

THE Bull Runner

MAR-APR 2010

RUNNING MAGAZINE

.COM

FREE

TRAVEL ISSUE

YONG & DONNA LARRAZABAL

Cebu's Running Couple
on Marriage & Marathons

CHI RUNNING

for Safe, Effortless Runs

CONDURA RUN 2010 CEBU MARATHON 2010

WILLIE GUEVARA P&G RUNNERS' CIRCLE DOROTHY SANTOS ANA DE OCAMPO

ON-THE-GO MEALS
What to Eat When
You're Away from Home

CRAMPS & BLISTERS, AWAY!
Surefire ways to prevent these
common problems



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RUN CALENDAR



[RACES]

MARCH

7: BATAAN DEATH

MARCH 2nd Bataan Death March
Ultramarathon 102K, Mariveles, Bataan to San Fernando, Pampanga, www.bataan102.com

7: UNILAB UNITED RUN FOR WELLNESS

Bonifacio Global City, 500m/ 3/ 5/ 10/ 21K. www.unilabwellnessevents.com. Call Finish Line 703-1736

7: YAKULT 10 MILER 3k /5k /10 miles, CCP, Pasay City

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

7: THE AMAZING KIDNEY RACE UP Theater Grounds, 15k "Eliminator Pursuit"/ 15k Relay (5 person)/ 5k/ 2.2k Parent-Child Tandem. Online reg: www.thewanderboy.net.

13: THE PINAY IN ACTION 1.6/ 5/ 10k, SM Mall of Asia. www.pinayinaction.com

14: 1ST MANILA 5000 RUN 5K CCP. Call 0939-531-4606

20: BDO RACE FOR LIFE SM Mall of Asia Marathon. Call 840-7000 loc. 7056-7060

21: THE GREEN MILES: RUN FOR AN ECO-SMART LIFESTYLE SM Mall of Asia. 3/ 5/ 10/ 15k. www.thegreenmilesrun.ph

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

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

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

APRIL

11: MIZUNO TIME TRIALS 5/ 10/ 15k. Call 757-3160 loc 515.

17: MERELL ADVENTURE RUN Wawa, Montalban, 3/ 5/ 15k. 0915-6872380, thumbieremigio@yahoo.com. www.merrelladventurerun.multiply.com

24-25: TNF 100 Baguio City, 20/ 50/ 100k.

MAY

9: 4TH AUTO REVIEW RUN The Fort

22: THE BULL RUNNER DREAM MARATHON 42k, Nuvall, Sta. Rosa Laguna. For first- or second-time marathoners only. thebullrunner.com. Call 780-9898

30: THE RUNRIO TRILOGY LEG 2 Nature Valley Run 3/ 5/ 10/ 21k, Bonifacio Global City. www.runrio.com

[RUN 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 RHYMES WITH FUN free run-plyo sessions, Philsports Complex (ULTRA), call Alf Pena-Reyes 0918-3026302/ Jody Jacinto 0917-5288767

SAT, MAR 6 & 20, 6:00 am: BULL SESSION Coach Jim Lafferty and Team Second Wind, R.O.X., Bonifacio High Street, www.thebullrunner.com

MAR 13/ APR 3/ MAY 15, 6:00 am: 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 FREE event listing in our calendar and website,
email complete details to
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For regular event updates, visit
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JUST WHAT A NEWBIE NEEDS

Thank you for dedicating the Jan-Feb issue of The Bull Runner Magazine for running beginners. For a running newbie such as myself, your magazine is not only informative but awe-inspiring as well. From shopping for the right shoe to choosing a meal plan to go with my running workout, you've covered all bases! The article on Ms. Ani de Leon was exactly what I needed to get me motivated and stick to my New Year's resolution. I may not be the hardcore triathlete that she is, but like her I was once a "running-phobic" couch potato. Now I wake up every morning looking forward to achieving my runner's high!

Thank you again, and keep up the good work!

- *Nina Juan*

TBR WILL SAVE MY LIFE AND MY RELATIONSHIP

After a year of inactivity, I ran again last night around our village...for only 10 minutes! That was all I could muster from my beat up and unfit body. I couldn't believe it. I used to be athletic! So much for that.

After sulking in our garage while trying to cool down, I was thinking, "Where did I go wrong?!" I was ready to give up. Never mind the stomach and the call from my girlfriend to slim down. I was ready to hang my shoes and retire from running (or my one day of running). Then I get to the office today and see your magazine (my boss got it from Runnr, I think). There is hope. No discriminating runners in your mag. Only helpful tips. I breathe a sigh of relief. Tomorrow, I shall lace them up again. Thanks to The Bull Runner.

- *Dinjo Constantino*

THE BEST THINGS IN LIFE ARE FREE

They say: "The best things in life are for free." As cliché as it sounds, ever since I started running (yes its for free!!), it truly has given me a high I have never felt before. I used to read write ups and blogs about runners saying that running to them is next to breathing and that they'll be devastated if they can't run for a long time. I said to myself: these people are crazy giving such importance to a mundane activity such as running. I tried running...and now I can say that I am one of those crazy people who value running in their lives.

One more "best thing" that's free? Of course, The Bull Runner. I got my first copy in a fun run and I literally read the issue from cover to cover including the ads! I look forward to it every time (Thank you for the PDF version...Nice touch). I got hooked reading about Tessa Prieto-Valdez and her love for running (running with style). Thanks to your magazine I am looking forward to running my (4th) 10k run at Condura and hopefully a 21k in the coming races.

Thank you for coming up with your website and the magazine. Your passion and dedication for the sport really shows. Please continue to be an inspiration to all the runners and non-runners who want to take up this "sport".

- *Arland Guzman*

Congratulations, Arland! You won one pair of Nike Lunar Elite+ for your letter.

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+!** (Shoe may vary from photo)





Editor's Note

As runners, we're always searching for new roads to conquer by foot as well as unique experiences to delight our souls. One sure way to do both is through travel.

Since I started running, traveling has taken on a new meaning for me and my family. Aside from the requisite visits to tourist spots and amusement parks, it's a must that we explore a new city with a morning run, even before the locals arise or the shops open. It is one way to

get the raw and authentic vibe of a country and its people, to discover paths reserved only for the more ardent tourists.

Our travels usually now revolve around the schedule of races or marathons. Last year, my husband and I flew to Cebu and Singapore just to run their races. I was fortunate enough to join Nike's Hood to Coast in Oregon, too.

In this issue, we feature one of the most popular running couples of Cebu, **Dr. Yong and Donna Larrazabal**, who travel the world in search of great marathons to conquer. We offer suggestions on gear to pack, portable foods, and various tips for runners always on the go. We also feature Chi Running for safe and effortless running.

I'm glad to present two new sections of our ever-improving magazine: **My Story** where real runners share their unique running experiences and **Community** where we feature various running groups.

May your feet take you wherever you want to go—whether it's just around the corner or halfway across the globe.

Jaymie Pizarro, The Bull Runner

www.thebullrunner.com



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INSPIRE

LOVE ON THE RUN

WORDS BY MARGA DEONA
PHOTOGRAPHY BY SILV CHAN



When Cebu-based ophthalmologist Potenciano “Yong” Larrazabal III got bit by the running bug, the first uphill he had to conquer was right beside him for the past ten years – his wife.

“Whenever I’d be out running, especially when I did the New York Marathon, my wife would be ‘*Pupunta ka lang ng New York para tumakbo. But you have a family. And you’re an ophthalmologist...*’ Sometimes, it’s kinda *nakaka-guilty* to just lace up and run,” Yong shares.



But just like any ascent to conquer in a run, there is always the glorious, sweet, and swift downhill.

His wife, former singer and actress Donna Yrastorza-Larrazabal (Donna Cruz in her heyday), found herself getting hooked into running as she explored means to keep off post-pregnancy weight.

"Before I started running, I really could not understand why my husband was so into it," Donna adds. "I wanted to try it also but I just didn't have the willingness and the drive to do it *kasi puro diet lang alam ko gawin.*"

In order to get herself to commit to running, Donna bought expensive running gear so that if she found herself wanting to quit, she would regret the purchases she made. "And my plan worked," she enthusiastically beams.

Soon, Yong found himself pleasantly surprised that Donna ran her first 5k, and never looked back. She then signed up for coaching, and it led to her running longer distances, from 10k to 21k and up to her

marathon in Macau last December 2009.

Both are equally busy, with Yong practicing ophthalmology full-time and Donna being a hands-on mom to their three children, but both of them take time to travel together to bond and even run races abroad. While Yong's had a good number of international races under his belt, Donna's had a good two races. Not bad for someone who has been running for a year and three months.

For Yong, racing in different places feels like going on a tour on foot. "I never plan to repeat a marathon. I plan to do 33 marathons in my lifetime. I have done ten so far – Milo, Pasig and New York in 2007, Hong Kong and Chicago

in 2008, Big Sur, Robin Hood (UK), and Macau in 2009 and Cebu and Condura in 2010. You get to meet fellow runners from all over the world. You learn how marathons are organized differently and you get to run on different terrains and climate," he says.

Donna, on the other hand, is simply in awe and proud to be part of a Philippine contingent in an international race. "It was a wonderful feeling to look around and feel like a part of the international group of runners, *na parang kami nila Yong ang nag-represent sa Philippines* so *kallangan talaga matapos mo* because *ayaw mo mapahiya ka at yung bansa natin.*"

For both Donna and Yong, they are each other's favorite running buddies. Married life did not just make them husband and wife – through discovering new interests and activities together they grew to become parents, best friends, and training partners. With love on the run, the journey is much sweeter. ●

*“It was a wonderful feeling to look around
and feel like a part of the
international group of runners...
ayaw mo mapahiya ka at yung bansa natin.”*



YONG

YEARS RUNNING

4

FAVE DISTANCE

42k

SHOE

Nike Zoom Kyotee

MUST-HAVES

Garmin

POWER SONG

Not now by Blink 182 and
Breathe by Prodigy

DREAM MARATHON

Boston and Mount Everest

DONNA

1 year, 3 months

10k / 21k

adizero Mana, Nike Lunarglide
Garmin, ipod Shuffle, Bodyglide,
Sennheiser (sport) headphones
Bebot and all Black Eyed Peas
songs

Berlin, New York ING and Boston

TRAVEL PARTNERS

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SECONDWIND, P950

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SECONDWIND, RUNNR,
KNOBBIES & GRAIN TRAIL, P4,988

COLUMBIA COUGAR
PACKS II JACKET, R.O.X.,
P2390

MJ46 ID,
SECONDWIND, P695

NALGENE WATER BOTTLE
R.O.X. P650

SALT CAPS,
SECONDWIND, P125

XTENEX SHOELACES,
RUNNR, P925

EAGLECREEK FOSSIL STRATUS,
R.O.X., P11,990

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SECOND WIND 

GEAR



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ASICS® Kayano 16

The Gel KAYANO 16 honors the series' tradition of employing cutting-edge technology and high-end components, while maintaining the classic ride and fit that made the shoe an icon. The 16th version of the shoe features the ASICS Guidance Line technology and offers a retooled Asymmetrical Lacing Design for improved fit. TOBY'S, RUNNR, PLANET SPORTS, ATHLETES FOOT, & OLYMPIC VILLAGE. P7,900.

NEW GEAR

SUMMER Lovin'

Duo 1025

The DUO 1025's advanced technology allows for continuous and on-demand heart rate monitoring. The large LCD, with Intelli-Track HR Zone Display, makes it easy to continuously monitor your workout. RUNNR, SECONDWIND & TOBY'S. P4,895.



Brooks Ghost 2

The Brooks Ghost 2 has an enhanced midfoot wrap giving runners a secure feel around the arch. It boasts of an increase in the amount of forefoot cushioning and under-foot support with an eco-friendlier BioMoGo midsole. RUNNR, SECONDWIND & SELECTED TOBY'S STORES. PRICE TBA.



The Nike LunarElite+

The Nike LunarElite+ a lightweight shoe doesn't skimp on cushioning or support. Made to suit a variety of runners, the shoe includes a "stitch-less" upper construction for added comfort and an ample open mesh allows for breathability. NIKE, P5,395.



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TRAINING

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ChiRunning® is Danny Dreyer's revolutionary approach to effortless, injury-free running. It is centered on three principles:

1

Relaxation leads to energy efficiency

2

Proper alignment leads to injury prevention

3

The best way to run is with the forces of nature, not against it

ChiRunning is a technique that teaches you how to engage gravity for propulsion, as well as how to neutralize the force of the road coming at you to significantly lessen the pounding of feet to pavement. Save for the lucky few who live near trails, most of us train and race on the hard asphalt and pavement of BHS, McKinley Hill, UP and MOA. Lit Onrubia, Certified ChiRunning Instructor, tells us how to run softer, smarter, longer and faster.



CONNECT THE DOTS

You can't run correctly if you can't stand correctly. The right posture leads to balance, and balance leads to injury prevention. Take a load off of your feet by standing tall and allow your entire structure to bear your weight. Aim to have your shoulders, hips and ankles in a straight line.



TRAINING GUIDE

PROPER ARM SWING:

- Keep your arms at 90 degree angles. Your hands must not fall below your waist.
- Don't cross your center-line when you swing forward.
- Maintain your lean and focus on driving your elbows to the back, as if you're trying to hit the person behind you. This promotes opening your stride towards the back, preventing heel-striking.



LEAN INTO IT

Why generate all forward propulsion with your feet and legs when you can have gravity pull you forward? Run by allowing your column to fall slightly ahead of your feet and you'll be using your legs less, you'll land on your mid-foot more, and you'll be able to run faster and longer without exerting more energy.



BE A SWINGER

Energy efficient running is not about leg strength, it's about sharing the load. Learn how to swing your arms properly and you'll be running smoother with less lower body fatigue, and with a softer landing.



Model: Emilee Alfonso



Lit Onrubia is a running enthusiast and Certified ChiRunning/Walking Instructor. He conducts workshops for individuals and groups and analyzes and corrects running form. You may contact him at lit.onrubia@gmail.com.

NUTRITION

EATING ON THE RUN

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

Healthy and handy snacks and meals that you can always take with you whenever you go out-of-town or travel abroad for run trainings or races to help you maintain your weight and performance as a runner.

ENERGY SNACK BAR

Granola and cereal bars are very popular snacks for runners because of the satisfaction they bring to one's taste and fullness. You can always have these bars while on the road, at the airport terminal, and while on a long flight. A good bar contains at least 2 grams of fiber per serving and less than 3 grams of fat.

GRILLED LEAN CHICKEN OR FISH SANDWICH

If you have a longer trip on your way to your race destination, bring something complete with complex carbohydrate, protein, and fat like a grilled or roasted lean chicken or fish fillet topped with lettuce, low-fat cheese and mustard on whole wheat bread. It will keep you full and energized and will prevent you from resorting to fast food meals like burgers or fries.

BOTTLED WATER

The most common reason why we tend to miss out on our daily hydration requirement is unavailability. Don't always assume that water is easily accessible wherever you go. Bring bottled water as soon as you leave your house. Drink 6-8 ounces every 1-2 hours throughout the day especially during long trips.

FRUIT CUP OR FRUIT JUICE

Fresh fruits are always hard to find during trips. As a runner, you know the importance of getting complete vitamins, minerals and fiber from fruits when it comes to your fitness level and performance. Get fruit cups or fruit juices from leading groceries and convenience stores in advance. A serving of fruit cup contains less than 100 calories. A regular can of fruit juice is almost equivalent to 2 servings of fruit.

SMALL BOX OF CEREALS WITH MILK AND A FRUIT

Breakfast has always been the runner's most important meal of the day. If you always wake up early in the morning to travel with little time to prepare, bring a small box of cereals, a tetra pack of milk and a fruit, like a banana. Eat an hour or two before your run. This is a complete meal with carbs, protein, fat and fiber that will speed up your run trainings or races.



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.



I always suffer from cramps midway through a race. It was much worse when I ran in Singapore last year where it was hot and humid. What causes cramps and how can I prevent it?

A: The most common cause of cramps is dehydration. If it happens often, it means you start and end workouts in a dehydrated state. My rough guide is this: for any activity less than an hour, drinking water should be enough. For activities over an hour, sports drinks are more practical.

One way to estimate your state of hydration is to check the color of your urine. The darker its color, the more dehydrated you are.

Running in hot humid places, such as Singapore, makes you sweat more therefore you lose more fluids and electrolytes.



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



Help! I've been running for 6 months now and I'm starting to enjoy longer distances. What I don't enjoy are the painful blisters on my feet! How do I avoid them?

A: If it makes you feel any better, you are not alone. Blisters are a common problem among long distance runners. Here are several ways to avoid them:

1. Wear moisture wicking socks. These are socks made of a combination of synthetic materials, which wicks moisture away from your feet. Some would combine a small amount of cotton and large amounts of synthetic materials such as polyester, acrylic, nylon or wool.
2. Apply lubricants to lessen friction on your feet. You can purchase Body Glide at your favorite running store or petroleum jelly at your local drugstore. Talcum powder also works wonders.
3. Make sure you have the right shoe size. You must have a thumb's width from your big toe to the top of your shoe to provide ample space for your foot. Poor shoe fit = blisters.



Neville Manaos is the team principal of Pinoy Ultra Runners and co-owner of the Secondwind Running Store. He has been into running and multisport for over 13 years.

ASK AWAY!

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



Get Started

NATURALLY

Coach Rio tells you how

If there's anyone who knows what it's like to run on a natural high, it's Coach Rio dela Cruz. Famed for his phenomenal rise to success—he organizes some of the most popular races in the country and includes the likes of Fernando Zobel, Piolo Pascual and Tricia Chiongbian among his clients—he recalls his childhood in the squatters area of Marikina, where he used to run barefoot in the street.

This year, Coach Rio is mounting the Philippines first ever RunRio Trilogy, his own series of organized runs, which encourages more men and women to have a healthier and natural lifestyle. This trilogy is all about initiating oneself to the sport of running and stretching to the next longer distance. We caught up with the coach amidst preparations for the second leg of the Trilogy, the Nature Valley Run, and asked him about the running phenomenon and his advice on how to stay in shape through natural, healthy habits.

So many people are into running now. What started this phenomenon?

This running boom that we are currently experiencing actually first surfaced in the 70s. Now, with run races a dime a dozen, it seems to be coming back with a vengeance. Aside from the many physiological benefits we get from it, it's also easy on the budget since all you really need is a good pair of running

shoes, a comfortable running outfit and off you go!

What are some pointers you can give to those who run for leisure?

Have a health check before starting any exercise program. As long as you have a sound body, mind, and heart, you can get into running. It is best to eat a balanced diet, following the recommendations based on the food pyramid, with about 60% of the diet composed of complex carbohydrates which the body needs to produce the energy needed for running. Multivitamins and supplements may be considered but getting them from natural sources is still the best.

What tips can you give to more serious runners?

It cannot be stressed enough that in most cases, more so in training for endurance sports like running, less is more. Learn how to listen to your body

for telltale signs of overtraining or physical or psychological burn out. Ironically, sometimes you have to tame down your training load in order for you to see results and maximize your time and strength. Also, although it's good to have the initiative of doing your own training research, be open to seeking sound advice from running experts and credible coaches. Most of them are more than willing to help you reach your training goals the right way.

What is the best type of food a person should take to stay in shape?

Whole, natural, and organic foods are still the best types of fuel for staying in shape. I am a fan of Nature Valley Crunchy Granola Bars. They pack light but are loaded with whole grains which have vitamins, antioxidants, carbohydrates, fibers and minerals that work together to promote health.



The Oats and Honey flavor, for example, is loaded with whole grain rolled oats, crisp rice and real honey that provide energy for active people who enjoy the outdoors. What's more is, they are delicious and even have two bars in one pack!

What food and drink should he/she stay away from?

The best way is just to not have processed and artificially flavored food and drinks loaded with sugar, chemicals and unnatural substances like high-fructose corn syrup, hydrogenated oils, and trans-fatty acids. Alcoholic drinks should be taken in moderation. The decision to eat healthy is all in the mind. Once you come into terms with the idea that food is primarily a source of energy, then you would want to fill up your tank with clean fuel from healthy food.

What other advice can you give to runners to help them stay fit naturally?

Focus on eating and resting well. As a serious runner myself, I manage my time during the day, lessen my late night dinners, and I gave up last full shows [at the cinema] so I can sleep and wake up earlier.

Aside from freeing yourself and your mind from stressful distractions, you also need to fill yourself up with the right kind of energy for your tank. I highly recommend having a ready supply of Nature Valley Granola Bars as a snack just before your early morning run or immediately after a run. Proper meals must be taken within 30 minutes to ensure you get nutrients to help rebuild your spent muscles.

I have to emphasize that Nature Valley Granola Bars are an excellent way to replenish energy depleted during running, as carbohydrates from whole grain oats are converted to blood glucose and ultimately to glycogen for fuel. So for every run, whether you are a beginner

or a running enthusiast, take Nature Valley with you.

When is your RunRio Leg 2, the Nature Valley Run?

I'd like to invite everyone to get started naturally by joining the upcoming leg 2 of the RunRio Trilogy, the Nature Valley Run, on May 30, 2010 at the Bonifacio Global City in Taguig.

To read more about Coach Rio and the RunRio Trilogy, visit runrio.com.



WILLIE GUEVARRA MARATHON MAN

My running “career” had two starts, one in high school at age 15, and the second came at age 35 in Los Angeles.

As a high school junior, I ran for La Salle Green Hills, 400 meter dash and 4x400m relays. As a senior, I ran 56 seconds in the 400m, my relay team won a gold medal, set an NCAA record in the 4x400m, and won an NCAA Track & Field Championship (1st ever for La Salle). I ran 2 more years at La Salle, but concentrated on studies instead and did not improve.

My second start was in 1988 at age 35. Like many runners who are just starting, my motivation was simply to lose weight. Between Thanksgiving and New Year’s that year, I went from 160 to 168 lbs. in less than 5 weeks. I asked myself “If I don’t do anything different, where will I be when I am 40?” So, on an impulse and with no prior training, I sent a check for \$25 and registered for the LA marathon scheduled for March 6th. I thought, “what a great way to start the New Year.” The next day, I went to the library and got a book “How to Train for your First Marathon.”

THE MORE MARATHONS, THE MERRIER

My only goal after the first marathon was to run the LA marathon every year. I did



**Boston Marathon
Start at Hopkinton**



**Big Bear Half
Marathon, 2000**
*Finished 6th overall out
of 130 runners*

this for the next 5 years. I would train for 2-3 months, lose 2-3 inches in the waist, and be done with it until the next year. My officemates at that time said “Willie, you look good. Your weight would come down, pants are falling, but then you go back to your same old self.” They were right! So, the thought occurred: “What if I could plan to run three to four marathons a year, and train year round?” So after LA was done in March, I registered for the San Francisco Marathon in July, then Chicago in October, Sacramento in December. The next year, I joined LA in March, Palos Verdes in May, St. George, Utah in October and finally San Diego in December.

BOSTON BOUND

Setting my sights on the Boston marathon only came in 1995, 7 years after I started running. I always thought Boston was for other runners with talent. Not for me, a pure recreational runner.

That same year, I was able to qualify four

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MY STORY

times for Boston. 3:16 in March, 3:13 in October, 3:18 in November and 3:12 in December. This streak continued for the next 3 years.

My competitive running phase peaked in March 1998, when I ran three marathons in one month. March Madness started in Napa Valley, CA with a 3:11:07 marathon. I ran Catalina Island in mid-March with a time of 3:39 and finished in late March with a 3:11:37 in Los Angeles.

TIME TO GIVE BACK

So I officially retired from competitive running in 1998 because I ran out of goals for myself. But I wanted instead to focus on helping other runners qualify for Boston. Since my retirement, I have helped 7 friends successfully qualify for Boston. That includes putting together a training program for them and/or pacing them during the marathon. And I have helped train several friends to finish their first marathon. •

- **Shoes:** Asics GT2140, 1140, Gel Kayano or DS Trainer.
- **Distance:** 42km
- **Tunes?** Never. Need to listen to your body.
- **Favorite course:** In Manila, Polo Club. In Orange County, CA, Carbon Canyon in Brea or El Morro in Newport Beach. Also Huntington Beach to Long Beach
- **Pre-training meal:** Oatmeal, banana and juice. Hot chocolate, too.
- **Idol:** That's easy. Haile Gebreselassie from Ethiopia. There is only one King.



Bulldog 50K, 2008 in Malibu, CA

Willie set a PR of 5 hours 33 minutes at the Bulldog 50K. 50K trail races are an integral part of his marathon preparation plan. Two months later, Willie would run a 3:33 marathon and qualify for Boston for the 17th time.



Kenny's 15K

*time 1 hour 19 min.
First place 55-59
Age Group*



Globe 21K

Time: 1 hour 54 min




Santa Clarita Marathon, 1995

Willie at the Finish Line of the Nov 1995 Santa Clarita Marathon. It was a training run yet he finished 3:18, enough for a Boston Qualifier. 3 weeks later, Willie would run 3:12 (new PR) at Culver City.



100th Boston Marathon, 1996

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PHOTO BY BEN CHAN OF PHOTOVENDO
SHOT ON LOCATION AT NUVALI

EVENTS

CEBU MARATHON 2010 The Cebu City Marathon represented what Cebu and the Sinulog were all about. Historical. Upbeat. Passionate. Festive. It was a showcase of the warmth and pride of the Cebuanos.



All-smiling at the successful running of the marathon they organized, the Cebu Executive Runners Club (CERC) members pose at the finish line



Cebuana favorite Madelyn Carter savors the taste of her triumph in the 21K as event organizer Meyrick Jacalan looks on



Flashing the No.1 sign is the first to cross the 21K finish, Alquin Bolivar of Team Bald Runner



TAKBO PARA KAY GIBO A sea of green swarmed the Fort grounds to run 3k and 5k with 2010 Presidential Candidate Gibo Teodoro. About 3,500 ran to promote positive campaigning and a healthy, active lifestyle.



BULL CIRCLE: THE MARATHON DREAM Over 150 runners showed up for Bull Circle, a series of running talks in preparation for The Bull Runner Dream Marathon. Speakers Susan Lafferty, Neville Manaois, Anton Diaz, and Jaymie Pizarro shared their unique marathon experiences and inspired future marathoners into training. Bull Circle talks are held once a month on Wednesdays at R.O.X., Bonifacio High Street. For more info, visit thebullrunner.com



Susan Lafferty, Kay O'Connell, Neville Manaois, Jaymie Pizarro, and Anton Diaz



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EVENTS

CONDURA RUN FOR DOLPHINS 2010 8,500 runners ran for the dolphins in this year's Condura Run. From families who ran 3k and 5k to serious runners who went the distance and ran 10k, 21k, and 42k. Running on the skyway plus a festive runner's fair at the Condura Village completed the Condura Run experience.



Toby Claudio of Runnr



Itong Torres and Ernie Lopez



*Anton Diaz and
Luis Roger Rodriguez*



A runner cools himself under the water shower



Mark Parco

P & G Runner's Circle

Running Club of Procter & Gamble - Philippines. An interview with P&G Runner's Circle member Kristy Abello

SCHEDULE

- One race per month
- Weekend long runs at U.P. Diliman and Laguna
- After-office runs (small groups)

THE CIRCLE SHINES

1. At the Milo Marathon last July 2009, we had 94 42.2km finishers, 66 were beginners. It was the largest contingent of runners that we sent to Milo in three years. 105 P&G employees ran other race categories while another 50 provided support. Milo was a time for us to shine – as runners, and as a P&G Community.

2. During the club's first year, P&G's Team Alpha won the 2003 New Balance Power Race Corporate Cup, a 10km team event. The team was made up of club Pioneers - Gil Perez, Romy Garduce, John Valdezco, Pablo Yambot, Christian Pobre, Lilian Fernando, Maita Malilong and Allan Velasquez.



Number of members:
220

Age range: 19-45 years old
Year started: 2003



WHAT WOULD YOU TELL OTHER COMPANIES WHO WANT TO CREATE A RUNNING GROUP?

Running is a great physical activity to make people healthier. There is benefit in creating a running group because it makes people fitter, and it expands their capacity to fulfill their personal and professional roles with excellence.

Activities like participating in a marathon is a very good way of boosting one's self confidence. It gives employees an avenue to fulfill an "impossible" goal with the right guidance and support.

Lastly, marathoning and running in general teaches people the value of discipline, preparation, focus, of setting a goal and working your way day by day towards that goal.

IF YOU CAN'T THE HEAT

You love running. But when the heat gets to you, you feel your performance falter. Focus is lost and you feel hot and tired. This can lead to heat-related injuries that range from headaches, nausea and muscle cramps to more serious conditions like heat exhaustion, fatigue and heat stroke.

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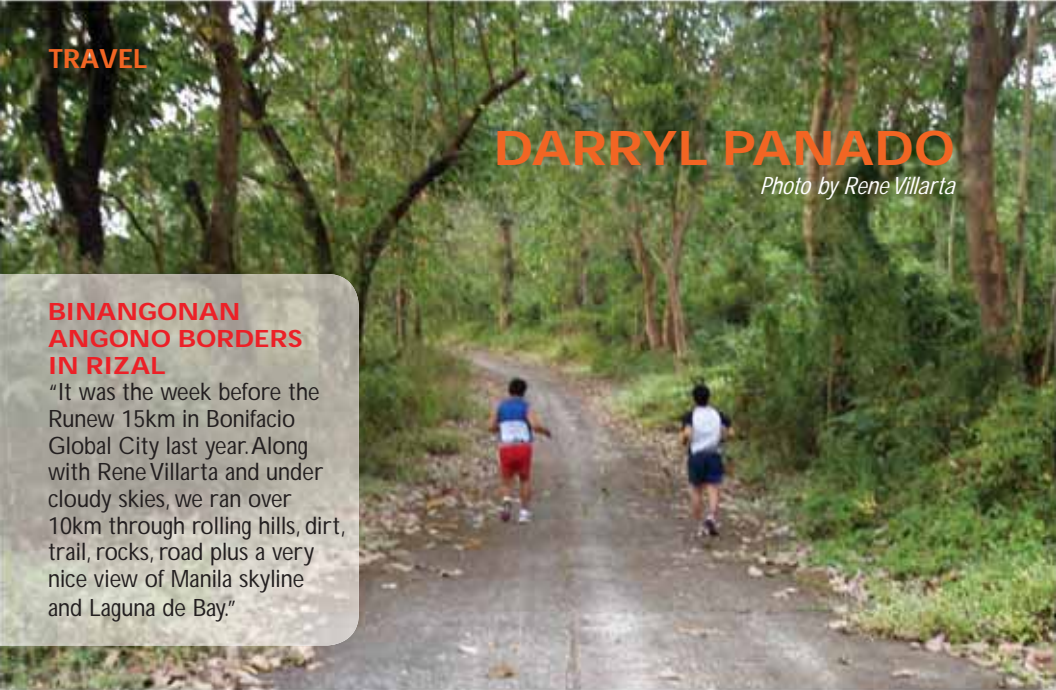


DARRYL PANADO

Photo by Rene Villarta

BINANGONAN ANGONO BORDERS IN RIZAL

"It was the week before the Runew 15km in Bonifacio Global City last year. Along with Rene Villarta and under cloudy skies, we ran over 10km through rolling hills, dirt, trail, rocks, road plus a very nice view of Manila skyline and Laguna de Bay."



ANGAT DAM, NORZAGARAY, BULACAN

"A run with my boss, Jun Santiago by Angat Dam, a combination of trail, rocks, rugged terrain, road, dirt with a magnificent view of the lake. I think it is around 5km. It was the week after Condura Run 2009 and it was terribly hot."

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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

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

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RUNNING AROUND THE WORLD



Two marathon moms who have the opportunity to run abroad share their experiences on running in new, distant cities. Both are currently deep in training for the Paris Marathon in April along with their husbands.

ANA DE OCAMPO

YEARS RUNNING: 5

I'VE RAN IN U.S., Japan, H.K. Singapore, and Australia.

RUNNING IN A NEW CITY MAKES ME FEEL exhilarated by the exploration of every turn and new street I come across gives.

BEST PLACE I'VE RUN IN a route that encircles the Imperial Palace in Tokyo. If it's good enough for the Emperor it's good enough for me!

MY MOST UNFORGETTABLE RACE WAS The New York Marathon, greatest city in the world, best crowd support and atmosphere ergo best run!

MUST HAVES Aside from your usual running gear, if it's a cold place, bring gloves, ear protection, wind breaker, underarmour cold gear. If it's warm out, bring a hydration belt, sunscreen and sunglasses.

TIP FOR TRAVELING RUNNERS Bring your cellphone and cash. If you don't know the language, money will speak for you.

DOROTHY SANTOS

YEARS RUNNING: 2

I'VE RAN IN San Francisco, Half Moon Bay, Monterey, New York, Chicago, Paris, Bordeaux, Pauillac and China.

BEST CITY I'VE RUN IN Pauillac, France. Running along the vineyards hints the promise of good food and wine, my other loves.

MARATHONS I'VE JOINED Big Sur Marathon 2009 and ING New York Marathon 2009. Both marathons were unforgettable. Big Sur was my first. It had a beautiful and demanding course. New York made something unbelievable a reality to me – to run and see the 5 boroughs of New York in a day. What makes it unforgettable was its energy – the music, cheers and support from start to finish.

TIP FOR TRAVELING RUNNERS Arrive several days before the big race. This will give you ample time to re-establish sleep patterns, learn race details, and acclimatize to the weather.

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WHERE: Global City, Fort Bonifacio, Taguig City

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PRIZES: Cash prizes & Mizuno items for OPEN CATEGORY
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