademark of Aibolit (PHILIPPINES) HEALTH GLOBAL SERVICES INC.
© 2011 Aibolit (PHILIPPINES) HEALTH GLOBAL SERVICES INC. All rights reserved. AIBOLIT (PHILIPPINES) HEALTH GLOBAL SERVICES INC. is a subsidiary of Aibolit (PHILIPPINES) HEALTH GLOBAL SERVICES INC.



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

RS300X



**SPEED
DISTANCE
HEART RATE**

POLAR
LISTEN TO YOUR BODY

Exclusively Distributed by: **SPORTS Resources, Inc.** • 671-9765 • 672-0510 • www.srphilis.com

MARI JAVIER

Executive, Ultramarathoner

5k	18 mins
10k	38 mins
15k	57 mins
21k	1 hr 29 mins
42k	3 hrs 34 mins
102k	12 hrs 30 mins

"I love continuously pushing myself past the boundaries of my physical capabilities. If I were a car, I would have probably been an automobile convertible. Now, I feel like I'm the sportscar version."

Read Mari's full interview on
www.thebullrunner.com

Search: Mari Javier



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

WHERE HAVE YOU BEEN TODAY?

Let the Wave carry you further than ever before.

Mizuno Wave technology gives you the smoothest, most comfortable ride ever. The Wave Plate provides unrivalled cushioning and stability, working in harmony with the way you run.

THE BUILT RUN!



www.mizuno.ph

WAVE MUSHA