

THE Bull Runner

SEP-OCT 2010

RUNNING MAGAZINE

.COM

SPEED ISSUE



**Chasing
PIOLO
PASCUAL**

**RUN FASTER
in 1 month**

**COMPRESSION
TIGHTS:
THE RIGHT
ONE FOR YOU**

**SAMAHANG
MANANAKBO
NG SMART**

**MARY GRACE
DE LOS SANTOS
WINS IN KL**

**REXONA RUN
KRAFT RUN
RUN TO READ
MOMMY MILKSHAKE**

**FAST FOOD:
GOOD FOOD?**



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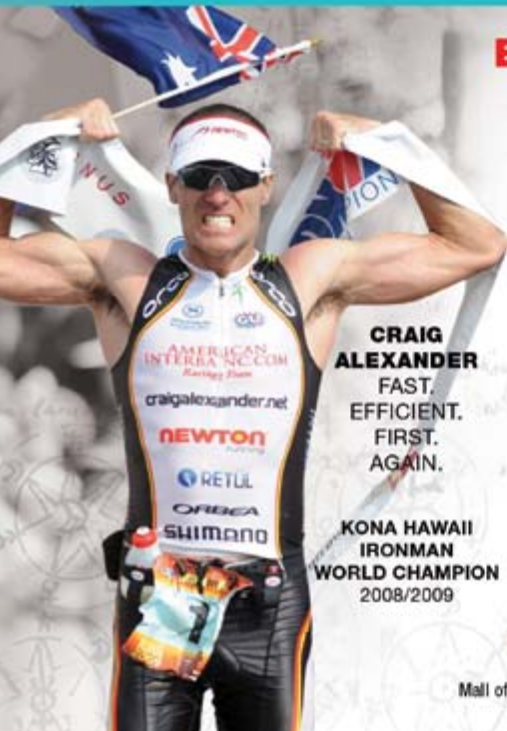
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RUN CALENDAR

SEP-NOV
2010

[RACES]

SEPTEMBER

11: THE FS RUN (The Fort Striders Club), Bonifacio Global City, 5/10/16k. Call 896-1954

12: 1ST FINEX FUN RUN, SM MOA, 3/5/10k. Call 811-4052. finex.org.ph

12: THRILL OF THE TRAIL, Bohol, 11/22k. www.thrillofthetrail.ph

12: MAKILING CHALLENGE 9, U.P. Los Baños, 5/10/16k. Call 0906-4251387

12: MILO MARATHON - Tagbilaran. Call Rudy Bischocho 0922-8367992

19: MILO MARATHON - Dumaguete. Call Rudy Bischocho 0922-8367992

25: 4TH AUTO REVIEW RUN, 3/5/10k, Bonifacio Global City. Call 742-0283/ 09088633114

26: CAMSUR INT'L MARATHON 3/5/10/21/42k, CamSur Water Sports Complex (CWC), Camarines Sur. www.camsurmarathon.com

26: MILO MARATHON - Iloilo. Call Rudy Bischocho 0922-8367992

OCTOBER

3: MILO MARATHON - Naga. Call Rudy Bischocho 0922-8367992

3: STEP OUT! WALK & RUN AGAINST BREAST CANCER, SM Mall of Asia, 5k. Register at ROX or Royal Sporting

House, Glorietta 4. www.avonkgbcpilippines.com

3: TAKBO! BREAST FRIENDS, Ultra, 3/5/10k. Call 502-4260/ 0917-8138149

3: TRAIL CALL RUN, Timberland, San Mateo, 3/5/10k. Call 0927-3409023

9: SOUTHRIDGE RUN, West Gate Alabang, 1/5/10k.

9: 1ST PAU MT. PINATUBO 50K TRAIL CHALLENGE, Sta. Juliana, Capas, Tarlac to Mt. Pinatubo Crater. Call 497-6442

10: RUN FOR PASIG RIVER, 3/5/10/21k. 3k- SM MOA, 5k- Luneta, 10k- Bonifacio Global City, 21k- SM Marikina. 101010runforpasigriver.com

10: MILO MARATHON - San Pablo. Call Rudy Bischocho 0922-8367992

10: STEP OUT! WALK & RUN AGAINST BREAST CANCER, AVON Cagayan de Oro, 5k, www.avonkgbcpilippines.com

17: MILO MARATHON - Batangas. Call Rudy Bischocho 0922-8367992

17: THE FORT RUNNING FESTIVAL, Bonifacio Global City, 5/10/21k. Call Felsie 896-1954/ 0908-4340208

17: LAHING KAYU-MANGGI RUN, UP Diliman, 3/5/10k. Call 0915-7627970

17: THE PINK RUN, Mckinley Hill, 3/5/10/15k.

Call 491-5105 / 413-8083. www.thepinkrun.com

17: THE BLUEWATER DAY SPA FUN RUN, SM MOA. Call 703-1736

24: ADIDAS KING OF THE ROAD, Bonifacio Global City, 5/10/21k. Register at adidas Stores, RUNNR Store, BHS.

24: MAYON TRAIL RUN, Legazpi City, 21k. www.mayontrailrun.com

31: MILO MARATHON - Puerto Princesa. Call Rudy Bischocho 0922-8367992

NOVEMBER

7: ATENEO BLUE RACE, ADMU, 3/5/7.5k. Call 0922-8330928,

7: MILO MARATHON - Tarlac. Call Rudy Bischocho 0922-8367992

14: MILO MARATHON - Olongapo. Call Rudy Bischocho 0922-8367992

14: SUGAR RUSH, UP Diliman Q.C., 3/5/10k. Call 0906-3086892

20: UNITED RUN2 RunRio Trilogy Leg 3 - Day 1, Bonifacio Global City, 500m/3/10/21k. Call 703-1736. runrio.com.

21: UNITED RUN2 RunRio Trilogy Leg 3 - Day 2, Bonifacio Global City, 500m/5/15/32k, Call 703-1736. runrio.com.

21: MILO MARATHON - Butuan. Call Rudy Bischocho 0922-8367992

21: MILLION HECTARE CHALLENGE, Mckinley

Hill, 3/5/10k. Call Nikki 421-1213/ 0922-8151942

27: 1ST CEBU ULTRA-MARATHON, Cebu City. frontrunnermag@gmail.com

28: MILO MARATHON - CDO. Call Rudy Bischocho 0922-8367992

28: KNOWLEDGE CHANNEL KARUNUNGAN 2010, Meralco, Ortigas, 3/5/10/15k. Call 983-5204/ 983-2903, 0917-6256517

[CLINICS]

MON/WED/FRI, 6:00 pm: RUNWALKING CLINIC, Philsports Complex (ULTRA). Coach Edsel Vengco 0927-6283128

NIKE RUN MANILA 2010 (Running Clinic): www.runrio.com/2010/08/nike-run-manila-2010/

OCT. 6, 6PM: FRONT-RUNNER CLINIC R.O.X., BHS. Call 975-6228

SEPT/OCT/NOV, 6:00AM: MIZUNO RUN CLINIC, Coach Patrick Joson, St. James the Great, Ayala Alabang. Call 757-3160 loc 515 to confirm.

TUE, 6:00PM: RUN RHYMES WITH FUN free run-plyo sessions, Philsports Complex (ULTRA), Alf Pena-Reyes 0918-3026302/ Jody Jacinto 0917-5288767

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

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For regular event updates, visit
www.thebullrunner.com

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

ZOOM!

I had my first run a year ago and, at first, I was fast and strong but after succeeding runs my performance went down. I even got sick so my wife became angry. Maybe the reason is because I usually train a week only before the big event.

Good thing I saw a free TBR magazine in a store and it was great because I didn't need to purchase a magazine or hire a coach. I got tips and interviews with top experts. What's nice is that it has real life success stories of celebrities who actually became good or outstanding runners which somehow motivates me. TBR got even updates and shops and contacts that are all about running; I don't need to go to the internet. It's handy so I can bring it anywhere. The best thing of all is that my wife saw it and it change her attitude towards running and I made her run with me...zoom!

- **Marco Gonzales**

Congratulations, Marco!
You won one pair of Nike Running Shoes for this letter.

**WRITE
&
WIN**

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 Running Shoes** (Model may vary from photo)

**CHERRY ON TOP**

I am not in the running business but my boyfriend, Mikey Alberto, is—and so is his mom and dad.

Frankly, I would love to start running with my boyfriend but since I still don't have the "gear" as he'd say, and I'm still saving up for it, I am currently into taking photos of him and his parents while they're training. Also, I try to watch every race Mikey participates in to show my support.

As of the moment, I am slowly falling in love with running seeing as how greatly it affected my boyfriend's life (who used to weigh a gazillion pounds—no offense to him—but now is one of the sexiest men in my life *wink*), and how not only is it a growing trend but also a healthy one at that. Plus, it makes me happy seeing runners get together or, in this case, run together and it just puts the cherry on top of a beautiful lifestyle.

I just wanted to say you're one of the awesome-st people to ever exist in this world. Kudos to you and your family.

- **Hazel "Inky" Callora**

GOODBYE ASTHMA, HELLO RUNNING!

I am relatively new to running. What made me decide to try the sport? I was actually asthmatic. Just recently, my dad (who is running for almost 5 years now) asked me to join him in a run. This happened after my 2 days confinement, after the doctor's advise that I should get some fresh air.

After that morning, I became fascinated with running. I called my doctor and asked him if I can do some walking and running, luckily he gave me permission. Started with a 30 minutes walk then combined with a bit of running. Did the routine for almost 3 months.

To cut the long story short, the asthmatic girl who once can't live without her inhaler can now can run 10k. TBR has become one of my virtual coaches. I actually apply the learnings I got from your articles, plus the people you featured inspired me a lot. One example, the 10km Program: Running + Cross Training. Thank you for the people who share their passion with others. Kudos!

- **Andrea Sigua**


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SEP-OCT 2010

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Editor's Letter

HOW FAST CAN I GO? I must admit that the question pops up in my brain every now and then—more often now that I'm deep in training for ING New York Marathon on November 7, 2010. But, as a more experienced runner, I know that proper training is key not just to a fast finish, but one that is safe and strong, too.

We were fortunate enough to have one fast runner grace our cover: no less than popular actor and now runner, Piolo Pascual, who burst into the running scene with a spectacular time of 47:56 mins for his 10k debut at Timex Run. While his speed was the talk of the town, I wasn't all that surprised. You see, weeks before race day, I was witness to how Piolo humbly announced to the press that he would seriously train for the race. Runners who have such respect for the sport reap the rewards of their hard work.

This issue is packed with information on how to run faster the safe way. In our pages, we give you a 1-month training program to increase your speed, a comparison of different compression tights in the market, and a variety of healthy meals when from fastfoods. We also feature Cebu-based Mary Grace de los Santos who blew international runners away when she bagged 2nd Place for Women in Standard Chartered Kuala Lumpur Half Marathon.

We hope you enjoy what you see in our pages...aside from Piolo's jaw-dropping abs, of course!

Jaymie Pizarro, The Bull Runner

www.thebullrunner.com

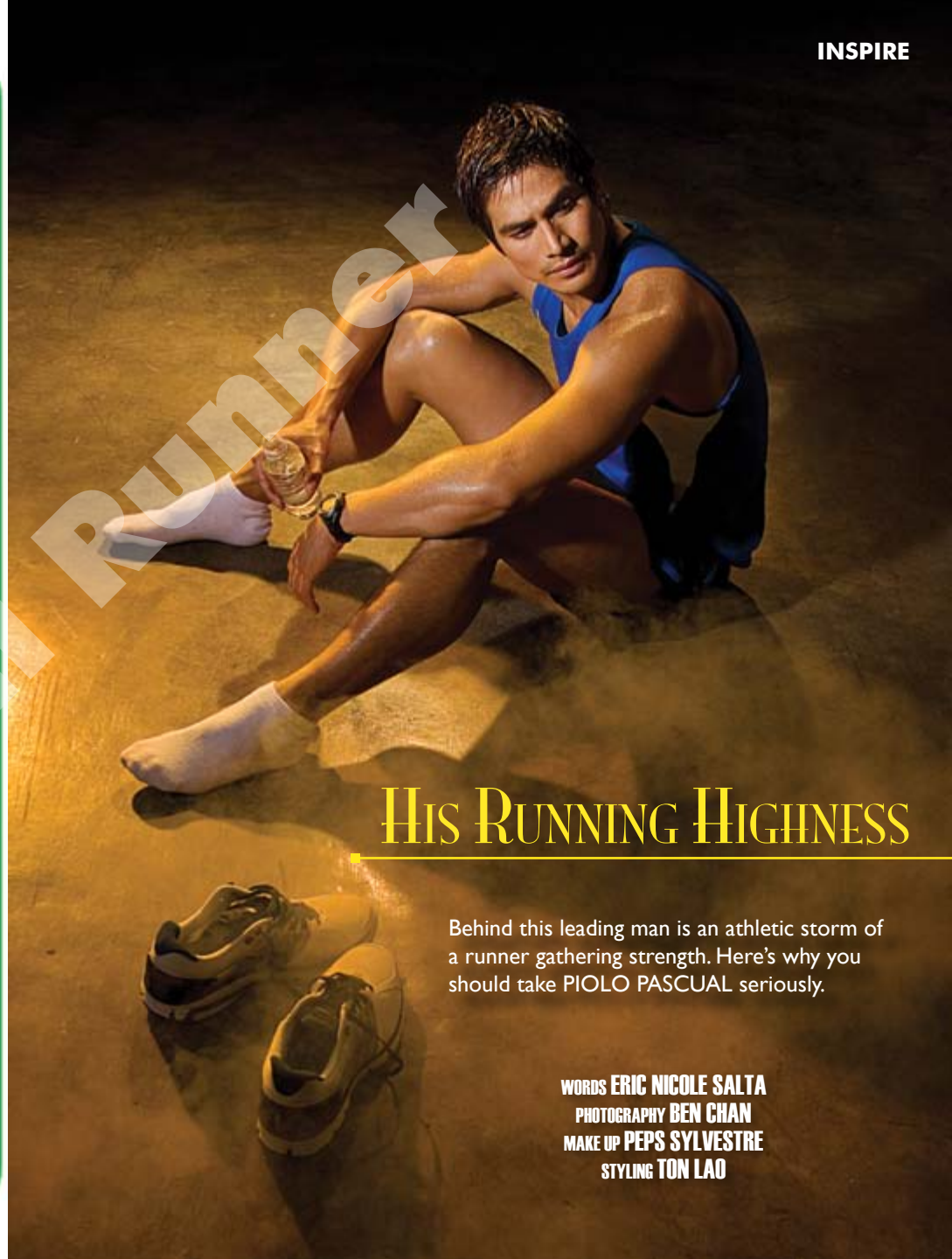


YOU'RE BEING WATCHED

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

Behind this leading man is an athletic storm of a runner gathering strength. Here's why you should take PIOLO PASCUAL seriously.

WORDS ERIC NICOLE SALTA
PHOTOGRAPHY BEN CHAN
MAKE UP PEPS SYLVESTRE
STYLING TON LAO

Jaws drop whenever people see him on the big screen or the boob tube and, even better, in huge billboards along highways displaying his chocolate abs and toned torso. But it was a different side of Piolo Pascual that made jaws drop when, in unexpected fashion, the celebrated actor whizzed like an experienced running machine in his first ever race at last year's Timex Run. The result of his hard work? A 47:56 finish that placed him 23rd out of 1,024 runners in the 10K category. Fellow runners that day could be forgiven for staring and marvelling at Piolo who had always been active in his younger days but never quite the intense competitor.

"I never thought running could be something competitive," says the newbie runner. "I would run for cardio purposes but I never took it seriously." Despite his lack of competitive experience, Piolo actually possesses enough recreational sports experience to do well at running. Badminton, boxing, swimming, and fencing are among the many sports he is into. So perhaps it wasn't a surprise to see him doing a 'sub-Piolo'—a term coined for his time—or is it? "I was really surprised... a lot of people thought that I've been running for a long time already," he says, adding that it might have been just adrenaline. He had nothing but admiration though for Rio dela Cruz whom he tried to keep up with. "He would attend to some people and then he would come back to me."

"From then on, I started joining more runs because it had a different high altogether. To finish the course and reach that goal, it means something because you're starting and finishing it." And another so-called 'high' is just as fascinating for him when asked if he enjoys running fast. "Oh yeah definitely. It gives me a different high and you just don't want to stop."

Things have certainly changed, and are still changing, since his dramatic splash in November 2009. As dedicated as Piolo may be on his career and philanthropic activities, he has also managed to share that similar devotion to running and just about anything that keeps him healthy. In fact, he has



emerged as a budding athlete in his own right, teaming up with his eventual coach Jojo Macalintal for the highly anticipated second staging of Ironman 70.3 Philippines held on August 22 in CamSur. Piolo represented the Timex Team in the 21K run of the team relay competition and managed to complete it in 2:13.

"It was an incredible and unforgettable experience and it felt good to be in the midst of true sportsmen."

While he has just recently started training for swimming and biking, his perseverance is surely paying off. "When I'm training with JoMac, we do all three [disciplines] but we're doing intervals, long runs, and tempo so it's varied," says Piolo, who is eyeing the 32K in the Timex Run, a full marathon, and quite possibly the full individual Ironman 70.3 event next year. "I've made a commitment

to join the full course next year because nothing beats the whole experience." All this on his slate atop a hectic schedule of filming for his TV series Noah and promotional work for various projects and causes. But it doesn't curtail Piolo's motivation to run or train as he's become a pro at keeping his athletic commitment in check. Instead he coolly works around his schedule. "My training program varies depending on my

schedule but as long as I'm able to sleep at least six hours, I train the next day."

Piolo alternates between working out at the gym and training outdoors in UP or "even when I'm taping, I bike and run," he explains. It hasn't been easy though and it doesn't help that his job requires him to be in different locations, working the whole day until the next. To overcome this dilemma, he takes power naps "so at least even if I stay or end up late, I'd have enough rest to train the next day." Again, showing another example of his commitment.

If that doesn't impress you much, how about this then: "I joined the 10.10.10. Run for Pasig River but I'll be coming from a concert the night before. But I committed to run 10K." Since his remarkable running break less than a year ago, Piolo has won

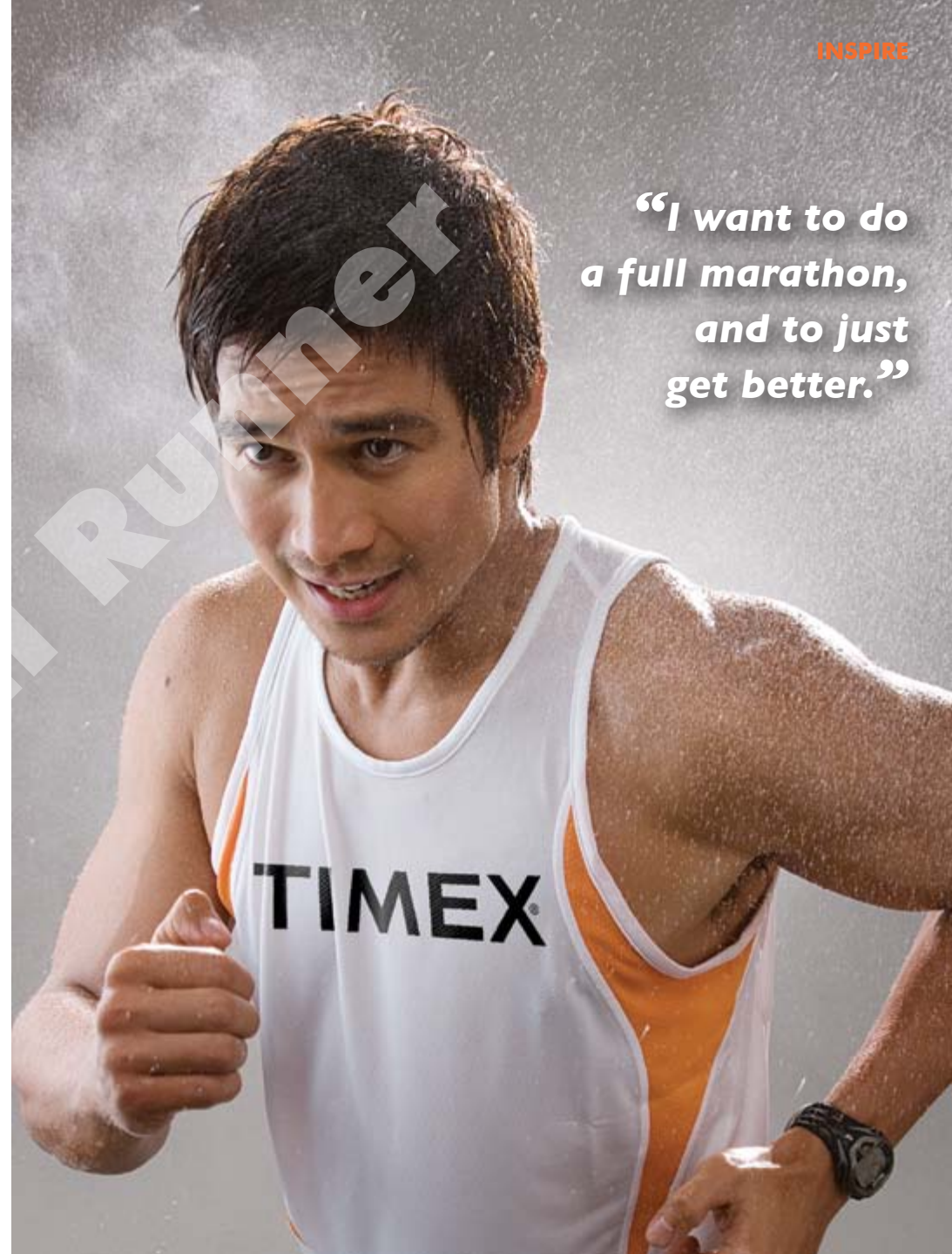
over many hearts—and feet—to start an active lifestyle. However an active life isn't just what he's after when he runs. "I want a better record; I want to do a full marathon, and to just get better," he says, admitting that he also dreams of running faster and longer.

And is he moving closer to his goals and dreams? "I hope so," Piolo laughs, "I think I'm halfway." ●



ABOVE: Coach Jojo Macalintal, Team Timex biker Larry Medenilla, swimmer Jenny Ty, runner Piolo Pascual, Camsur Gov. LRay Villafuerte. RIGHT: Piolo crosses the finish line at Camsur

"I want to do a full marathon, and to just get better."



YOUR RUNNING CHECKLIST: September-October 2010

□ RUN YOUR FIRST MARATHON.

Register for the 2nd The Bull Runner Dream Marathon in NUVALI, the only marathon in the world that caters to first- or second-time marathoners. This unique event showcases only a 42k for 400 runners who will receive 20-weeks of training and support, free training clinics and talks led by experts, and membership into TBR Dream E-group before race day on March 20, 2011. Registration opens in September on a first-come, first-served basis only and will be announced through www.thebullrunner.com.

□ LEARN HOW TO RUN MORE EFFICIENTLY.

Chi Running® is a revolutionary running technique that will teach you how to run efficiently, effortlessly and without injury. Taught by Certified Chi Running® Instructor, Lit Onrubia, each three-hour workshop will help correct your "bad running habits" to improve your biomechanics and increase your running speed while reducing effort. CALL +63.915.638.5801. www.forwardleanrunning.com.



□ **TREAT YOUR FEET TO A FLEXIBLE, CUSHIONED TRAINER.** adidas Fluid Trainer is a lightweight, multi-purpose training shoe developed to ensure the ultimate in foot flexibility and freedom of motion. Great for indoor and outdoor activities. ADIDAS STORES, PLANET SPORTS, TOBY'S, AND SM SPORT SHOPS. P4,495

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○ **HAMMER ANTI-FATIGUE CAPS:** helps remove fatigue-causing and performance-robbing ammonia that the body accumulates during extended exercises and long distance runs. It's perfect for cramp prevention and is also useful in battling everyday fatigue and chronic fatigue syndrome. **RUNNR, TOBY'S. P1,150**



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JOIN THE WALK AT THE FOLLOWING VENUES:
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SM Bacolod
OCT 10 Avon Cagayan de Oro
SM Lucena
OCT 17 SM Boguila

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For every shirt sold, P20 will be donated to the Philippine General Hospital Breast Care Center and selected provincial hospitals.

Per DCH-FDA Permit No. 0760 Series of 2010

JOIN THE RUN

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JOIN THE RUN AT THE FOLLOWING VENUES:
OCT 3 SM Mall of Asia Open Grounds
OCT 10 Avon Cagayan de Oro

Early Registrations:
August 1- September 30, 2010
Visit participating Avon Locations: Tag, Show, Elio, Mollat Head Office and Cagayan de Oro.
Online Registrations:
www.avonkgbcphilippines.com

Other Registration Venues for Manila Run Event:
R.O.X. Bonifacio High Street
August 23-27, 2010 and September 14-18, 2010
Royal Sporting House, Glorietta 4
August 17-22, 2010 and September 21-26, 2010

In partnership with:



{ COMPRESSION QUESTION }

WITH ALL THE COMPRESSION TIGHTS IN THE MARKET, how do you know which brand is best for you? Here's some help:



2XU ELITE	ZOOT COMPRESSRx	CW-X
KEY FEATURES	KEY FEATURES	KEY FEATURES
<ul style="list-style-type: none"> uses high power performance fabric providing superior compression, greater muscle stability and injury prevention supports the calves and hamstring muscles, which are particularly prone to fatigue, injury, and muscle soreness 	<ul style="list-style-type: none"> prides itself in being the only medically tested, scientifically proven circumference sized compression on the market knitted, not cut and sewn, providing unparalleled compression comes in three grades: ZoneRx, CRx, SynchroRx, for various uses 	<ul style="list-style-type: none"> patented CW-X Kinesio Support Web™ technology mimics kinesio taping techniques, which improves biomechanics, provides targeted support to key areas variable compression along the web facilitates circulation, minimizing lactic acid build-up and muscle soreness
PRICE	PRICE	PRICE
P7,000	P5,950	P4,600 – P4,850
WHERE TO BUY	WHERE TO BUY	WHERE TO BUY
RUNNR - BHS & Cebu & Second Wind	Planet Sports Rockwell and Trinoma, Bike King	RUNNR - BHS and Cebu

TEAM 8 KINETIC
KEY FEATURES
<ul style="list-style-type: none"> helps stabilize the muscle tissue and keeps the swelling of muscle fibers at a micro and manageable level by increasing blood flow to the muscles recommended for before and after a run, while resting, or traveling.
PRICE
P1,995
WHERE TO BUY
Chris Sports - Glorietta & Second Wind

EXPERT ADVICE

Do Compression Tights Help?

DR. GEORGE CANLAS

Orthopedic Surgeon

It really depends on what is comfortable to run with. There has been no validated scientific study to support the use, but if it makes you feel better with the run then there is no harm in using them. Compression that is tight however may be hurtful for long runs as circulation is impaired.



NEVILLE MANAOIS

Team Principal, Pinoy Ultra Runners

Compression holds the muscles in place making it less exhausted and protects from chafing. However, it is hot to wear and recommended more for recovery. I would recommend it, but would advice to buy the affordable brands first before investing in the more expensive items.



COACH JIM SARET

Performance Enhancement Specialist, Speed & Conditioning Coach

Compression outfits are able to help provide support to the muscle and joints. They keep the body warm and provide better circulation. However, the disadvantage of having one on is that it can trap body heat. When you exercise, the body produces heat which dissipates through the skin as sweat evaporates outside the skin. The more skin is exposed, the more evaporation occurs so the body cools down more.

I would recommend full compression outfits only for explosive sports and cold environments for long distance running. Runners can use compression for small portions of the body as most of the skin can still breathe.



TOP 5

fastfood meals

for RUNNERS



or other sushi. As a runner, you need carbs, but you must learn to control your portion sizes. You will feel full and energized with an 8-pc California Maki (less than 300 calories), without guilt.

TIP: Avoid Japanese foods like tempura (all types), tonkatsu and deep-fried chicken meals.

4 High-Fiber Meal

KENNY ROGER'S ROASTERS

Whenever you have the chance to eat out, choose ¼ serving of breast chicken with a cup of fruit and

vegetable salad, and corn on a cob from Kenny Roger's. This is where I go when I crave for a healthy, satisfying meal.

TIP: You need 25 to 35 grams of fiber per day for effective weight control and healthy digestion.

5 Braised Beef & Kangkong

CHOW KING

If you are a meat-lover, choose Chowking's ever-popular Braised Beef with Rice plus an add-on of Chinese Kangkong. Beef is a great protein and iron source. Just request at the counter to lessen or separate the beef sauce and limit your bagoong intake to lessen its sodium content.

TIP: Always remove visible fats from the meat. Stay away from deep-fried and saucy meals like sweet and sour pork or fish.

1 Smoked Golden Tinapa with Egg

PANCAKE HOUSE

After a Sunday race or morning training run, I choose a meal loaded with protein and carbs for better muscle recovery. I always recommend this meal to my clients.

TIP: For breakfast, avoid oily tapa, longganisa, tocino or adobo flakes which contain more fat than protein. Choose poached or boiled egg and lessen your intake of egg yolk.

2 Rice & Chicken Breast Meal

MANG INASAL

Runners need more protein than a regular exerciser. When I carbo-load (over a cup of rice per meal), I indulge in healthy and tasty protein: Chicken Inasal from Mang Inasal with free extra rice. A tasty grilled chicken and rice meal for lunch is one of the safest and healthiest fast food meals to choose from especially when in a hurry.

TIP: Choose breast meat over thighs and scrap chicken skin to save calories.

3 California Maki

TOKYO TOKYO

After weekends or parties when my calorie intake exceeds the normal target, I go for healthy Japanese fare, such as California Maki



Mitch Felipe-Mendoza is a lifestyle & weight mgmt. coach, fitness trainer and runner who has helped her clients manage weight and improve running performance by combining

her background in psychology, exercise, nutrition, and injury prevention. She is also a regular wellness contributor of Philippine Daily Inquirer and a weight loss columnist for Women's Health Philippines.

Focus Energy Recovery



Rise To The Challenge



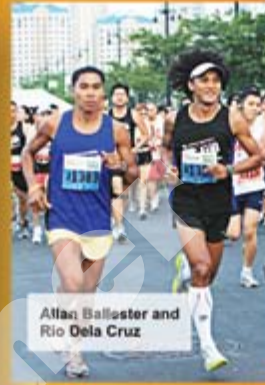
Fitness First Team:
Allan Roy Martos and
Carlos Delos Santos



Runners warm up with fitness experts

3rd Robinsons Supermarket Fit & Fun WELLNESS BUDDY RUN 2010

About 3,000 runners joined this year's run which requires runners to run in pairs and cross the finish line together



Allan Ballester and
Rio Oela Cruz



Team Davis:
Chad and Natasha Davis



Kraft's General Manager
Sudip Mall and Sales Director
Jun Filart



Michael Bangayan(L)
and Emmanuel Minana(R)



Team Pizarro:
Miguel and Jaymie Pizarro



The 10K runners seen
crossing the Buendia flyover
on their way to Pasong Tamo
for the turnaround

Moride Nissin Corp's
Stanly Navarro and
Samuel Sib



L-R: Chris Po, Robina Gokongwei-Pe, Maricar Reyes, Itong Torres,
Ernie Lopez and Albert Altura



Robinsons Supermarket's First Vice President Ronnie Ong, Nestle Philippine's Regional Sales Director Peter Hortaleza, 10K First Placers Regie Lumauag, Carrito Fantilaga and Robinsons Supermarket's General Manager Jody Gadia



Lance Gokongwei



5K race First Placers
Jordan Paul Brilliones
and Roger Denolo



SPEED WORKOUTS IN THE METRO

How can you become a faster runner? After building a solid mileage base, you can add speed sessions to your training program to improve efficiency, muscle power, coordination, and of course, speed. Fortunately, the city provides a variety of choices to perform speed workouts at your convenience.

Below is a one-month training program. Perform the workouts for three weeks. The 4th week will be a recovery week to be performed at 50 to 60% of each workout.

VENUE	LONG INTERVAL <i>(after rest day from a long run)</i>	SHORT INTERVALS <i>(two days after a long interval)</i>
TRACK & FIELD OVAL: <i>(see directory for track oval listing)</i>	3 x 2 x 800m with 200m jog – rest interval between reps 1st set @ 5k pace. Next set @ 10k pace	3 x 3 x 200m 100m jog – rest interval between reps 400m jog – rest interval between reps Intensity – 90% effort
FLAT ROADS: Bonifacio High Street, U.P. Academic Oval, Filinvest Ave. (Filinvest Corp. City) or SM Mall of Asia	3mins fast @ 10k pace, 2 mins walk 6 repetitions	1min fast pace, 1min jog 9 repetitions Intensity – 80% effort



- WARM UP: 10-15 mins warm up plus dynamic stretching
- COOL DOWN: 10 mins plus static stretching
- WORKOUT SAMPLE: 3 x 3 x 200m = repetitions x sets x distance
- Maintain proper form. Focus on how you move, not on how fast you move.

*This program may be used for a 2nd or 3rd month. Target time should be 5 secs faster from previous month.



Coach Rio de la Cruz is a personal coach and head coach of the Nike Training Clinic. He manages RunRio Inc., one of the premiere race organizing companies in the country. Coach Rio is a passionate and accomplished runner having run Boston Marathon with an impressive 3:00:15.

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RUNNER'S CHOICE
SEPTEMBER 2013

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THIS PINAY CAN RUN

IN HER FIRST INTERNATIONAL 21K, MARY GRACE DE LOS SANTOS TEAMS UP WITH NEWTON TO SCORE A RUNNER-UP FINISH IN KUALA LUMPUR

AS TOLD TO ERIC NICOLE SALTA

When I was younger, I've always wanted to do great things that I can be proud of. I just wasn't expecting it to happen this fast.

Running has been part of me since I was a child. My first experience of it was when I was nine when I would regularly run in the oval during my track and field days. But its biggest contribution is that it allowed me to finish my studies as a varsity scholar at the Universidad de Zamboanga. It was in 2006 when I started joining fun runs and races. Last year, I moved to Cebu to compete in bigger races and get more out of running competitively. Now four years after my first run, I found myself in the bustling capital of Malaysia to compete for the Standard Chartered Kuala Lumpur Marathon.

Considering this was my first international race, I was very excited and nervous at the thought of competing with seasoned foreign athletes. Just the process of signing up and getting the race bib was nerve-wracking—and we weren't even at the starting line yet! It was Toby Claudio and Newton's Renze Banawa who offered me this chance to compete, believing that I had a good shot at winning. I actually had second thoughts but my coach said to just take the opportunity. So there I was with Renze (who also joined the 21K) amid the thousands of competitive runners, most of whom were black. They all looked the part with their matching jackets and jogging pants, and they were all looking at us since we were the only Filipinos present.

Anemia can kill

Iron deficiency anemia is the most common nutritional deficiency worldwide¹. You need iron to produce healthy red blood cells that carry oxygen throughout your body. If left untreated, iron deficiency anemia can impair your capacity for physical work, memory and other mental functions². It may even lead to serious complications like heart problems.

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1. Worldwide prevalence of anemia 1995-2005; WHO Global database on anemia. Edited by Bruno de Beneri, et al. Page 33
2. http://www.cdc.gov/nczod/dpdx/iron/nutrition/iba_investigations_deficiency/index.htm, accessed on May 17, 2010



LEFT: Mary Grace at the front line amidst other elite runners at KL Marathon. RIGHT: Mary Grace at the awarding for her 2nd Place Half Marathon finish (1:26) with Eunice Muchiri of Kenya (1st, 1:23) and Noor Amelia Musa of Malaysia (3rd, 1:28)

I tried not to get distracted by concentrating on myself and all the long runs and speed training I did. But it was hard not to. At the starting line I was beside a German who looked really strong but I just said to myself, "Bahala na, mahaba pa naman ang takbo." And just when I thought that my biggest competition were only four Kenyans, the rest of them all came surging down the road after about 100 meters!

I was just thinking to myself that I need to finish this and get into the Top 5 at least. I was focusing hard on maintaining a steady pace for the first 4K but keeping the frontrunners, and the beautiful scenery, in sight. Eventually I was able to catch up in the uphill (which was really one of the challenging parts) and once I did, I never looked back. There was a point where I was only 100 meters behind the race leader but as soon



as we approached the water station, she didn't need to stop because her pacer was getting water for her. That set me back a little but I was determined to keep going.

At the 3K mark, no one was behind me so I felt confident going into the final stretch. But at the last kilometer, I sensed someone from behind approaching fast. When I turned to look, it was a guy. I felt so relieved! When I crossed the finish line (my time was 1:26) I didn't know what to do! I wanted to cry and jump for joy. It was an unexpected second-place victory, and to do it at my first international half marathon makes it even more incredible.

I wouldn't have been able to do it without the support of my coach Sherwin Managil, Newton's Toby Claudio and Renze Banawa, and my family, friends, and support group from Cebu namely Jane Ong, Rovie and Jay-R Aguilon, Kenneth Toledo, Max Lintag, and Kenneth Casquejo. Hopefully next year, I'll be able to take one step further and claim the top spot. ●

REXONA RUN

Runners gathered by the bay to test their limits on the road for Rexona Run. AUG. 1, 2010 SM MALL OF ASIA 3/5/10/21K



Gem Padilla



Rovilson Fernandez

RUN TO READ: Runner participated in a colorful and fun-filled race to raise funds for National Bookstore Foundation's program of setting up libraries in public schools.



Bearwin Meily & family



Angel Jacob

AUG. 15, 2010, BONIFACIO GLOBAL CITY 500M/ 3K/ 5K/ 10K/ 15K

EVENTS

KRAFT RUN

Kraft Phils. invited over 1,300 employees, guests, family and friends to a fun-filled running event.
AUG. 29, 2010, WEST GATE CENTER, FILINVEST CORPORATE CITY, 3/5/10/21K



MOMMY MILKSHAKE MARATHON

Almost 400 mothers, expectant moms, and children braved the rain to participate in this fun run for breastfeeding. AUG. 8, 2010, BONIFACIO GLOBAL CITY, 3K/ 5K. mommymundo.com.



Maricel Laxa-Pangilinan with her grandmother, mother, and daughter.



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RUN FROM INJURIES

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Running is one of the easiest sports to get into, because all you need to is a good pair of running shoes and you're ready to go. But running puts tremendous strain on your legs, making it just as easy to injure yourself if you're not careful.

Here are a few injuries runners need to watch out for:



- DOMS (Delayed-Onset Muscle Soreness) – pain and stiffness in the muscles felt 24 to 72 hours after strenuous exercise .
- Hamstring Pull, Tear, or Strain - injury in the muscles at the back of your thigh.
- Muscle Cramps - involuntary and forcibly contracted muscles that do not relax.
- Overtraining Syndrome - persistent muscle soreness and fatigue from exercising with not enough rest/recovery in-between.
- Sprains - results from overstretching a ligament resulting in a possible tear.

You can avoid these injuries with a few simple precautions:

- Train Properly – learn to run the right way, avoiding unnecessary strain on your feet and legs
- Warm-up and Stretch Properly (Stretch the calf muscle, hamstring muscles, and quadriceps muscle) – this can go a long way in avoiding cramps, sprains and muscle tears.
- Avoid Overtraining – Push your body but respect its limits. And always give your muscles enough time to rest and recover.
- Wear the Right Shoes – the right foot support is critical in reducing the strain on your feet and in avoiding many of the leg and foot injuries listed here.

Stay properly hydrated with Gatorade—In running, especially long distance legs, hydration is key to keeping up your pace. When you're dehydrated, you start a chain reaction from dizziness, fatigue, and cramps that ultimately lead to injury. Stay hydrated when you run with Gatorade. It's the only sports drink athlete-tested and scientifically formulated to give your body not just fluids but also sodium to prevent water loss, potassium to prevent cramps, and carbs for extra energy to help you finish the race.



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



AILEEN PIACOS

Baguio City, Benguet Province

WHERE TO STAY: The Manor Hotel, Camp John Hay

WHERE TO EAT: Oh My Gulay Art Gallery and Vegetarian Resto, Top Floor, La Azotea Bldg., Session Road

WHY RUN IN BAGUIO CITY: The best part about Baguio is being able to run any time of the day without having to worry about heat stroke. The cool weather makes running more comfortable despite the high altitude and persistent uphills. It's a great place to train for strength and stamina. Plus, you get to enjoy the breathtaking view of rolling hills and pine trees.

Email a photo of yourself running anywhere in the Philippines to tbrmag@the-bullrunner.com. If your photo is printed, you win P2,000 worth of Gift Certificates from Paul Calvin's Deli



Samahang Mananakbo ng SMART (SMS)

Most Memorable Event

- SUBIC INTERNATIONAL MARATHON 2009 where we fielded more than 30 runners.

This was the first time that SMS

did its own running clinic to prepare everyone especially those who were moving up to 42k and 21k

- EPIC RELAY 250 last June: This was another first for SMS since we hadn't joined any relay events before and the distance alone, 250k non-stop, was quite challenging for us. We fielded in two teams to represent SMS.: SMS Team SMART were declared champions of the Corporate Category, while SMS Transition One, placed 6th overall and won the Most Fit Team.

Advise to companies on starting a running group

Go for it! It all boils down to your love for the sport. If you can find people within your company who share your passion and love for running then you're all set. You can start out by doing group runs and joining races together. This will eventually make your group closer and stronger. Running is usually an individual sport but because of the camaraderie and friendships built in process it has now become a group sport. So share the running experience with your co-workers and see how running can make your life even better.

Team Goal

Encourage Smartees to live a healthy and active lifestyle though developing the Runner within each member. Help each member to improve and develop their running skills.



Team Stats:

STARTED: Nov 2008

MEMBERS: over 130

runners nationwide

AGE RANGE: from early 20's to late 40's

SCHEDULE: twice a week clinics at Bonifacio High Street in preparation for Camsur Marathon where 60 members are participating

RUNNERS DIRECTORY

{running/triathlon specialty tores}

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

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88 Maginhawa St. Teachers Vill., QC, 434.0827; E-Prime Area, Unit 03A, Ortigas Home Depot, J. Vargas Ave., 914.0283; secondwindrunningstore.com, thesecondwind.multiply.com

THE BRICK MULTI-SPORT STORE –

Unit 1, Woodridge Apartments, McKinley Hill, Taguig City

THE STARTING LINE

– West Gate Center, Alabang Muntinlupa

{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 MOA, 915.1946; Club 650, 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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NEW BALANCE –

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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 MOA, 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, 756.5007; Robinsons Place Metro East, 646.5061; LCC Comm'l Ctr, 473.7589; Trinoma, 916.7451; V-Mall 727.5985, 721.4704; Ayala Ctr Cebu, 234.0451; Metro Town, Tarlac, (045) 982.1848; Robinsons Cebu, (049) 536.0094; Limketkai Mall, CDO, (088) 856.6681

R.O.X. – Bonifacio High St., 856.4638/39; G/L Active Zone, Ayala Ctr. Cebu 412.6247

TIMEX – SM Megamall, 637.8438; SM MOA, 556.0167; SM Southmall, 800.1273; North Edsa, 927.0640; Glorietta 3, 894.5432; Ayala Cebu, (032)231.5740

TOBY'S SPORTS –

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THE NORTH FACE

– Glorietta 4, 752.8226; Shangri-La, 637.5606; SM MOA, 915.1947; SM Megamall, 914.4591; SM NE, 332.2925

WATCH REPUBLIC –

Robinsons Galleria, 634.5476;

Robinsons Ermita, 524.4496; Trinoma, 901.3469; Market!Market!, 845.1705; SM Cebu, (032) 233.642

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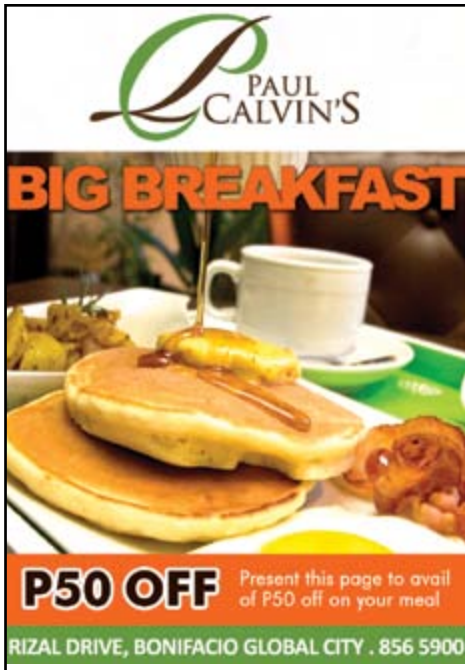
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DR. JOSE RAUL CANLAS – Sprain & Strain,
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>> HOW DO YOU TRAIN FOR SPEED?

KIM MANGROBANG

I do track workout at least once a week to maintain my speed. Typical speedwork for me is 8x4x200 meters



WILNAR IGLESIA

I train 80% of my actual race pace so that I will somehow be at the zone on race day.



JM LAGDAMEO

Quick tip for speed from me would be, do short high intensity runs frequently to build power and speed.



JAY NACINO

Knowing my fastest 200m, 400m, 800m, and mile time I build speed with intervals on the track.



ENZO HIPOL

During my interval runs, I focus on keeping a consistent pace and a cadence that is quicker than easy runs. I also try to keep the variance among the reps within 5 seconds.



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