

THE Bull Runner

JAN-FEB 2011

RUNNING MAGAZINE

.COM



NEW YEAR, NEW LIFE

EXCLUSIVE:
INTERVIEW WITH
JEFF GALLOWAY

SPECIAL:
MEET TBR DREAM
MARATHONERS 2011

MIA MACARAIG:
THE RUNNING MOM!

BAREFOOT
RUNNING 101

**MARICEL
LAXA-PANGILINAN**
A New Baby for
the New Year

34TH MILO NATIONAL FINALS
QC INT'L MARATHON
NIKE RUN MANILA
CORREGIDOR INT'L
RUN UNITED 2
BGC RUN

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FOR 2011

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RUN CALENDAR

JAN-MAR
2011

[RACES]

JANUARY

8: RUN FOR LOVE, RUN FOR LIFE, Filinvest Corporate City, Alabang, 3/5/10k call 09273409023 or visit www.holpfi.org

9: PSE BULL RUN 2011: Takbo Para Sa Ekonomiya, Bonifacio Global City, 3/5/10/16k, call 0918 4674206, 09228304381 and 09228843477

9: 3RD SUBIC INT'L MARATHON, SBMA, 3/5/10/21/42k call 09154491172 or visit www.subicinternationalmarathon.info

9: CEBU CITY MARATHON, Asiatown IT, Cebu City, 5/21/42k, www.cebumarathon.com

15: IN MOTION X-TRAIL RUN, NUVALI, Laguna, 1/3/5/8/16k, call 5708330 or visit www.finishline.ph

16: STAG RUN 2011: Takbo Para sa Misyon, SM Mall of Asia grounds, 3/5k, register at Chris Sports Outlets, R.O.X. Bonifacio High Street, call 7348931 local 204 or 09108478597 and 09266884700

23: GREENTENNIAL RUN (The La Salle Run), Bonifacio Global City, 3/5/10/21k, register at R.O.X Bonifacio High Street

23: BOSCO RUN FOR A CAUSE, Makati 3/5/10k, open to Don Bosco Alumni, call Mr. Michael Millanes, 8920101 local 418

30: RUN FOR FUN, RACE FOR PLACE, SM Mall of Asia grounds, 3/5/10k, register at Chris Sports outlets, R.O.X, or call 09274303975 and 092282511222

30: XTERRA PANG RAVE RUN, Tagaytay Midlands, 10/21k Trail Run, register at Runnr Store, Secondwind, Ortigas Ave. and Sabak Sports, Alabang or visit www.xterraphil.com

FEBRUARY

20: CONDURA SKYWAY MARATHON, Bonifacio Global City, 3/5/10/16/21/42k, register at www.conduraskywaymarathon.com or at Registration Center in front of Asics Store Greenbelt 3

20: TFT: TWO FOR TAFT UNITY RUN, CCP, Roxas Blvd., Manila 3/5/10k, call 09178875840, 0926 9056259, 0917 8994339

20: RUN FOR FAME: ProNation, Ateneo, Katipunan, QC 3/5/10k, register at ADMU Gym or call 09228880824 or 09167289967

27: THE EDSA RUN, People Power Monument, EDSA, 5/10k. iamninoyrunners.wordpress.com

27: I-4-3 GO!, SM Mall of Asia grounds, 3/5/10k, call 09157627970 or 09173244084

27: 1st KITANGLAD INTERNATIONAL RAGGED MOUNTAIN RACE, Mt Kitanglad, Bukidnon, 17k, call 09278157592

MARCH

5-6: 3rd BATAAN DEATH MARCH 2011, Mariveles Bataan 151k, for details visit www.baldrunner.com

6: RUN UNITED I 2011, RunRio Trilogy Leg I, Bonifacio Global City, 500m/5/10/21k, registration starts on Jan 31, visit www.runrio.com or call 7031736

20: THE BULLRUNNER DREAM MARATHON 2011, NUVALI, Laguna 42K. registration is closed, thebullrunner.com

20: MIZUNO INFINITY RUN 2011. TBA

27: GOOD DAY RUN, Bonifacio Global City, 3/5/10k, Registration starts on Feb 14, visit www.runrio.com or call 7031736 for details

[RUN CLINICS]

BULL SESSIONS (TBR DREAM MARATHON) SAT, JAN 22, FEB 26, MARCH 12, Bonifacio High Street/ NUVALI, visit www.thebullrunner.com

RUNNER'S WORLD

Running Clinic, TUE, JAN 18 & 25, 7PM at ULTRA, THU, JAN 20 & 27, 6PM at ROX, BHS, JAN 22 & 23, 6AM, SM MOA, Log on to www.facebook.com/runnersworld.ph

K-SWISS

RUNNING CLUB, MON 6:30 – 8:30pm, University of Makati Oval, Register at K-Swiss Glorietta, Planet Sports, Glorietta, Rockwell, Vira Mall and Metro East

Mizuno Running

Clinic. EVERY SATURDAY, 6:00 am at St. James the Great parking lot, Ayala Alabang. Call 7573160 loc 515 to confirm date.

[TALKS]

BULL CIRCLE (TBR DREAM MARATHON) JAN 12, FEB 9, WED, 7:00pm, R.O.X. Bonifacio High Street, Check www.thebullrunner.com to confirm schedule.

THE JEFF GALLO- WAY METHOD,

Feb 2, 6pm/ Feb 5 2pm at Colegio de San Agustin, Dasmariasin Vill, Mkt. Feb 3, Waterfront Cebu City Hotel & Casino, visit www.forwardleanrunning.com/galloway for more details.

For regular event updates, visit
www.thebullrunner.com

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

A New Year of Outdoor Adventure at NUVALI

Welcome the year with a new zest for life and bountiful energy to enjoy the great outdoors. Whether you're into walking, running, biking, skateboarding or even kite-flying, NUVALI offers just that kind of place. An eco-community development, located in the cities of Sta. Rosa and Calamba Laguna, it has played host to many outdoor events from trail runs, cross-country bike races, a full-marathon event, 24-hour races, live performances and weekend activities.

Recently, NUVALI achieved another milestone – THE FIELDS at NUVALI! This 115,000 sqm. field sports complex, features 3 FIFA grade football fields, 2 baseball fields, 3 beach volleyball courts and a clubhouse. The launch, a 2-day event entitled Fields of Glory – NUVALI Cup 2010 was participated by almost 90 teams from different areas, schools and organizations in Metro Manila and the CALABARZON. Phil Younghusband also graced the event in support of the grassroots youth players, an advocacy that aims to inspire kids to pursue their dreams.

NUVALI also held its Dirt Weekend 2010 last November, which saw all 1,100 bikers and runners challenge themselves at the thrilling trail roads on this 2-day event. Day 1 covered the cross-country competition from kids to elites, a 24-hour race and downhill event. While day 2 challenged participants of the four-cross event, dirt jump competition and off-road duathlon. All enjoyed the thrill of outdoor trail adventure and at the end of the day, the warriors crossed the line – all filthy but happy.

This year, NUVALI will be offering more opportunities to explore and enjoy the outdoors and will continue to promote sports and active recreational events as part of a healthy, sustainable community. Come and join us at NUVALI where life is definitely worth celebrating!

To know more about NUVALI, log-on to www.nuvali.ph or call 0917-5-ASKNUV (275 688).

NUVALI, where people and nature thrive.





GRACE & GUARDIAN ANGELS

The first time I got a copy of TBR was May-June 2010. From then, I started to collect every issue. My Favorite TBR was July-Aug 2010 issue. I was truly inspired when I saw TBR Dream Marathon in Nuvali. It gives newbies a chance to have their full marathon.

TBR has been a great coach to me. It gives tips that will surely help me boost my strength & endurance for every run I do. TBR has taught me to live a healthy lifestyle.

It was a dream come true when marshalls escorted me in the middle of my recent 5k at Grace Fun Run until I reached the finish line. It maybe funny but before this event, my wife even talked to our newborn baby, Jacob, saying "Please tell to your guardian angel to let daddy win this race." Alleluiah!

I finished the race and came first. It's not the prize nor medal that gives satisfaction but the feeling of fulfillment and happiness within. My sons guardian angel heard his plea.



- Jayson P. Tan

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

NAKAKABUSOG!

I got my very first issue of the Bull Runner (Nov-Dec 2010 issue) just last Sunday, Nov. 28, 2010 at Runnr at The Fort right after running my first ever race at Resorts World Manila. I started running 4 months ago just to pass my time while waiting for my son's swimming practice at the ULTRA. I never stopped running after that. I run on weekends and on days when my schedule permits before going to the office. I frequent running specialty stores to know the latest in running. Like every first time runner I'm always 'gutom' for whats hot and whats new. I like your detailed description on the latest in running in the RUNNERS' GIFT GUIDE. It helped me know what suits me best before buying anything.

Thank you for coming up with a running magazine like this. *Talagang 'nakakabusog'*... specially after a race. It is what every runner needs. Thumbs up!!!

- Nelson U. Yap

BIG IMPACT

My husband joins many running events. One morning before his run, I argued with him on what's the point of rising as early as 4:00 AM to prepare for a run when you can simply exercise and jog around the village. To keep me from asking, he just kissed me goodbye and handed me a copy of TBR Magazine Nov-Dec issue. While waiting to fall asleep again, I read it from cover to cover, and it's a nice magazine, very handy and concise with everything you need to know down to the last details about running. Aside from that I realized that the core of running is not just winning the race, not just for staying fit, but to help and be involved in changing others lives for good! Thanks to this handy magazine for making a big impact and shifting my mind to get involved in running for a cause. It's amazing how you moved me to get a good start this year to run with my husband.

- Mai Ferrer

**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)



HAVING THE TIME OF MY LIFE AT THE ING
NEW YORK CITY MARATHON, NOV. 7, 2010

THE Bull Runner

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CROSSING THE FINISH LINE OF MY DREAM RACE, THE ING NEW YORK CITY MARATHON, LAST NOVEMBER WAS SURREAL. FOUR YEARS AGO, I couldn't even imagine finishing 5k. But, there I was at Central Park, with the finisher's medal of the "biggest marathon of the world!" around my neck. As a new year of running begins, I embrace it with optimism and anticipation. What's next after New York? What new running adventures and surprises will 2011 bring?

Our cover runner, MARICEL LAXA-PANGILINAN, starts the new year with a bang...and a baby! Three months pregnant as of press time, Maricel shows no signs of slowing down as she commits to maintaining her active lifestyle as host, athlete, and wife and mother.

This issue is packed with everything you need to start the year on the right foot, literally. We show you the newest gear to get your hands on. We interviewed running guru, Jeff Galloway, and asked barefoot running expert, Michael Sandler, to teach us how to start running without shoes. We share inspiring stories of Mia Macaraig, a running mom, and Pia Ang, a runner who used the sport to live a healthier, happier life. Last but not the least, we present a special feature on four runners who expect to call themselves "marathoners" by March when they conquer their first 42k at The Bull Runner Dream Marathon in NUVALI.

So, what's next for you this year? Flip through our pages – Yes! All 48 pages because we're a lot thicker now! – and find inspiration in reaching (and running) for your dreams this 2011.

Jaymie Pizarro, The Bull Runner

www.thebullrunner.com



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WORDS **ERIC NICOLE SALTA**
PHOTOGRAPHY **BEN CHAN**

**SPORTY MOM
MARICEL LAXA-PANGILINAN
SPARKLES IN THE NEW YEAR
WITH A NEW CHAMPION
CHILD ON THE WAY**

MOM ON THE RUN

YOU WOULDN'T KNOW IT JUST BY LOOKING AT HER BUT MARICEL LAXA-PANGILINAN IS ACTUALLY PREGNANT. EVEN AT 40, A FULL-TIME mom to four super kids, and a loving wife to supremely athletic Anthony, she doesn't look like she's ready to retire to her bed anytime soon. Always glowing like a star, it's funny how motivated and positive she can get these days. Case in point: On the first location, a slightly uphill road overlooking her highland neighborhood, she kept cracking jokes and laughing at her cheesy poses.

The only thing giving her pregnancy away is when she runs gingerly for an action shot requested by the photographer sprawled on the concrete road. And perhaps her concern with her "flabs" that were

barely even visible to the naked eye. There's never a dull moment with her and when I sat down with her over pancakes a few hours later, I was drawn in at how contagious her positivity was.

"Of course I'm already imagining this baby in a tri suit," she muses when asked about her new goals in multisport. This was months after finding out that she was expecting and months before her first marathon at The Bullrunner Dream Marathon. "I was discouraged but I thought, I don't hold my future in my hands. I just know if I want something and I can't have it now, I can have it later. And I might as well prepare myself for the day when I'm actually going to get it."

This kind of attitude may have started during her days in the US. "My best friend

was the star runner of our school and she got me into running. I was also part of the varsity swim team, so everything started in high school.” Though it was cross-country running and she wasn’t particular about gear and technique back then, Maricel now understands what it entails to fuel her passion for sports as she was slowly introduced to the community.

It was two and a half years ago when her foray into running became official. Her husband Anthony was hooked into triathlon and she oftentimes found herself on the sidelines, choosing instead to support him and focus on the children. But a sudden twist of events – kids getting hooked to the sport and Maricel getting depressed over a miscarriage – paved the way to rekindle the fire.

“What got me out of it [depression] was when I started walking with friends in UP. Later on I got so bored I started running. Then I thought ‘If I’m starting to run, I might as well learn the proper techniques.’ I was exposed to the community and then I started joining races,” she says, which includes races like Condura, Unilab, Globe Run for Home, Nature Valley, and Gabriel’s Symphony. Her early background proved to be a real gem when, at one point, she showed the community that she can hang with some of the country’s best “My longest run happened in the TBR marathon. I was supposed to be a pacer for the runners but ended up being paced by Boston Marathon qualifier Millet Chiongbian!”

Whether intentional or not, it was clear that she was capable of so much more. But running isn’t just about signing up for race after race. Running gave her more than just toned legs and better overall health; it strengthened her character and brought her inner peace, too. “I felt so alive being outdoors, I felt one with nature,” she admits, adding that she loves training in the UP area or around the village.

Of course, the biggest attraction is that she spends a lot of time with her family, on and off the track. “We always race together. That’s why we call ourselves Team Pangilinan! We vowed not to allow our passion for sports to take our time away from each other so we do things together.” And when she says together, she really means together:



“I don’t hold my future in my hands. I just know if I want something and I can’t have it now, I can have it later. And I might as well prepare myself for the day when I’m actually going to get it.”



waking up early, gearing up, training, and even pampering massage sessions. “I train with my kids but I cannot keep up with their speed. But they take time out to walk with me now that I’m pregnant. My youngest son, Benjamin, always looks out for me. He holds my hand and we talk for hours even till sundown!”

And maybe this is also why despite the pregnancy and the postponed races, she welcomes the New Year, and the changes that come along with it, wholeheartedly. “Actually, my being pregnant doesn’t really change many things. I still continue my workout, maybe lesser distances for lesser impact.” For now, Maricel has set aside her dreams of competing in the IronMan, Dream, and Bordeaux marathons to remain as healthy as possible because “I am needed for my strength and positive mindset, my family still


TOP TO BOTTOM: MARICEL’S MOST RECENT RACE AT ANVAYA WITH TEAMMATES LARA PARPAN (BIKE) & KIT ZOBEL (RUN), MARICEL AT THE BULL RUNNER DREAM MARATHON WITH MILLETTE CHIONGBIAN, AND CONDURA RUN WITH HUSBAND, ANTHONY, AND THE CHILDREN

needs me,” she says.


Her last competitive race was the Anvaya Invitational Triathlon where she finished her “1K swim and 500m dash to transition while pregnant!” but Maricel, ever the active woman, won’t park herself in the bed anytime soon. Her champion children aren’t cutting her some slack either, calling her a slug whenever she’s in bed. Certainly, the New Year will bring interesting twists to Maricel’s sporting life when she’s back in the public eye as an athlete, a role in which she’s always felt comfortable. And to prove that she’s no slug. ●

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YOUR RUNNING CHECKLIST: January-February 2011

☐ RUN ON EDSA.

Register for the first race to ever start on EDSA. Sign up for 5k or 10k of The EDSA Run on February 27, 2011. All proceeds will be used to build classrooms. For registration details, visit iamninoy.wordpress.com



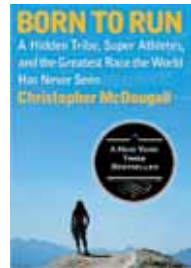
☐ **TRAIN AND TRAVEL.** Register in the K-Swiss running club for 13 running sessions and train under Coach Peter Gonzalez, athletic program director of TRAP. Participants who complete at least 10 sessions will have a chance to win a trip to Los Angeles, California, USA and a slot in the LA Marathon on March 2011. To register, visit K-Swiss Glorietta and Planet Sports outlets. Training is every Monday, 6:30-8:30pm at the University of Makati Track Oval. For more details, call 5013780.

☐ **GET A MASSAGE.** After a tough workout or a long run, get a massage right in your own home. With just a touch of a button, the Tense Massager promises to instantly relieve tight muscles, relieve overall body fatigue, and improve blood circulation. OMRON HV-F128 T.E.N.S. Massager available at AUTOMATIC CENTRE, SOGO, SM APPLIANCE, ANSONS. P4,580

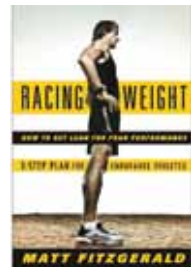


WHAT'S NEW? BOOK NOOK

○ **BORN TO RUN** by Christopher Mc Dougall. Read about the fascinating Tarahumara tribe who are legendary for their ability to run extreme distances in unwelcoming conditions without breaking a sweat or getting injured. This book calls for back to basics running. [RUNNR, P1,565](#)



○ **RACING WEIGHT** by Matt Fitzgerald. Need help losing the holiday bulge? This book is the first comprehensive and science-based approach to weight management for runners, cyclists, and swimmers. It will help you make the subtle but important changes you need to start your next race at your optimal weight. [RUNNR, P1,189](#)



{ TAKE 5 WITH JEFF GALLOWAY }

LIT ONRUBIA sits down with **JEFF GALLOWAY**, running and coaching legend, creator of the Galloway Method, member of the 1972 U.S. Olympic team and *Runner's World* columnist and named one of 18 *Runner's World* Experts in the magazine's 40th anniversary edition, for an exclusive interview with *TBR Magazine* before his anticipated arrival in the Philippines



JEFF GALLOWAY WILL BE COMING TO THE COUNTRY FROM FEBRUARY 2 TO 6 FOR THE JEFF GALLOWAY METHOD:

A series of lectures and workshops in Manila and Cebu. Jeff recently shared his thoughts with us on how to run faster, longer and injury-free.

1 What is the most important lesson that you've learned throughout your running and coaching career about running at your best?

A: There are two: 1) adjust your pace so that you can receive the boost to the attitude and vitality that each run can bring, and 2) be sensitive to your "weak links". These are the areas of the body that ache more often and break down when pushed too hard. If you reduce training distance and intensity, at the first sign of an irritation (by inserting more walk breaks) you may not have to take any time off from running.

2 Many people believe that taking walk breaks slows you down, and that walking is a sign of weakness. What do you have to say about this?

A: I've heard from over 300,000 runners who have used my training methods. Most

find that the run-walk-run strategy actually speeds them up in races. Surveys back this up. When non-stop runners use the right ratio, the average improvement when using run-walk-run is over 13 minutes in a marathon. Walk breaks allow runners to train for marathons and other events, without being tired all the time.

3 You've run over 150 marathons. Millions around the world dream of doing it. What makes the marathon so special?

A: There is no other experience in life that gives the combination of satisfaction and achievement, as that experienced from finishing a marathon. I hear from thousands every year who tell me how it has improved the quality of their lives!

4 I'm an experienced runner but I've plateaued. What can I do to improve my time?

A: Longer long runs (run very slowly) have helped most. In addition, the following have improved race time significantly: running a greater number of speed repetitions, using some mental training techniques, and inserting the right strategy of walk breaks.

GREAT GALLOWAY READS

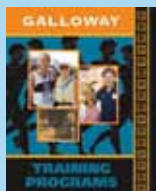
HALF-MARATHON: YOU CAN DO IT!

Excellent book for all runners, from beginners to elites. Contains training programs for specific time goals.



TRAINING PROGRAMS

A must for the library! Has everything you need to know about running 16k, 21k & 42k.



WOMEN'S GUIDE TO RUNNING

Men and women are built differently, from our anatomy to our metabolism. This book tells women how to sustain their fitness level and turn their bodies into a fat-burning machine whole year round!



5 The running community in the Philippines is excited about your upcoming lecture and workshop series. What can they expect during your talks?

A: I'll explain how to stay injury free, how to stay motivated, how to run faster and farther without being tired all the time, efficient running form, the best food for performance, when to eat for best results, fat-burning, and mental training to break through barriers. I will also explain how to calculate the correct pace for each person, for long runs and races...and more!

THE JEFF GALLOWAY METHOD will be in *Colegio de San Agustin Basketball Arena* on Feb. 2 and 5, 2011 and *Waterfront Cebu City Hotel & Casino* on Feb. 3., 2011.

Tickets are at P500 and may be purchased at the following outlets:

- NEW BALANCE - Glorietta, Shangrila, Festival Mall
- PLANET SPORTS - Alabang Town Ctr., Glorietta 3, Powerplant, Trinoma, Ayala Ctr. Cebu.
- RUNNR - Boni High Street & Cebu
- SECONDWIND RUNNING STORE - Ortigas Home Depot & Teachers' Village, QC
- THE STARTING LINE - West Gate Ctr. Alabang

For Manila inquiries, call 0915.638.5801 or 507.4507. For Cebu inquiries, call 232.6888 loc 8941

For more information, email galloway@forwardleanrunning.com or visit www.forwardleanrunning.com/galloway

Jeff will also conduct GALLOWAY RUNNING SCHOOL WORKSHOPS: exclusive 3-hour workshops (1 Manila, 1 Cebu). Limited to 30 students. P4,000 per head. Call to reserve a slot.

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Women'sHealth

RUNNER'S WORLD



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3, 2, 1...

03/20/11

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in the Kwicky with Blade-Light technology

I RUN IN K•SWISS

Mirinda's record marathon time of 2:53:32 in Kona is extra awesome, considering she ran it after a 2.4-mile swim and a 112-mile bike in the world's toughest endurance race. The only thing stopping her was the finish line.



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SECOND WIND

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Welcome 2011 with a bang...and brand spankin' new gear that's sure to improve your performance in the year ahead

1: CW-X Men's Revolution Tights

supports your lower abs and hips to better strengthen your core muscles. It is anatomically engineered to keep your muscles aligned. RUNNR. SRP:TBA

2: POLAR FT40 Heart Rate Monitor

provides heart rate info such as maximum HR, BPM, and target zone indicator to help you track your efficiency during runs. RUNNR. SRP: TBA

3: SaltStick capsules (30/100pcs) helps you minimize muscle cramping, heat stress and fatigue due to unbalanced electrolyte blood levels while training. RUNNR. 30 caps. - P633, 100 caps.- P1,054.

4: Mizuno Long Tights soft, breathable, windproof, water repellant fabric allows for enhanced mobility and breathability while you run. MIZUNO. P1,995

5: H2O Audio Earphones withstands heavy perspiration, rinsing after active use, and for triathletes, even submersion underwater. It comes with five sizes of earplugs to ensure a waterproof seal and comfortable fit while running or swimming. P3,000

6: ProForm 680 Treadmill allows preset workouts that will automatically adjust the incline and speed of your treadmill. Perfect for a challenging workout indoors. Chris Sports. P59,495 available at 0% for 12 mos.

7: K-SWISS Kwick Blade Light is ideal for a not too heavy runner with a midfoot or forefoot strike. It has a slight medial post to add some extra stability, a seam-free upper, which makes it a great shoe for sock-free running. RUNNR, SECONDWIND. SRP: TBA



8: Brooks Trance 10 is designed for runners who need support but still want a flexible ride shoe with high end features. RUNNR, TOBY'S, SECONDWIND, A RUNNER'S CIRCLE. SRP: TBA



9: New Balance 760 is designed as a stability shoe, the 760 greets the runner with overpronation control in a flexible yet stable ride. New Balance's Midnight Run and Rainbow Park edition is sure to catch attention with bright neon colors tailored for night running that'll keep you visible to oncoming vehicles. SECONDWIND, RUNNR. P4, 995



IN THE BAG

BOBBY CRUZ

- ➔ I received an REI Double Shot Hydration Waistpack from my sister.
- ➔ It was on my wishlist because it's a necessity for me during training/LSD's
- ➔ The best thing about it is it has 2 big bottles, expansion panel on it's main compartment plus stash pockets on both sides for energy gels/bars. Fit is also easily adjustable with a simple tug on the hipbelts.



RAOUL FLORESCA

- ➔ Over the holidays, I received a pair of New Balance 760 from my wife and daughter.
- ➔ The best thing about it is the colorway! The dayglo colors make the shoes look like a patchwork of the 80's and 90's pop music scenes!
- ➔ It will help me to train for and finish my second marathon, TBR Dream Marathon 2011! and since the race starts early in the morning, the colors will help make me visible, too!



▶ Run FOR YOUR Life ▶



LEFT: PIA (IN ORANGE) WITH FRIEND, MARILEN CONCEPCION, BEFORE THE HONOLULU MARATHON LAST DECEMBER 2010

losing weight is hard enough, but maintaining the weight and living a renewed lifestyle is much harder. I've chosen to feature a 37-year old client, **Pia Francesca A. Ang**, whom I've been running with since 2005. She best represents a runner who is living and maintaining a healthy running lifestyle.

From 180, Pia is now 128 pounds. We joined the Honolulu Marathon last December 2010, where she was able to shave nearly 30 minutes from San Francisco marathon in 2009.

Here are some effective weight management strategies that Pia has practiced over the years:

Be in constant search of a new challenge to stay consistent with living an active lifestyle

"I started running years ago in 2005. I was a gym regular already but I was looking for a challenge and a change from my usual gym routine. My most unforgettable first races were my 1st Milo 5KM in July 2005, Adidas KOTR October 2005 and Standard Chartered Marathon 2007 where I finished my first marathon in 5 hours and 32 minutes!"

Run for your health and for lifestyle change, then weight loss will follow.

"I run for my health. I've lost 52 pounds over

the years but the more difficult part is keeping it off. I've lost and gain some but constant running and proper diet is what helps me keep most of the weight off."

Don't get too excited. Practice running in moderation and combine it with other exercises to avoid injuries and early burnout.

"I only do one marathon a year and select which races to participate in. I see many new runners who try to run too long or too often immediately. Soon they find themselves sidelined by injury or burnout."

Reward yourself after attaining a certain goal, like losing a certain weight or improving your race time.

"After a good race, I reward myself by shopping for new clothes and eating in my favorite restaurants!"

To maintain weight, set a limit for your food intake and develop the habit of balancing calories by using a lifestyle journal.

"Count your calories! A food and exercise journal is the best way to monitor your calorie intake and calories burned from exercise. It's easy to overestimate the number of calories burned while training for a marathon that's why many people gain weight during training. I try

to keep my calories under 1,800/day and try to limit my drinks. I love to eat and try new restaurants so when I treat myself with my favorite foods, I run longer the next day or cut down on calories during the rest of the day.”

The best way to lose/maintain weight through exercise while improving running performance is to combine your main cardio exercise like running with resistance, core, and flexibility training

“I do bikram yoga twice a week, I lift weights once a week and I try to run about 3 to 4 times a week.

Run with a partner or with a group of like-minded friends

“It’s nice to have friends with the same goals as you. Running the Honolulu Marathon was memorable for me because I had so much fun preparing for it. There is more to the marathon than the event itself. Months of actual training, proper nutrition before, during and after the marathon, outfit selection, and friendships that you develop along the way.”

Never stop dreaming, always set big, but realistic goals for yourself.

“I’d like to continue running, hopefully complete one marathon a year, and doing yoga until I’m old. My dream marathon would be the London Flora Marathon. The best way to see a new place is by running it. A friend of mine reminded me that in 1998, while I was studying in the U.K., we got a glimpse of the Flora Marathon and I told him then that I would do that marathon someday.”



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.

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Barefoot Running 101

*The author running barefoot
in Boulder, Colorado*

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author of *Run Free*,
shares his expertise
on going bare to run
light and free



AREFOOT RUNNING CAN HELP YOU RUN LIGHTER, FARTHER AND FASTER THAN EVER BEFORE.

It helps you feel the ground which minimizes impact, increases stability and strengthens you as a runner from the feet on up. And like the Kenyans or Ethiopians, it helps you build springs for legs, giving you added endurance, speed, and comfort, truly helping you “Run Free”. Incorporate barefoot training into your routine for your best running ever!

7 Tips on Going Barefoot

1 Barefoot running wakes up your feet and legs, building strong arches, achilles and calf muscles. Like any new motion, you must begin slowly and allow the body to adapt. If not, you’ll risk incredible soreness or even injury. Start with only 200 yards and go

barefoot every-other-day, adding 100 yards at a time.

2 To begin, head to a hard surface, not a soft one. Studies show we land lightest on hard surfaces and hardest on soft surfaces as the latter eliminates our “feel” of the ground. So head to a clean, smooth bike path, road, or sidewalk to find your lightest stride.

3 Focus on form. Stand tall and keep your arms high and swinging forward, not side-to-side. Keep your core muscles tight and engaged and avoid folding over at the waist.

4 Land on the balls of your feet to engage your “natural shock absorbers”. Studies show this provides up to three-times less impact than landing on your heels.

5 Think quick steps. The shorter your stride, the less wasted energy, bounce, and impact. Aim for 180 strides per minute or greater.

6 Since 18 out of 19 muscles and tendons of the feet attach to the toes, if you want strong arches, you need strong toes. Practice grabbing a golf ball with your toes for a couple minutes every-other-day.

7 Carry your shoes with you as hand weights and slip them on your feet when your skin or muscles fatigue. Always start barefoot before time in a shoe to keep your skin dry and free from sweat.

Barefoot Benefits

1 The more you can “feel” the ground, the lighter you run. Running light helps you protect your knees, back, and entire body from acute and long-term wear-and-tear injuries.

2 Promotes faster leg turnover, further reducing impact and effort while increasing efficiency and endurance.

3 Increases your speed by developing your feet and lower legs into springs.

4 Gives you abs of steel by using your core to support you, rather than your shoes.

5 Strengthens and helps protect your feet.

6 Activates nerve-endings on the bottom of the foot, increasing agility and balance, making you more stable, and less likely to fall, trip, or roll an ankle.

7 Stimulates pressure points on the bottom of the foot. This reduces blood pressure, increases circulation to the feet and lower-legs, reduces cortisol levels or stress, and even boosts the immune system.

.....

Michael Sandler is an internationally acclaimed barefoot running and walking coach and best-selling author. He has coached professionally for nearly 20 years. After a near-fatal accident he was told that he would never run again. With an implanted titanium femur and hip, it was only through barefoot running, and lessons learned on the trails that he was able to heal and run pain free.

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EVENTS

RUN UNITED 2 RunRio Trilogy Leg 3

November 20 & 21, 2010, Bonifacio Global City, 500m/3/5/10/15/21/32k. One of the biggest running event last year with over 16,000

participants joined the two-day event successfully capping the last leg of the last RunRio Trilogy for 2010.



Berwin Meily



21k winner William Kipyego



Art and Vima Mendoza



You're the man!



Inseparable runners



All smiles for this 10k runner



The Afroman



3rd placer Mary Joy Tabal



Team Logan



What a relief from the heat



Karylle with fellow happy runners

34th MILO NATIONAL FINALS

December 12, 2010, Manila 3/5/10/21/42k. After 17 regional races around the country, more than 20,000 runners joined the last leg of Milo Run. With the highlight of that day, 435 qualified runners from all over the country competed in the 42k event.

EVENTS

CORREGIDOR INTERNATIONAL HALF MARATHON

December 19, 2010, Corregidor Island, 21k. Many conquered and settled the score at the rock considered as one of the toughest 21k routes among local races.



All set and ready to go!



Runners enjoying the scenery



Bards Bathan



Top finishers Dandelion Bumahit and Michelle Estuar



Top male finishers



Top female finishers

PHOTOS COURTESY OF VIMA MENDOZA / KULIT RUNNER

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EVENTS

BGC RUN

November 28, 2010, Bonifacio Global City, 3/5/10/21k. Loyal runners of the Bonifacio Global City gathered and enjoyed a fair-weather race with a very lucky runner going home with a brand new Chevrolet Cruze.



Kids nearing their first 3k finish



Runners waiting eagerly at the start



Special bonding with his little girl



BGC Managers flank the runner who wins the grand raffle: a Chevrolet Cruze!



21k runners in high spirits



42k Winner Robert Kosgei



Joms Paras



QCIM Marshalls

2nd QC INT'L MARATHON

December 5, 2010, Quezon City, 5/10/21/42k. On its 2nd year, more than 7,000 runners converged at the Quezon Memorial Circle to run some of the main avenues of the Philippines' biggest city.



Runner enjoying the QCIM route



Roxanne Girlie Cipriano

NIKE RUN MANILA

December 5, 2010, Bonifacio Global City, 5k. Students from different schools joined seasoned runners in this exclusive Nike run where students enjoyed a discounted fee.



Strong at the finish



And there they go!



Lung-busting run



Happy runners with their Nike freebies



Runners from JRU



All set at the starting line

PRINT AVENUE



TRI united whiterock



Over 200 conquerors of the sea, road and sun stormed the grueling course in **Subic Zambales** last **November 13, 2010** at the Unilab Activehealth's **"Tri-United at Whiterock."** The **2k ocean swim, 91k road bike, 20k run challenge**-started at 6:48AM for the 135 individuals and 7:00AM for the 28 relay swimmers. All gathered at the beachfront starting area with the ceremonial horn start graced by the presence of Administrator Jun Omar Ebdane of the Provincial Government of Zambales.



**2K
SWIM**

**91K
BIKE**

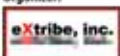
**20K
RUN**

After negotiating the waves of the bay, triathletes faced the challenging course for the bike leg after which was yet another taxing run course. The hilly terrain route demanded a lot from the participants and pushed them to their limit but the support of the local neighborhood cheering them on provided the extra push propelling them to the finish.

Unilab Sponsors:



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Brian Borlino fastest on the run



LC Langit fastest swim split

Brian Borling from Bukidnon came up to claim the glory by topping the male division, finishing with a 4:53:22 while LC Langit led the female pack with 5:07:32. The first relay team to finish was team **Clear Sabak** finishing with a time of 4:54.09.



Coach Ani De Leon with Kids

Health starts with your family!

It wasn't only the grown ups who challenged themselves on the race course. Twenty-four aspiring kids also had a taste of the triathlete challenge as they learned the basics of swim and run disciplines around the Whiterock compounds under the guidance of Pro-triathlete coach Ani De Leon.



Fitness First Tri Kids

The session ended with a simulation where the kids got a taste of swimming in the open ocean, followed by a run to the finish line.



At the end of the day, happy finishers were rewarded with a banquet at Whiterock's Patio Grille where the top finishers were awarded with gifts and cash prizes. The night was capped with some dancing and music, giving all a happy, unforgettable experience. *Tri United Rocks!*



President & CEO of Unilab Clinton Campos-Hess



Top 3 MEN



Top 3 WOMEN



Relay Team Winner Clear Sabak

For official race results visit www.extri.be.com.ph

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TRAINING

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High performance athletes and runners realize the importance of **alignment** in both their skeletal and muscular systems in preventing injuries and enhancing their activities. The basic concept is that a structure (skeletal system) that is properly aligned with muscles that are flexible and strong will be able to perform any sport at an optimum level. Just like when the tires of our cars are properly aligned – it runs better and wears out evenly.

? HOW DO I DETERMINE IF AM OUT OF “ALIGNMENT”?

- 1) The biggest tell- tale sign is the wear patterns on the soles of your running shoes. The wear and tear of your soles should be equal on both the inner and outer sides of the front and back. If they wear out unevenly (typically more on the outside in the back and on the inside on the front) then you probably are out of alignment. You may over-pronate or have a slightly shorter leg on the side with increased wear patterns.
- 2) If you develop symptoms such as heel pain, foot pain, knee pain, lower back pain or others – you may be out of alignment. The underlying cause is usually an imbalance in the repetitive stresses seen in running which places excessive amounts of pressure on one side of the body as opposed to the other.



Martin Camara, D.C. is the Director of Clinics and Chiropractic Specialist of Intercare Healthcare Systems, Inc. He is affiliated with the Philippine Olympic Committee and Philippine Institute of Traditional and Alternative Health Care (PITAHC). He has been an attending chiropractor/team physician in different prestigious sports events like SEA Games and Olympics helping the country's top athletes to gain optimum performance.

? WHAT SHOULD I DO IF I AM “OUT OF ALIGNMENT”?

- 1) Consult with a Chiropractor, Rehab Medicine Specialist or Orthopedist preferably with a background in sports medicine. They will be able to assess your biomechanical alignment.
- 2) It may be worthwhile taking a few lessons with a running coach who does video analysis. A lot of times how we think we are running is not necessarily how we are running. A good coach will be able to determine whether your structure is properly aligned – or even check whether or not it is collapsing when you break into a run or start fatiguing.
- 3) Spend some time walking around on your bare feet. Our feet are engineered masterfully to give feedback to the rest of our body from the ground. Stimulating this neurological proprioceptive connection will automatically correct our stride and enhance your posture and bounce while strengthening your feet.
- 4) If you have pain during or after exercise, it is a warning sign from your body to stop before an injury occurs. It is best to get to the underlying cause of the problem.
- 5) Ice whenever necessary. Control the inflammation immediately after injuries and you will dramatically reduce scar formation. Scar leads to more injuries and can turn a benign injury into a chronic problem.

For questions you may email the author at drcamartin@intercare-centers.com.



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NUVALI 

➔ Meeting the Dreamers ➔

Four runners with diverse backgrounds share a common goal: to run their first marathon at **The Bull Runner Dream Marathon** in NUVALI on **March 20, 2011**. Here we learn what motivates and inspires them to conquer their dream.

Jamie Liu-Dy, 34

wife, mother, bank employee



“I learned that if you put all your heart and all your might to achieve a goal then “impossible” is not an option. I have the ability to juggle married life, motherhood, career and “me” time.”

Motivation: There are ten things I want to do in life before running in heaven and going for full is one of them. It has been a life goal to finish my first marathon before I turn 35 years old. I want to explore what my body can do to its limits.

Running for: I run for my life, my husband, and my son.

Driven by: My love for the sport, to be able to outdo myself

each time and outrun my energetic 3 year old son, Ryu.

Benefits of training: discipline, focus and learning to listen to what my body is saying.

How I feel: humbled and excited!

Looking forward to: sharing my chocolate non-fat recovery drink with my son and an ice bath.

“I’ve lost excess weight, I feel stronger, and I hardly get sick.”

Motivation: The challenge and the expected benefits of training for a full marathon drove me to sign up for it. I’m doing it to test my discipline and to get in great shape.

Inspiration: People a lot older than me who run and the thought that eventually, I’d be physically and mentally strong enough to run for hours and finish a full marathon.

Lessons: I learned that I really enjoy running, and that my body still has the ability to adapt to the demands of hard training.

How I feel: I’m very excited, and thankful to be a part of TBR Dream Marathon.

Looking forward to: After I recover from the marathon, probably more races

Ping De Jesus, 34

lawyer



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SPECIAL FEATURE

Motivation: I have always had difficulty running. I prefer biking and swimming. Training for a marathon motivates me to run consistently. In doing so I improve myself and push my running limits. I am also enjoying running much more now.

Inspiration: Pushing my limits further and further each training week. Each long run is a small victory for me.

Benefits of training: I have lost more than 25 pounds since I started running. I have also learned to celebrate and appreciate the small victories.

Lessons: Marathon training is relentless but I have not given up yet. I am learning about my body's limits in every run and constantly surprise myself.

How I feel: I am very excited about race day but enjoying the journey and getting into shape. Race day will be my prize for all the kilometers I have been putting in.

Looking forward to: I look forward to eating most of the 4000 calories I will probably burn during the run.

Mike Vaca, 38

finance executive



"I am running for my son, Yago. I want to show him that if daddy can finish a marathon, then anything is possible."

Bobbie Domingo, 48

hummus maker



Motivation: I've been running for 30 years now and it's about time I do a marathon! I've never really considered doing one as it seemed too daunting a feat. Not until I ran my second 21K this year (and achieved a PR) that I felt a 42K is actually doable. I did better at 48 years old than on my 1st 21K at 22 years old!

Inspiration: Accomplishing a feat that I always thought unimaginable. This is the ultimate physical challenge for me.

How I feel: Very excited and nervous too!

Running for: Me! I want to be able to prove to myself that at 49 (my age by race day) I could actually run a marathon. Also, I want to encourage my kids to get physically active. Maybe this feat will inspire them.

Benefits of training: Healthy bonding with my hubby, my running partner (who is also doing the TBR marathon) and a clean bill of health. Discipline and mental toughness.

Looking forward to: Saying to myself "I did it!!!"

"Because I'm so determined to achieve this goal, I've maintained a positive attitude and even look forward to each run. I treat each training day as a step closer to accomplishing my mission. My body is capable of much more than I thought it could."

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Mia and Ia all smiles after Run United 2

Keeping it in the Family

A DOTING MOM TO TWO KIDS, **MIA MACARAIG** CARVES A SENSIBLE PATH TO KEEP THE FAMILY TOGETHER

WORDS BY **ERIC NICOLE SALTA**

SHE MAY HAVE HER HANDS FULL WORKING AS A CERTIFIED PUBLIC ACCOUNTANT AND RAISING TWO lovely daughters single-handedly but that didn't stop Mia Macaraig, 40, from running into a more dynamic lifestyle. As soon as she had that first taste of freedom running afforded her, she never looked back. "Sometimes I join two to three fun runs in a month." That was just after running her first 5K at Run United 1 in March 2010.

For someone who was new to the sport, Mia was instantly hooked. "I became happier and there was a feeling of self-fulfillment." But, even beyond that, running also helped her cultivate a closer relationship with her daughters Krishna, 15, and Ia, 10. Prior to running, Mia would regularly spend time with her kids eating

out or shopping or watching a movie. Now though they have running as another avenue to share some precious time together.

"After Run United 1, I immediately encouraged them to try running also. My eldest, Krishna, has joined the 5K events of Earth Run, Nature Valley 2010, and the 34th National Milo Marathon," she says, who is now looking to run 10K this year. "Ia just started in Run United 2's 500-meter dash last November and she's excited to join another fun run, possibly a 1K or 3K race."

Mia, however, didn't let her kids steal the show at Run United 2, her second stab at 21K. "It was a very tough and challenging race for me because I ran with a knee injury. I had to run with a knee support just not to miss the well-awaited Unilab-RunRio tandem run," she admits. And even



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1. Worldwide prevalence of anemia 1990-2005; WHO Global database on anemia. Edited by Bruno de Benerot, et al. Page 23
2. http://www.cdc.gov/nceodp/od/odhqa/healthcommunication_for_everyone/iron_deficiency/index.htm, accessed on May 17, 2010



Mia and Ia ham it up with Coach Rio, running buddy Bong, and his son Kurt



Mia, Krisha, and Ia spend precious girls bonding time at a training run in U.P.



though she experienced muscle cramps around the 12K mark that forced her to stop and walk herself back in the race, by virtue of sheer determination, Mia still completed the race in just under three hours.

Following that little physical hiccup, she was up and about for day two. "The next day we were back with my daughter Ia and my running buddy's son who were scheduled to run the 500-meter dash," she says, adding with a glint of satisfaction, "This was where she told me that she wanted to join the 3K distance on her next run and she wants to run together with me!"

In Mia's moments of leisure, losing weight was one of her primary reasons for working out. But now running has proved to be more than a rewarding competitive outlet for the drive and passion that was always within her but never really quite filled. With her daughters by her side, the road to a fitter and firmer figure is a little easier with meaningful moments in between. "A mother must be a good example to her children and encourage them to have an active lifestyle like her because it's worth it." ●

Archie Reyes

Lava Front, Legazpi, Bicol

> WHERE TO STAY:

Alicia Hotel offers discount and is just a stone's throw away from the Legazpi Airport. And of course the best part of it is that it offers a panoramic view of the majestic Mayon Volcano.

> WHERE TO EAT:

- For authentic Bicol dishes, try Waway's Restaurant.
- For the best Halo-halo, try DJC Halo halo.

> WHY RUN IN BICOL:

There are a lot of trails in Bicol and with the Majestic Mayon as your backdrop, you can't ask for more.

> AFTER THE RUN:

Go to Lignon hill to get a nice aerial view of the Lava front, Mayon Volcano and Albay.

Embarcadero is a major waterfront development in Legaspi and is a cool place to hang out and unwind after a good run.

The Cagsawa Church Bell Tower Ruins is another must-see tourist spot in Bicol. Some kids selling postcards even volunteer as guides and photographers for trick shots in the area.

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

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– Glorietta 2, 757.5856; 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 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

– 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 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

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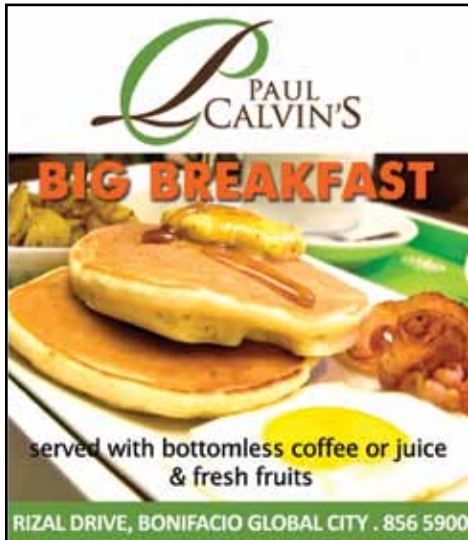
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{ortho doctors}

DR. JOSE RAUL

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Alabang Zapote, 809.3942; St.
Luke's Medical Ctr., 723.4918/
19, 723.0101 loc. 4700

DR. EDGAR MICHAEL

EUFEMIO – SM Megamall,
497.5746, 637.9661 loc. 115;
Cardinal Santos, 727.7672

DR. PAOLO PUNSALAN

– Orthopedic Multispecialty
Ctr., Ortigas Ave., 635.6789 ext
6521; Second Wind, 799.2089

DR. ANTONIO RIVERA

– Makati Med 892.1541-43;
Asian Hospital, 771-0585/ 86

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MOVING FORWARD

No better way to welcome the New Year than with a fresh batch of running goals



MELODY YAPSON >> my 2nd Marathon, the TBR Dream Marathon in March! I hope to do as good as, if not, better than the first. I will be trying multi-sport events in the latter part of the year.



ELAINE ARANETA >> My Goal for the year - 1 or 2 International Full Marathon Races (hopefully NYM is one) and improve my PR for all local races!



LORA TANSENGCO >> 2011 is reserved for only one marathon. My husband and I will be running the Berlin marathon this September. My goal is just to reach that ever elusive finish line.



ALEX ARANETA >> My goal is to do the New York Marathon and be able to do a 21k in 2 hours!



RAFFY ZAMORA >> This year I'd like to try a trail run and my ultimate goal for 2011 is to run my first marathon. Hopefully with a hair under 4 hours!



ISA CRUZ >> My goal is to focus on faster times for short distances to half marathon, to keep running injury free, and to hopefully race another international marathon!

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