

THE Bull Runner

RUNNING MAGAZINE

JAN-FEB 2010

FREE

ANI DE LEON

How the Ironwoman
Fell in Love
with Running

Shopping for Shoes

10 Smart Tips
Before You Buy

5K BEGINNER'S TRAINING PROGRAM

Runners' Diet
What Runners
Should Eat



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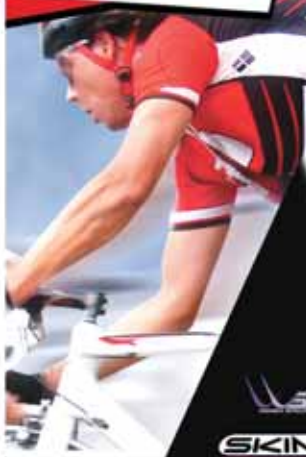
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Editor's Note

As more people lace up to run, we thought it best to devote the first issue of the new year to BEGINNERS. One athlete who helps newbies get off on the right foot (no pun intended) in running and inspires runners of all levels to reach for their goals (as she did in Ironman Hawaii) is Coach Ani de Leon. Browse through our pages to find more information to kick off this running year with a blast!

Jaymie Pizarro, The Bull Runner

www.thebullrunner.com

The Bull Runner
MAGAZINE

ISSUE 4 • JAN-FEB 2010

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TBR Inbox

"For a new running convert like me, I find your magazine a veritable trove of running info and essentials. Its sleek and glossy layout makes it an easy-read without going overboard on ads. Your concept of featuring guest coaches and celebrities is also worth commending. I particularly enjoyed your inspiring article on Drew Arellano. If a busy showbiz personality like him can find time to compete, I see no excuse why I myself can't take this hobby to a higher level.

More power to TBR (and hopefully, more miles to run for me)!"

- Malou Orbe

Congratulations, Malou! You won one pair of Nike Running Shoes for your comment.

**WRITE
US!**

Send an email to tbrmag@thebullrunner.com or write about us on your blog. The next issue's published commenter will win one pair of **Nike Lunar Elite 5!**





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?



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

AND WE'LL DELIVER IT TO YOUR DOORSTEP.



RUN CALENDAR

Jan-Mar 2010

[RACES]

JANUARY

- 10: CEBU CITY MARATHON,** Asiatown I.T. Park, Cebu City, 5/ 21/ 42k. www.cebumarathon.com
- 16: TAKBO PARA KAY GIBO,** 3/ 5k, Bonifacio Global City. www.takboparakaygibo.com
- 17: PSE BULL RUN,** 3/ 5/ 10k, Bonifacio Global City
- 17: ISANG ARAW LANG TAKBO PARA SA LIBRENG EDUKASYON,** 300m/ 1k/ 3k/ 5k/ 10k/ 21k, SM Mall of Asia. Call 239-8249. Visit www.sports37.net
- 24: 1ST RUN GREEN MARATHON,** 3/ 5/ 10k. Register at De la Salle Zobel, Ayala Alabang, Muntinlupa City. Call 771-1653.

FEBRUARY

- 7: THE CONDURA RUN FOR THE DOLPHINS,** Bonifacio High Street, 3/ 5/ 10/ 21/ 42k. www.conduraran.com
- 14: NORTHFACE THRILL OF THE TRAIL AT NUVALI,** Sta. Rosa, Laguna. 11k/ 22-25k.
- 21: CENTURY TUNA SUPERBODS RUN,** 3/ 5/ 10/ 21k, Bonifacio Global City. Call Finish Line 703-1736. www.centurysuperbodsrun.ph

28: VSO BAHAGINAN FUNDRAISING RUN, 3/5/10K. Call 374-6450

31: RUN ASSUMPTION RUN, SM Mall of Asia, 3/5/15/21K

MARCH

- 6-7: 2ND BATAAN DEATH MARCH ULTRAMARATHON** 102K, Mariveles, Bataan to San Fernando, Pampanga. www.bataan102.com

7: UNILAB RUN UNITED FOR WELLNESS, Bonifacio Global City, 500m/ 3/ 5/ 10/ 21K. www.unilabwellnessevents.com. Call Finish Line 703-1736

7: RUN AGAINST THE ELEMENTS: ATENEO COSA FUN RUN 2010, Ateneo Campus Grounds, 3/ 5/ 10k.

7: ATENEO AQUATHLON, Ateneo de Manila Univ. Campus and Loyola Schools Swimming Pool. www.ateneoswimming.com

21: GLOBE RUN FOR HOME 2010, 3/ 5/ 10/ 21k. Call Finish Line 703-1736

28: BOTAK PAALIGSAHAN 1ST QTR, Lake Drive, Burnham Park, Baguio City, 5K/10K/21K/1 mile. Call Franco Atienza 0923-828-6570, 922-7868. www.paaligsahan.com

[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

THU, 7:00PM: MiZUNO RUN CLUB, Coach Ige Lopez, Mizuno, Bonifacio High Street

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

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

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

For regular event updates, visit thebullrunner.com

ANI AND HER IRON WILL

Accomplished running coach and triathlete Ani de Leon looks back when she began – back in the days when she dreaded running.

WORDS BY MARGA DEONA
PHOTOGRAPHY BY BEN CHAN
SHOT ON LOCATION AT NUVALI, STA. ROSA, LAGUNA

HOW WOULD YOU HAVE THOUGHT THAT ANI DE LEON DREADED RUNNING YEARS AGO?

Yes, Ani de Leon, the first Filipina to wave the Philippine flag at the Ironman World Championships in Hawaii. The Ani who coaches at running clinics and multisport clubs. The very same Ani who hoards podium finishes in local and international races, whether in running or multisport.

The 34 year-old Ani, who was a swimming varsity member during her school days, was good in the water, but dreaded the weekly runs mandated in their training program.

“It took a while for me to love running,” she giggles. “After graduating from college, I needed to take up something that was competitive, because after college you don’t really have any

swimming competition to join apart from collegiate meets. Most of my friends, including my sister Sinag – she’s really the first one to get into the sport in the family – were into triathlon already, so they told me to give it a shot.”

Soon, the running-phobic Ani found herself – grudgingly, however – training for running. The swim she didn’t have to exert much effort into, the bike just a bit of training, but the run was something she had to pay a lot of attention to. Eventually, Ani learned to love the sport, thanks to an Australian coach named Tony Benson who trained her for two months and gave her a program which she meticulously followed. Eventually, her efforts paid off. “I consult him every so often,” she says. Add to that a disciplined diet and fitness regimen – supplements and gels from



Hammer, the right amount of sleep, and refraining from late night-outs and booze – and Ani soon found herself in good running shape.

Now, Ani is a running coach for corporate-sponsored running clinics and clubs, and also the program director for the Super Tri Kids – a program aimed at immersing children into multisport – and Pia Cayetano's Pinay In Action program.

For Ani, being a good coach doesn't equate to being a good athlete. "A good coach knows and understands her students. If they're *tinatamad* or feeling out of it sometimes, I understand that; I've been there. But, I'm here to help; you're here to commit."

Undeniably, Ani happens to be both. Apart from being a former member of the national triathlon team, and for consistently placing in local and international multisport races, she is also a formidable figure in the running circuit in the Philippines. The petite lady with her strong, stocky build dashes to the

podium at any given road race – disproving herself when she once told herself that running was her weakest suit.

A runner's journey almost always has a tough beginning. But Ani, despite her achievements in the running and multisport circuit, admits the follies of her first foray into the multisport scene, and overcame her initial prejudice against running through her commitment to improve her performance. "Now I love it! I really do," she gushes.

Ani explains that the effort, the commitment, and the resolve she had when she decided to run made her love the sport so much. "Think of it as an investment – I invested time and effort into research, into getting proper coaching, into a lot of things," and it eventually pays off. Ani might have ran countless marathons already, but the journey to loving the sport was much, much longer. After all, love is not a mere feeling – it is a decision. ●

“I'M HERE TO HELP...”

INSPIRE



YOU'RE HERE TO COMMIT."

10 BEST SHOE SHOPPING TIPS

1 Identify which of your existing shoes has worked for you. Stick with that model, or any other shoe equivalent. For instance, Asics Gel 1140, Mizuno Inspire 5, New Balance 749, Nike Air Span

2 Get your run workout done in the morning so you have tired legs and feet when you fit the shoes. This will give you an idea of how the shoe will feel at high mileage.

3 Shop in the afternoon since your feet tend to swell later in the day.

4 Know your foot type via static check. After a shower, step on a light-colored surface to leave an imprint of your foot. This will determine if you have a high, medium, or low arch.

5 Even better if you submit to a gait analysis from a reputable shoe store. Video gait analysis always triumphs over static check.

6 Assess and prioritize what you need from your new running shoe: weight, color, breathability, aesthetics, lacing, cushioning (gel, wave plate, air, energy, adiprene), height of the shoe, triathlon or duathlon specific.

7 Visit a running specialty shop where people are highly-trained and knowledgeable about their products. The worst scenario would be to get the wrong advice and purchase expensive yet inappropriate gear.

8 Bring your most recent running shoe so shoe experts can assess the wear and tear.

9 Be ready to answer a series of questions by the store personnel regarding your running. If you have a journal, bring it.

10 Prioritize comfort. Your new shoe will house your foot for the next 600 kms; make sure your feet feel at home.



Hector Yuzon is the owner of Secondwind Running Store, the first running specialty shop in the country. He is an avid runner and triathlete and is a member of the Pinoy Ultra Runners. Hector is a self-confessed shoe addict with over 80 rubber shoes in his collection.

NEW YEAR, NEW GEAR

There's nothing like brand new running shoes and accessories to motivate you for 365 days of running ahead.

Halo Protex Bandana

features Sweat Block Technology which keeps sweat away from the eyes.

It allows for maximum sweat absorption and sun protection. RUNNR, P1,995.



Newton Mens All Weather Trainer Running Shoes

accommodates all foot-types and features a wind resistant, water-repellent breathable upper, gusseted tongue, with high reflectivity for cold, dark, weather. RUNNR (END JANUARY), PRICE: TBA.

Lifegear Resistance Bands

offers a versatile form of strength training for runners. CHRIS SPORTS, LIGHT RESISTANCE, P256; MEDIUM P266; HEAVY, P276; ULTRA HEAVY, P296



Bodyglide Anti-Chafe Balm

prevents and relieve hot spots on feet and chafed or chapped skin from head to toe. RUNNR, P399

Power Balance Silicone Wrist Band

improves energy flow throughout your body using holograms embedded with frequencies. The bands develops balance, strength, and flexibility. HEALTH & BEYOND, P2,200



The Zoot Ultra Race 2.0 Men's Running Shoes

is designed for the triathlete who aims for quick transitions and more efficient runs. It allows for sockless wear and provides a snug, dynamic fit while maintaining breathability. PLANET SPORTS ROCKWELL & TRINOMA (MID-JANUARY), PRICE: TBA. CALL 756-5007

6 Weeks to Your FIRST 5k

BY COACH ANI DE LEON



This training program will take non-runners and beginners through a gradual and safe progression to their first 5km race.

WEEK 6	MON TUE WED THU FRI SAT SUN	Rest + Strengthening Run 15min including 7.5min at 75-85 % effort Rest/ Cross Train + Strength Run 20min, 3x2min fast (1min easy) Rest Run 20min at 75% effort Run 35min at 60% effort preferably on rolling terrain
WEEK 5	MON TUE WED THU FRI SAT SUN	Rest + Strengthening Run 20min including 10min at 75-85 % effort Rest/ Cross Train + Strengthening Run 30min, 5 x 2min fast (1min easy) Rest Run 20min at 75% effort Run 40min at 60% effort preferably on rolling terrain
WEEK 4	MON TUE WED THU FRI SAT SUN	Rest + Strengthening Run 20-30minutes easy Rest/ Cross Train + Strengthening Run 20-30minutes easy Rest Run 30min at 85% effort Rest/ Cross Train



- **STRENGTHENING:** Strength or resistance training at home or in the gym
- **CROSS TRAIN:** Walk, Bike, Swim or any cardiovascular activity
- **Run 30min, 5 x 2min (1min):** This would mean Run for 30min including 5 x 2 min fast run with 1min easy jog in between efforts

WEEK 3	MON TUE WED THU FRI SAT SUN	Rest + Strengthening Run 30min including 12min at 75-85% effort Rest/ Cross Train + Strengthening Run 30min, 5 x 3min fast (1min easy) Rest Run 30min at 75% Run 45min at 60% preferably on rolling terrain
WEEK 2	MON TUE WED THU FRI SAT SUN	Rest + Strengthening Run 30min including 15min at 75-85% Rest/ Cross Train + Strengthening Run 30min, 5 x 3min fast (1min easy) Rest Run 30min at 75% Run 45min at 60% preferably on rolling terrain
WEEK 1	MON TUE WED THU FRI SAT SUN	Rest + Strengthening Run 30min, 5 x 1min fast (2min easy) Rest/ Cross Train Run 20-30min, 5 x 45sec fast (60sec easy) Rest Run easy up to 15min, 4x30 sec fast (1min easy) RACE DAY 5k

ASK THE EXPERTS

Q CAN I RUN A MARATHON WITH LESS THAN A YEAR OF RUNNING UNDER MY BELT?

A Sure you can. To run a marathon, you need a minimum of six months running experience. Other factors such as your athletic background, training program, and dedication must be considered to determine your success.

Having said that, however, my advice to you is this: Wait a little longer before plunging into a marathon. The short duration of your training may not build your endurance enough to give you a strong finish. You may earn bragging rights to finishing all 42kms, but your run may be tiresome, painful or worse, traumatic due to the lack of training. Conversely, if you gradually build your mileage base, you increase your chances of finishing strong, injury-free, and with a smile on your face.

Coach Rio de la Cruz is a personal coach, former coach of the U.P. Track team, and head coach of the Nike Training Clinic. He also organizes running events through his company, Finish Line. Coach Rio recently qualified 2010 Boston Marathon with a time of 3:05.



START THE

Like the fresh scent of morning that signals
butterflies-in-the-stomach, ready-to-go feeling

2010

NATURE VALLEY
NATURALLY DELICIOUS

OATS 'N
HONEY



The Bull Runner

YEAR RIGHT.

the start of a new day, every New Year gives you that
that you have come to look forward to on a regular basis.

And like every morning before a run, the New Year makes you ponder on ways to improve yourself. Last year's resolution was to trim down and be more like eye candy rather than an eyesore. However, you didn't just shed the pounds but found a new hobby: running. And you made a lifestyle out of it. Good job on that.

To keep that lifestyle going, here are some New Year's running resolutions that could take you kilometers further on the road to self-improvement.

Time to step up

You've improved your time significantly since you started running last year. Why stop there? It's time to step on the gas. Pedal to the metal. A full marathon may seem far-fetched. But then again, didn't you just recently think a 10-kilometer run was too much of a stretch until you successfully completed one?

Take it to the next level

Take advantage of the latest breakthroughs in technology. Get a digital personal trainer to accurately measure the distance you run and monitor your heart rate. And to improve your running form, get a pair of those cutting edge lightweight shoes that encourages running on your midfoot or forefoot.

These may not immediately improve your personal record but given time and proper use you will definitely see improvement.

More time for exercise, less nights out

A night out in Serendra or a morning on the pavement of High Street. We all know what's good for us but we still find it difficult to decide. A Saturday night out severely affects our performance for the next morning and may even make us skip a run. Think about this: if you've sweat blood in the effort to improve your physical conditioning, why take a step backwards by missing on exercise?

Spread the word

How can we forget our running messiah, that person who introduced us to the world of running? Let's show some appreciation to the cause by spreading the word. Pass the goodwill forward by taking time to introduce the uninitiated to the benefits of running. Visit <http://thebullrunner.com> to schedule your next race.

Attend more charity runs

With the increasing popularity of running, same-day fun runs are commonplace. There is nothing wrong with choosing events that give away attractive singlets and tons of freebies. Listen to your conscience once in a while and choose a run that espouses a good cause. Doing good most certainly increases your runner's high.

Running and bonding go together

Since when did you start being so competitive? Running isn't solely about improving your personal record. Over and above that, it's about having fun. There is no shame in running at a leisurely pace while bonding with friends or family and getting healthy together.

Get started eating right

You had all the good, rich food during the holidays. Now it's time to get started on eating what's good for your body.

Nature Valley® granola bars provide the fuel to get you up and about. Each bar is a satisfying and delicious snack made of whole grain rolled oats mixed with other wholesome ingredients like honey, nuts and fruits. Nature Valley® granola bars provide energy from carbohydrates ideal for active lifestyles.

Nature Valley® granola bars are 100% natural with no artificial flavors, colors, preservatives, cholesterol and trans fat, so you enjoy all-natural and delicious goodness.

Try snacking on a bar before a run for added vigor or to replenish lost energy.

So on top of your to running to-do list, pack on a couple of Nature Valley® granola bars for the gang on your regular runs, for that extra kick that will have you guys leading the pack.

Start the year on the right foot with Nature Valley® and get started naturally.

THE Runner's Food GUIDE

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



What's a runner to eat? We've prepared a quick and simple guide to a runner's balanced diet:

GRAINS AND GRAIN PRODUCT

6-11 servings/day
1 serving = 1 slice bread or ½ cup cooked rice/ pasta

- provides essential energy for daily activity and running performance
- aids in the proper utilization of body fats to energy
- helps regulate over-all metabolism essential for weight control
- helps maintain brain and nervous system functions essential for alertness and coordination.

rice
pasta
oatmeal
camote
potatoes
bread
corn
pancit
cereals

VEGETABLE GROUP

3-5 servings/day
1 serving = 1 cup raw or ½ cup cooked

- green leafy veggies - good source of B complex vitamins
- red veggies - contain lycopene, good for cardiovascular benefits
- orange veggies - have large doses vitamin A for eye health, skin/hair condition, and hydration.

kangkong
pechay
tomatoes
carrots
squash
mongo
green peas

FRUIT GROUP

2-4 servings/day
1 serving = 1 medium fruit or 6 ounces fruit juice

- contain various amounts of essential vitamins and minerals
- vitamins in fruits play a vital role in converting carbohydrates to energy
- whole fruits contain soluble fiber, for lowering blood cholesterol and increasing the longevity of one's fullness after a meal

banana
apple
pineapple
watermelon
melon
oranges
guava
papaya

FUEL UP FOR THE BIG RACE!

To run your best, you need to be properly hydrated. Follow these tips before, during and after your run.

DRINK BEFORE YOU RUN.

Prehydration is important especially for long-distance runs. If your urine is very dark (concentrated) and low in volume, you need to drink more fluids before running.

WATER ISN'T ENOUGH.

Water tells your brain to "turn off" thirst before your body's fluid needs are met. It also doesn't provide what your body needs – fuel and electrolytes – to help you finish the race and give your best performance.

WILL DRINKING BEFORE THE RACE MAKE YOU FEEL BLOATED? DEPENDS WHAT YOU'RE DRINKING.

If it's the right sports drink, the effect is just the opposite. Gatorade is formulated to avoid stomach upset and bloating during sports.

DRINK ON THE RUN.

To determine how much to drink during a race, weigh in before and after a practice run of an hour. If you lost weight (more than 1% of body weight), increase fluid intake. If you gained weight, cut back the next time you run.

FINISHED THE RACE? LET'S DRINK TO THAT.

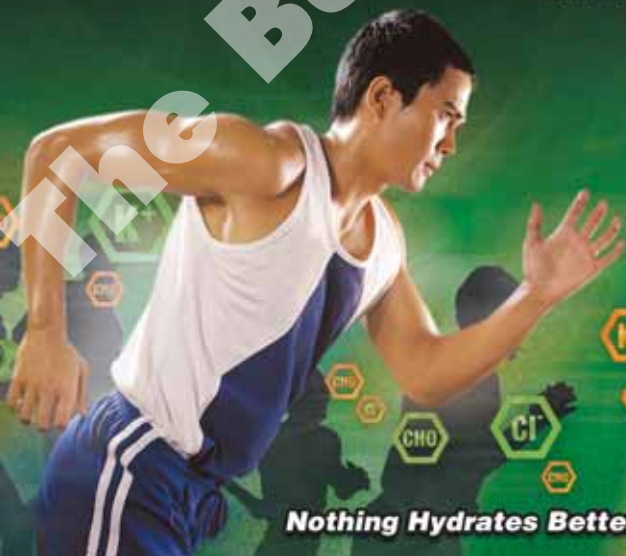
Always rehydrate after your run. If you lost weight, drink 125% to 150% of the weight you lost to rehydrate.

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 carbohydrates to fuel your muscles' performance and prevent them from cramping. Importantly, only Gatorade is backed by 40 years of scientific research. 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



Nothing Hydrates Better

NUTRITION

MEAT AND MILK GROUP

2-3 servings of meat plus 2-3 serving of milk group/day

1 serving = 3 oz cooked meat/ fish, and 8 oz milk or 1 cup yogurt

- very important during training and for recovery after a run
- helps in formation and repair of muscle tissue, brain, skin, hair, and connective tissues
- plays an important role in the formation of blood cells, hence helping to boost one's immune system

beef
pork
chicken
fish
seafood
lentils
eggs
milk
cheese
yogurt

FAT GROUP

20-25% of daily calorie intake including fats from protein, try to limit to 2-3 serving of pure fat/day; *1 serving = 1 tbsp mayonnaise or oil*

- responsible for thermal regulation and the absorption of fat soluble vitamins (vitamins A,D,E, and K) which helps keep eyes healthy, skin supple, and keeps one warm in cold climates
- helps in boosting immunity

fish oil
vegetable oil
coconut oil
mayonnaise
margarine
protein foods which contain fats (e.g., meat, cheese and milk)



Mitch Felipe-Mendoza is a lifestyle and weight management 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 is also a regular wellness contributor of Philippine Daily Inquirer and a weight loss columnist for Women's Health Philippines.

Eat & Run

AFTER A RACE AT BONIFACIO GLOBAL CITY, TREAT YOURSELF TO A SUMPTIOUS BREAKFAST NEARBY

PAUL CALVIN'S DELI

Rizal Dr., Bonifacio Global City, 856-5900

Opens at 7:00am on Sundays

TOP PICKS: Corned Beef Hash Combo served with eggs, toasted bread and coffee or fruit juice

HEALTHY OPTIONS: whole wheat and olive oil

SENTRO 1771

Serendra, 856-0581

Opens at 7:00am daily

TOP PICKS: Adobo Flakes with rice and organic eggs, Kuisinero Fried Rice, Arroz Caldo and Champorado

HEALTHY OPTIONS: brown rice, oats, whole wheat, and olive oil



2009 Timex Run Time is Running



Conquer Corregidor The 10-mile island Run Challenge



EVENTS



New Balance Power Run Raising Hope



Secondwind Ortigas Branch Opening



Runnr Opens in Cebu



R.O.X. Opens in Cebu



See *DIRECTORY* for store addresses



RUN UNITED

FOR WELLNESS

MARCH 7, 2010, SUNDAY
500m/3/5/10/21K
Fort Bonifacio, Taguig City

- -
 -
 -
 -
 -
- For the benefit of Children's Hour and K.I.D.S. Foundation
-

Call
Finish Line
703.1736

Pinay In Action

Pinay In Action
 All Women's Run
 March 2010

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xtenex.com

The Proeno was chosen as the official running shoe of Beijing 2008

Beijing 2008

XTENEX
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AVAILABLE AT: TONY'S SPORTS OUTLETS, TruFit, Decathlon, Sport 24, & Apollo Center (Cebu, Davao, Iloilo, Zamboanga, Cebu, & Pangasinan) and leading bike & tri. shops nationwide.

MIDLRED SAN PEDRO

8 November 2009 / 4 PM

Weather: Sunny

Place: San Juanico Bridge, connecting Leyte & Samar Islands

Distance: 2.16 km

WHERE TO STAY: Leyte Park Resort Hotel, Hotel Alejandro (Tacloban City, Leyte), Rosevenil Pension

WHERE TO EAT: San Rafael Farm in Babatngon, Leyte (approximately 20 mins from San Juanico Bridge), San Pedro Bay Seafood & Resto, Stephanie Grill, Julio's, Ocho Grill (all in Tacloban City)

WHAT TO BRING: cap for rain and shine head protection, luminous shirt (for visibility during gloomy weather), hydration, and a lot of smiles for the warm passers-by who occasionally cheer when you run past them

WHY RUN IN LEYTE: How often can you conquer two islands in one run? You begin at any part of the bridge and end in another island. The ascents and descents of the long and winding road are quite a challenge, but the scenic view of the clear waters of San Juanico Strait and islets will take your breath away. If you get lucky, you may see boats passing underneath the bridge.

Email a photo of yourself running anywhere in the Philippines to tbrmag@thebullrunner.com. If your photo is printed, you win P2,990 worth of gift certificates from Fitflop

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

NEW BALANCE – Glorietta 2, 7575856; Shangri-la Mall, Festival Supermall

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

PLANET SPORTS – Alabang Town Ctr, 842.2886; Glorietta 3, 817.7896; Powerplant Mall, 756.5007; Robinsons Place Metro East, 646.5061; LCC Commercial Ctr, 473.7589; Trinoma, 916.7451; V-Mall 727.5985, 721.4704; Ayala Center Cebu, 234.0451; Metro Town Mall, Tarlac, (045) 982.1848; Robinsons Town Mall, Cebu, (049) 536.0094; Limketkai Mall, CDO, (088) 856.6681

R.O.X. – B1 Bonifacio High Street, 856.4638/39; A203 G/L Active Zone, Ayala Center Cebu 412.6247

RUNNR – B3 Bonifacio High Street, 403.1787; 2/L Ayala Center Cebu, 032.505.2883

SECOND WIND RUNNING STORE – 88 Maginhawa St Teachers Vill., Q.C., 434.0827; E-Prime Area, Unit 03A, Ortigas Home Depot, J.Vargas Ave., 914.0283 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

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DR. EDGAR MICHAEL EUFEMIO – SM Megamall, 497.5746, 637.9661 loc. 115; Cardinal Santos, Rm 221, 727.7672

DR. PAOLO PUNSALAN – 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

{coaches}

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PATRICK JOSON Running & Triathlon, Alabang area, 0917.527.7141

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

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

MITCH FELIPE-MENDOZA Lifestyle & Weight Management

Coach, Makati & Fort area, 0917.5033142, mitchfelipe@gmail.com

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

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

{race organizers}

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

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Harry Tan, Jr.: Run a 3:30 Marathon

What is YOUR running goal for 2010? We asked a few runners and here's what they answered...



Ton Concepcion: Run 3 marathons. Sub-4:30 marathon. Sub-1:50 21k. Sub-22min 5k. And, a sub-Piolo 10k



Raoul Floresca: The North Face 100 Ultramarathon



Chris Litton: HK Standard Chartered Marathon 42K within the cut-off time



Javy Olives: Sub-5hr marathon at Ironman, sub-2hr 21k at IM 70.3.



Anton Diaz: Run my 2nd Marathon



Kaye Lopez: Improve my 10k time to hopefully bring down my 21k best time and eventually end my perpetual excuse of not yet being ready for a full marathon



Jamike Lopa: Run a marathon or run my age, 45k



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