

THE Bull Runner

MAR-APR 2011

.COM

TBR DREAM MARATHONERS
CHRISTINE JACOB-SANDEJAS
MARATHON MOM
IN THE MAKING

+
RUBY GAN
TON GATMAITAN

A RUNNING
COUPLE'S
WEDDING

GELS
WHAT ARE THEY
AND HOW TO USE

CONDURA SKYWAY MARATHON
SUBIC INT'L MARATHON
CEBU INT'L MARATHON
GREENTENIAL RUN



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SUMMER GEAR

BEST TREATMENTS
FOR YOUR INJURY

POST-MARATHON
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MARCH

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

5: KADUGO RUN, Mandaluyong City, 3/5k, Register at Mand City Health Ofc or call 09228759039

6: RUN UNITED 3, RunRio Trilogy Leg 1, Bonifacio Global City, 500m/5/10/21k, visit www.runrio.com or call 7031736

6: RUN FOR LIFE, Roxas Blvd., 3/5/10k, Register at Secondwind Running Store, All Terra Cyclery call 09158808845

6: BURN: U ROCK & U RUN, McKinley, Taguig City, 3/5/10k, visit www.upchemicalsociety.org or call 09062488759

6: 2nd CLARK ANIMO RUN 2011, Clark Pampanga, 2.5/5/10/21k, New Balance Marquee Mall, Angeles City.

6: 1st MUNTINLUPA RUN 1/3/5/10K, West Gate, Filinvest, Muntinlupa City, 1/3/5/10k, call 475-6320

13: DZMM TAKBO PARA SA KARUNUNGAN, 3k/5k/10k/25k, Quirino Grandstand, Register at DZMM Public service Ctr. call 09178079530

19: ATHENA ALL-WOMEN'S RUN 2011, SM Mall of Aisa, 3/5/10k, visit www.runrio.com or call 7031736

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

27: GLOBE RUN FOR HOME 2, Bonifacio Global City, 3/5/10/21k, visit www.runrio.com or call 7031736

27: RUN URO 2011, Veterans Memorial Medical Center, 4/6/10k, 09229372457

27: LUNTRUN (RUN FOR THE ENVIRONMENT), Filinvest Corp. City, Alabang, 1.5/3/6/12k, call 09178158227

APRIL

3: GOOD DAY RUN, Bonifacio Global City, 3/5/10k, visit www.runrio.com or call 7031736

3: GOOD HOUSEKEEPING FUN RUN, Manila Ocean Park, 100m, 1/3/5k, Register at Summit Media Office - Robinsons Cybergate Tower 3, Mand City, R.O.X., BHS

9: I-RUN FOR HOPE, UP Diliman, QC, 2.5/3/5/10k. 2.5K for cancer survivors only,

call 09327294140

9: TAKBO. PH NIGHT FEST 2011, Filinvest, Alabang, visit takbo.ph

10: NAT GEO EARTH DAY RUN, Bonifacio Global City, 3/5/10/21k, register on line at www.natgeorun.com

17: RUN WITH THE MASTERS, Luneta, Manila 3/10/21k, Register at Phil. Sports Commission (PSC Office) call 5250808 Loc. 197, Ultra Pasig City

30: SKYATHON 2011 Boracay Beach Run, Boracay, Aklan, 3/5k, for more details visit www.finisline.ph

30: 2011 TNF 100 Philippines, Camarines Sur, 100K, Register at TNF Stores, R.O.X., ResToeRun

MAY

1: RUN WITH DOCTORS, SM Mall of Asia, 3/5/10k, Registration starts on March 21, visit www.runrio.com or call 7031736

1: FRONT RUNNER'S LABOR DAY COAST TO COAST ULTRAMARATHON, Cebu City, 50k, Register at frontrunnermag@gmail.com or Runnr Cebu 09178030664 for details

1: FORBES PARK EARTH RUN, Forbes Park, Makati, WALK 3K/JOG 5K/RUN 10K, call 09063344166 / 09173344166

7: RUN TO BUILD, A CCF Fun Run, Tiendesitas, Pasig City, 3k buddy run/5/10k, registration starts on March 29 at CCF, St. Francis, visit www.totalathletenetwork.org or www.runrio.com or call 7031736 for details.

15: GOLDSLOCKS RUN, Bonifacio Global City, 5/10/15/21k, Registration starts on Feb 21, visit www.runrio.com or call 7031736 for details

29: GREENFIELD CITY CLEAN AIR RUN, Greenfield City, Sta. Rosa, Laguna, details to follow, visit www.runrio.com or call 7031736

[RUN CLINICS]

MAR/APR., 6:00 am every Saturday Mizuno Running Clinic at St. James the Great parking lot, Ayala Alabang. Call 757-3160 loc 515 to confirm date

UNTIL MAY 25: every Wednesday. Lecture 7pm followed by Group Runs 8pm at Bonifacio High Street. Visit RUNNR at B3 of Bonifacio High Street. Call 403-1787, www.runnr.com.ph

A Balanced Life at NUVALI

Everyone aspires for a balanced life. Amidst the challenges of work, one truly longs for time off for some family and "me" time. NUVALI, a 1,840 hectare large-scale masterplanned eco-city for the 21st century was carefully designed to fulfill this aspiration providing its citizens their longed for equilibrium with the perfect harmony of nature and advancement, rest and productivity, and the contemporary and the timeless.

NUVALI has truly embraced the healthy and active lifestyle and has developed outdoor adventure facilities to encourage residents and the public to take this on as well. It is envisioned to create a multi-use trail system for hikers, off-road runners & cyclists of all skill levels, develop natural greenways for an outdoor adventure trail and create a safe, secured and convenient trail system. One can enjoy the greens and the wildlife at its fullest without being intrusive of nature. A quiet walk along the 4-hectare lakeside or a trek at the Wildlife and Bird Sanctuary provides a serene experience communing with nature and one's self. For those who are into field sports, NUVALI has three FIFA grade football fields, two baseball fields, and three beach volley courts.

And, NUVALI doesn't stop there. More exciting outdoor facilities are still in the works. New development zones for a zip line, rope courses, rappelling, camp site including wide fields for paragliding, zorb riding are in the pipeline.

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

NUVALI, where people and nature thrive.



EXCITED, ENCOURAGED AND EXCELLENT

Grabbing the latest copy of TBR magazine always gives me a boost of encouragement and inspiration. To have a local running magazine made by runners for runners is truly a blessing to all of us who want to be healthier, happier and a little bit sexier! *wink*

I've been a fan of the TBR blog since a couple of years ago, but the TBR magazine has made this hobby even more enjoyable for me. Reading stories of real people, learning more about the science and art of running, and discovering the latest gadgets is something I look forward to whenever TBR comes out. What is noteworthy about TBR is it manages to be updated with all the new trends that come about, yet still maintains the very heart and core of running – to learn and discover more about ourselves and to share this joy and high of running with our family and friends.

I wasn't able to register (again!) for the TBR Dream Marathon, but I love reading the features and interviews of this year's participants. I can relate to their motivation, the mixed feelings of anxiety and excitement, and the determination to go on and finish those 42 kilometers with energy and



excellence. I've only finished a few half-marathons, but I know sooner than later I will join and complete a marathon too! When I do, I'll be grateful to everyone who helped get me there, TBR included!

Keep up the awesome work!
Mabuhay TBR!

Angeli

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

TBR MAGAZINE: SMALL IN SIZE, BIG IN CONTENT

The only magazine that I read from cover to cover. Oh yeah because it's small and handy. But more so, because every bit of information interests me. Now I've got a full 1 year of TBR magazine collection and always looking forward to the next issue.

Not only have I become a fan of your blog but also of your magazine. As the cliché goes, the best things in life are free. Really nice of you to provide runners and would-be runners a free resource material for training, nutrition, or even shopping for running gears! Though it's small, unlike the regular magazines in the market, TBR magazine is definitely big in content!

Kudos to you Jaymie!

Dianne

RUNNING CRAVINGS

Hi TBR! Just got my second issue of TBR, the first one was the

Nov-Dec 2010 issue. I find your magazine so great that I don't just read it at one sitting because I know it will take a while again until a new issue comes out. So, what I do is to make my self crave each day. I only browse it.. (just GLANCE at pictures and titles of articles) at the first time I get the copy then day by day I read each article not just to satisfy my cravings about running but to motivate me as well to run that afternoon.

I am the type of person who easily becomes bored with routines that's why reading your articles makes me run knowing different stories from different people. And, I almost forgot! I was also able to back read your past issues thanks to your website where past issues are also available for download.

Hoping to make my Half Marathon record a shade under 2 hours this June. Thank you TBR! Keep it up!

Alvren



ISSUE 11 MAR-APR 2011

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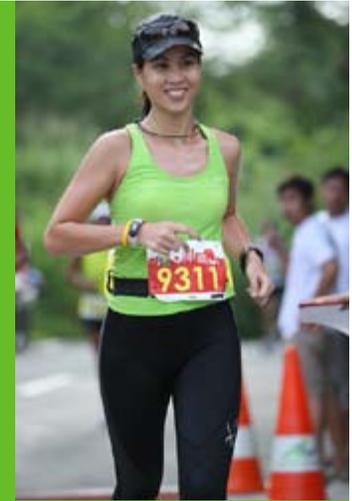
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My first
unofficial
marathon.
Quezon City
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Marathon 2009



My first marathon was a life-changing experience. After conquering 42 kilometers of hills and hardships, I crossed that finish line a stronger, more confident person. And, with a renewed spirit, I swore to have others undergo the same experience I did. With that, The Bull Runner Dream Marathon was born.

In this issue, we feature three future marathoners, Christine Jacob-Sandejas, Ton Gatmaitan, and Ruby Gan, all registered participants of TBR Dream Marathon. They share their own journey towards their first 42k which we hope will inspire you to work for your own running goals too.

Now that it's summer, we've lined up the gear that you'll need for your runs. For our marathoners, we discuss the importance of energy gels, talk about various treatment options for injuries, and share post-marathon recovery tips. Last but not the least, we feature newlyweds Sef and Rory Corsame who threw a unique wedding reception for runners.

At TBR Dream Marathon, we encourage our runners to Dream Big and Run Strong. We can only hope that this issue will do the same for all of you.



Jaymie Pizarro, The Bull Runner
www.thebullrunner.com



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)

The 2011 DREAM

Marathoners

FROM THE SUPERB EX-OLYMPIAN TO THE NEWEST KID ON THE BLOCK, WE PRESENT A HANDPICKED SELECTION OF THIS YEAR'S RUNNERS
BY ERIC NICOLE SALTA

Christine Jacob-Sandejas, 43,
The Ex-Olympian

Once a professional swimmer who represented the country in international tourneys including the Olympics, Christine Jacob-Sandejas shows no signs of slowing down. At an age when some women tend to slow down their pace, Christine isn't one to rest on her laurels. Having officially rekindled her relationship with running a couple years back, primarily to help with her overall tennis game, Christine is hitting bigger and longer strides this time around. "Growing up I hated running but my father loved it. He would wake me up and make me run with him," she muses, "now he's like,



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‘You’re running! No one’s forcing you.’” Yes, no one put her up to join her first marathon. The celebrity mom’s latest endeavor is the result of what she calls “midlife crisis.” “It’s on my bucket list,” she says, noting, “If Oprah can do a marathon, I can do a marathon!” Among

the benefits of being an avid competitive sports enthusiast is accepting the difficult task ahead. And doing everything possible to prepare for it. In her case, it’s both a strategy and natural trait. “That’s my mentality; I always have to be prepared. I have to eat well, work out well, and

be committed to it.” Her longest race was 20k at ING Running 20, nearly half of The Dream, but knowing Christine, she’s certainly resilient enough to pull through. “And to prove to myself that I could still do a marathon.”

On what’s next for her running career: The boss of my husband signed us up for the New York Marathon in November. So, this (Dream Marathon) will be good for me. I want to see first if I can finish one, if I can do it, and then if I survive at least I’ll be prepared for the New York Marathon.

Ton Gatmaitan, 34, The Free-Spirited Bachelor

Judging from his happy-go-lucky personality and optimistic views in general, you wouldn’t think Ton Gatmaitan is the type to take a serious challenge like running the Dream Marathon, his first, well, seriously. But this adventurous, free-spirited guy who started running just last October actually does, in his own original ways. “At first I reluctantly said ‘Sige, sige,’ he says after being encouraged by The Bullrunner herself, “but I’m so glad I did because running is now something I

see myself doing again and again. I can’t believe I’m actually loving it—except the waking up at 3am part.” Which poses a teeny-weeny dilemma considering the amount of work (sports drink account manager, co-founder of a TV/online production house) and activities (partying, capoeira, wakeboarding, windsurfing, scuba diving, tennis, Bikram yoga) he has on his plate yet Ton balances running and everything else awfully well, ensuring to run after work and on weekends. “So no partying, sige na nga minimal partying, the night before a

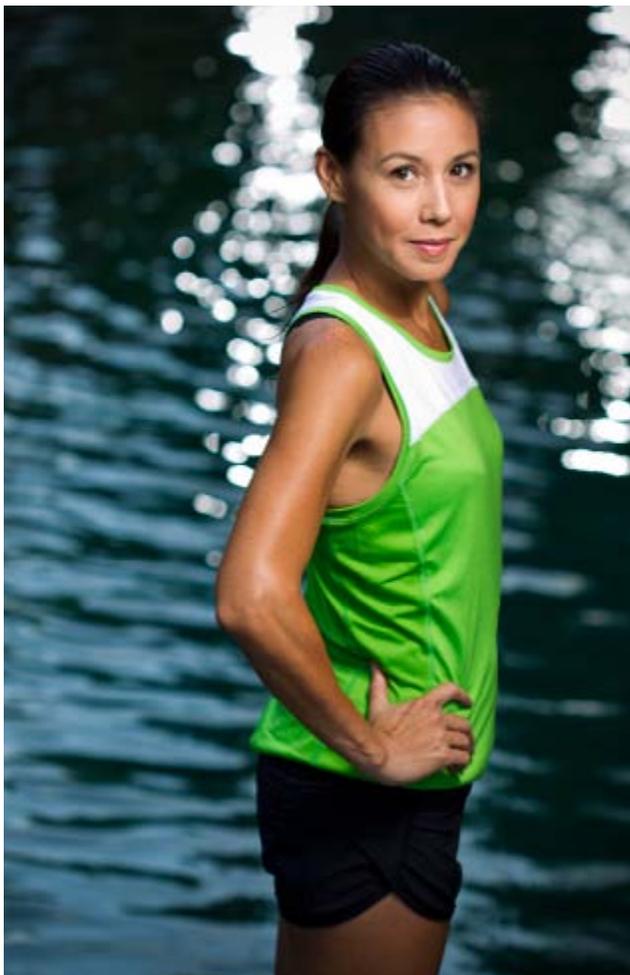
I’m so glad I did because running is now something I see myself doing again and again. I can’t believe I’m actually loving it—except the waking up at 3am part.

long run!” Even if Ton has an admirable interest in a full life (he says he’d be partying and wakeboarding after the marathon), his vision for running is crystal clear. “I really want to join an international marathon like New York, Paris, or

Australia.” That’s something to look forward to then.

On how he prepares for the race: I’m actually the kind of person who does my research on how to have the best running experience possible! So I bought the Chi

running book and joined Lit Onrubia’s clinics as well. I’m also following the Galloway Run/Walk method so this, combined with the Chi running, really helps me finish my long runs strong and pain free!





baffles me, too,” she says about her motivation for the marathon, “I just have that determination to finish it.” If lifting weights (read: 65-70kg) proves to be a visual manifesto—she even set new records along the way—then Ruby’s attempts at running her first marathon and grabbing gold in this year’s Asian Bench Press competition suggests her inextinguishable zest for life. “It would be the cherry on top of the cake if I could do both powerlifting and running at the same time.” And judging from her track record, you get the feeling she will—even if she’s running in four-inch

I’m the type who likes to try everything and is motivated by challenge

Ruby Gan, 49,
The Stylish Powerlifter

Defying odds seem to be second nature to Ruby Gan. While her impressive background in fashion and sport is nothing new (think Stella McCartney and Adidas), this adventure-fueled mom of two’s sporting choices are a study in contrasts; powerlifting requires mass, running repulses mass. But that’s not to stay it’ll stop her from running her first Dream Marathon. “I’m the type who likes to try everything and is motivated by challenge,” says Ruby whose idea of a challenge includes flying a Cessna plane or jumping from a 40 feet tree for a commercial. “It

designer stilettos. On what she’ll wear for the race: I usually wear my CWX tights and a comfortable top—nothing fashionable there. What I wish is that sportswear brands like Adidas or Nike would team up with local designers. This would be the ultimate coup marrying both fashion and sports.



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MARCH-APRIL 2011

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Sign up for the 1st of the Runrio Series: Goldilocks 45 Years Anniversary Run.

The Goldilocks 45 Years Anniversary Run will be held on May 15, 2011 at Bonifacio, Global City boasting of three race categories, 500m (250), 5K (P600), 10K (P600), and 21K (P750). Online registration period is from April 8, 2011 to May 1, 2011 while regular instore registration is from April 8 to May 1. Late registration is from May 2 to 8. For questions and inquiries please contact Runrio hotline numbers from Monday to Friday (9:00am – 6:00pm) 0915-7827126, 0927-3990043 or 02-7031736.



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Run and Travel. Join the first ultramarathon in Mindanao, the CdO-Dahilayan 55k Trail Ultramarathon on July 9, 2011. Race starts at Rodelsa Circle, Cagayan de Oro City and ends at Dahilayan Adventure Park in Bukidnon. Run through corn and pineapple fields and majestic views along a mixed road and trail route. Registration fee: P2,000. For inquiries, call Francis Velasquez 0917-7060248



WATCH OUT



RUNRIO EVENT 2011

	1 st QUARTER	2 nd QUARTER	3 rd QUARTER	4 th QUARTER	VENUE
Mar 6	Run United 1 2011, RRT Leg 1				BGC
Mar 19	Women's Health Athena Run				MOA
Mar 27	Globe Run For Home				BGC
Apr 3		AACE The Good Run			BGC
May 1		PCPF Run with Doctors			MOA
May 7		Run to Build			Tiendesitas
May 15		Goldilocks Run			BGC
May 29		Greenfield City Clean Air Run			Sta Rosa
Jul 3			Yamaha Run		BGC
July 17			Rexona		MOA
July 31			Milo Marathon		Manila
Aug 7			NBA Fit Run		BGC
Aug 14			Run United Regional Series		Davao
Aug 21			Run United 2 2011, RRT Leg 2		BGC
Sept 25			Camsur Int'l Marathon		Camsur
Oct 2				Run United Regional Series	Iloilo
Oct 9				Run United Regional Series	Bacolod
Oct 15 or 16				Confidential	BGC
Oct 23				Adidas KOTR	BGC
Nov 6				Confidential	BGC
Nov 12-13				Run United 3 2011, RRT Leg 3	BGC
Nov 20				Run for Pasig	MOA
Dec 4				Run United Regional Series	Baguio
Dec 11				Milo Marathon Finals	Manila
Dec 18				Run United Regional Series	Cebu

AND MORE TO COME...

BROOKS RACER ST5 is super lightweight for racing. Light enough for 5K, but sturdy enough for the marathon and has the substance and durability required for tempo runs and training. They're bright – you'll be a blur when you speed down the road. RUNNR, SECONDWIND. P 4,395



NEW BALANCE 870 classified as a light stability shoe that provides an extremely smooth ride. The midfoot wrap offers a secure, but not overly snug fit and it's literally light enough to feel great during speedwork. Definitely slimmer than usual. RUNNR, SECONDWIND. P4,395

Shoes



ZOOT ULTRA KANE a great shoes for triathletes and runners who are seeking comfort. A lightweight stability shoe and beneficial for those who prefer not to wear socks. RUNNR, SECONDWIND P 7,000

NIKE LUNARELITE+ is lighter, more flexible and better fitting. It has high-density memory foam within the collar and is shaped with gender specific geometry for exceptional comfort and provides runners a smoother ride by also giving them the right amount of stability the foot needs. NIKE PARK, RUNNR. P 5,495



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ENERGY gels

BY MITCH FELIPE-MENDOZA

Do you really need energy gels to improve your race time or to survive your run trainings? Which energy gels are best for you and how can you benefit from using these sports nutrition products?

With a vast variety of pricey energy gels available in the market, as a consumer, you should separately analyze and try each product with caution and note which brand and how much of it will work for you on a specific event. But as a runner, it's important to understand the specific details on energy gels before you even attempt to use one.

What is an energy gel?

An energy gel is a concentrated form of carbohydrate which usually comes in convenient packets and different flavors used by exercisers or athletes during endurance events to delay fatigue and improve over-all performance. As a runner, keep in mind that your body needs glucose as it's main source of energy, but you might be needing it more often in one particular event depending on your effort level, race type, activity duration and your accessibility to carbs.

What do energy gels contain?

Most gels vary in terms of their liquid consistency and their over-all nutritional content but most of them will generally contain a special mix of simple sugars (glucose) and complex carbs like maltodextrin (a starch derivative from rice, corn or potatoes) which are also commonly found in sports drinks. An energy gel is also considered as sports drink without water.

Energy gels usually contain 90-120 calories and around 20-25grams of total carbohydrates per packet. They are commonly fat-free and low in protein to allow faster absorption to the bloodstream for immediate use.

How can you benefit from different types of energy gels?

Energy gels provide an easy-to-digest, specially formulated mix of simple and carbohydrates that helps in providing additional energy to the muscles. This additional provision of carbs has been noted to help delay fatigue and improve endurance with special emphasis to events lasting more than 45-60minutes.

Some energy gels also contain electrolytes like sodium, magnesium and potassium which assist in retaining proper muscular contraction, improving cardiovascular function, and helps prevent total body weakness due to dehydration during prolonged endurance events.

There are also gels that have additional ingredients like caffeine, a natural stimulant that increases mental and physical alertness

and overall metabolism. A few brands may also contain special herbs like ginseng which have been known to naturally increase strength and vitality. But if you have medical issues like hypertension or heart problems, specialists warn on taking energy gels with high amounts of caffeine.

Never experiment an energy gel for the first time on your race day

How to use energy gels?

If you are a newbie in trying energy gels make sure that you carefully read the labels because some ingredients have been found to cause stomach upset. Never experiment an energy gel for the first time on your race day.

Consume your gel 15minutes before and every 30-45minutes during your endurance event. But use these gels in an endurance event or training lasting for more than an hour just like using a sports drink.

Several gels have also been noted to be more dense and thick in consistency which make it more difficult to swallow. Therefore, some coaches advise that you take your gel with 1-2 cups of water. Remember that three grams of water is needed to process one gram of carbs.



Mitch Felipe-Mendoza is a lifestyle & weight management 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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SURVIVAL POST-MARATHON (Or Long Run)

BY JIM LAFFERTY

Many runners will tell you that training for a marathon is toughest of all. Others will claim it is marathon day itself. And some will say it is in the days after the marathon that can be the most difficult of all!

No matter your viewpoint, we can all agree on two things---the days after your marathon (or long run) CAN be quite painful; and, there are several smart things you can do to ensure you make these days as smooth as possible.

When a runner embarks on a long run, or marathon, at a near maximum effort, the actual gains in fitness and endurance do not come DURING the run, but in the crucial 48-96 hours post run. This is when all of the tissue damage is being healed—and thus strengthened in the process. And when more capillaries are being added which increases blood—and thus oxygen—flow.

The name of the game is to help the body to heal, and at the same time reducing the impact of some of the by-products of the exercise that aren't as helpful. So here are the top tips to making those post run days as easy as you can make them.

1 KEEP MOVING. Many people make the mistake of simply “vegging” out on the couch or not moving. Big mistake. A continual blood flow means delivering more nutrients to the healing muscles, whilst helping flush the by-products out. While this doesn't mean hard

running, it means walking or taking slow and easy recovery runs. Many studies have shown marathoners who do light walking and running the day after a race suffer less muscle aches and pains and recover faster.

2 DRINK WATER. And plenty of it. Water is crucial to keeping your muscles hydrated and also aiding in again flushing some of the exercise by-products out of your muscles. The 8 glasses/day rule is a baseline and ideally should be augmented by 2 glasses for a few days to ensure fluid levels are adequate. Particularly a hot marathon like in Manila!

3 EAT A HEALTHY BLEND OF COMPLEX CARBOHYDRATES and protein within the first hour after your run. That first hour is when the body is “primed” for carbs (healthy complex ones like wheat bread, vegetables, fruits) to reload the depleted stores in the body, and to also ingest protein which is the building block for rebuilding tissue. Timing is important.....so plan for this once your run is done.

4 INGEST SOME ANTI-OXIDANTS. “Free Radicals” are one of the several by-products of exercise that can leave you stiff and sore. Anti-oxidants are contained in all kinds of foods but mainly in fruits and vegetables and help whisk these free radicals out of the body. It can be difficult to get all you need in diet alone, particularly after a marathon.



Look to proven supplements to help you, made of natural ingredients such as “Youth Juice” (available in S&R) which is a berry blend—nature’s most potent anti oxidant food.

5 FINALLY, PAMPER YOURSELF. A big help to ease the soreness and help flush those by-products out is a good massage. Treat yourself! You earned it!



Jim Lafferty has a background in running spanning three decades. He was head coach of track teams in the U.S.A. and was a co-founder of Ateneo Athletic Union. He also coached multiple US national team members, German and French National level Marathoners. Jim has completed 23 full marathons.

Vitamins & Minerals
Focus Energy Recovery
100 mg Ginseng helps increase the body's energy
300 mg Cholestyramine Resin (Colesty) helps to lower triglycerides

Mel Jimenez
with poultry chitin
food yeast / probiotics

CHERIFER Premium Capsule
THE ONLY BEST VITAMIN PREPARATION OF CHOLESTYRAMINE FACTOR, GINSENG AND TAURINE!
FOOD SUPPLEMENT
NO APPROVED THERAPEUTIC CLAIMS

Rise To The Challenge
NO APPROVED THERAPEUTIC CLAIMS
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Kalamazoo, Michigan, U.S.A.

CEBU CITY INTERNATIONAL MARATHON

January 9, 2011
Asiatown IT, Cebu City, 5/21/42k.

Cebuanos host their city's 2nd marathon event as runners joined in the festivities of the annual Sinulog Festival commemorating the Cebuanos' path from paganism to Christianity.

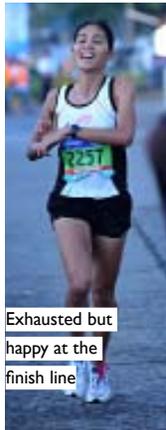
Images courtesy of SunStar Cebu



Green Lady, blending Sinulog festival's traditional street dance and road racing



All smiles still while running under the heavy weight of his battle gear.



Exhausted but happy at the finish line



Runner or Gymnast?



"My grandmother runs faster than you!", says this banner in the local vernacular. Oooh, what a challenge!



Runners ruled the Mandaue bridge for the 2nd time.

Vitamins & Minerals
Focus Energy Recovery
100 mg Glutamine helps regenerate the body
300 mg Chitosamin Glucosyl Fucosyl (CGCF) helps in faster recovery

Jeff Graham
Entrepreneur
3rd Degree Black Belt
Shotokan Jiu-Jitsu instructor

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Rise To The Challenge
NO APPROVED THERAPEUTIC CLAIMS
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Exclusively Marketed by:
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RUN FOR LOVE, RUN FOR LIFE



Jan 8, 2011
FILINVEST CORPORATE CITY, 3/5/10k Runners gathered on this event aiming to help eradicate hunger and poverty



GREENTENNIAL RUN (The La Salle Run)

January 23, 2011,
Bonifacio Global City, 3/5/10/21k. La Salle celebrates 100 years as an institution with an all-green running event that proudly shouts "Animo La Salle!"

Images courtesy of Raffy Santos of Greentennial Run



podium finishers



families all in green and all smiles after the run



Cute 3k finisher



LSGH batch '86 leads everyone in singing the alma mater song

CONDURA SKYWAY MARATHON

Condura runners enjoying a sunless skyway run



February 6, 2011, Bonifacio Global City, 3/5/10/16/21/42k. Over 20,000 runners trooped to 2 different starting points in BGC and Ayala to run for the dolphins and conquer the skyway.



A breath-taking shot of dawnbreak as Patrick Concepcion runs on



42k leadpack



Top 42k local Finisher



Top 42k female finishers



Top 5k female finishers

3rd SUBIC INTERNATIONAL MARATHON



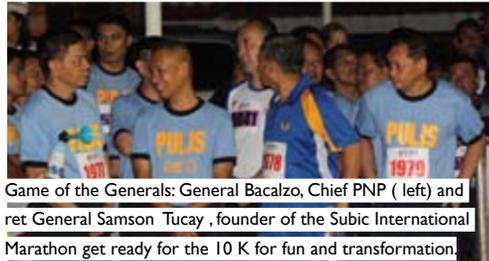
school children around subic participate in the 3 and 5 k run



January 9, 2011, SBMA, 3/5/10/21/42k. Kenyans ruled this race event outshining an internationally-flavored roster Russian, other Asian and local runners. (PICTURES FROM SUBIC SHUTTERCLUB)



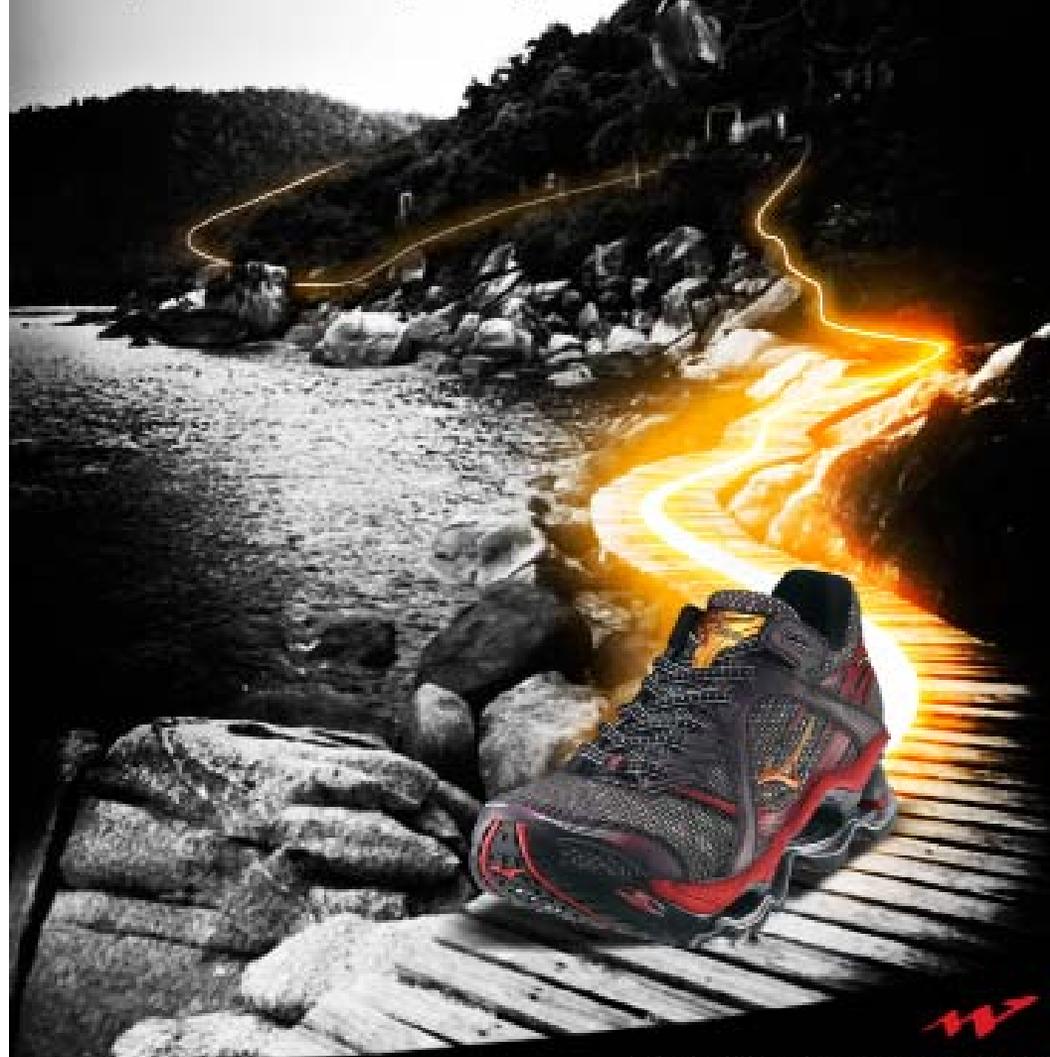
Runners get a refreshing spritz of Evian facial spray after the race



Game of the Generals: General Bacalzo, Chief PNP (left) and ret General Samson Tucay , founder of the Subic International Marathon get ready for the 10 K for fun and transformation.

Subic Marathon images courtesy of Arleen Lindo. Condura Marathon images courtesy of Condura group and Jun Mendoza of Phil. Star

Conquer the Never-Ending Challenge



WAVE PROPHECY
The official shoe of the Mizuno Infinity Run 2011

Registration starts on **3.20.11**
at all Mizuno branches in Metro Manila

TREATMENT FOR THE INJURED RUNNER

BY MARTIN CAMARA, D.C.

A recent Runner's World survey estimated that 66% of runners had suffered some sort of injury that had prevented them from running within the last year. These are usually brought about by the repetitive strain placed on the bones, joints, muscles and ligaments over long periods of time and distance - an entity appropriately termed as Repetitive Micro-trauma disorders.

When injury prevention and first aid treatments (Rest, Ice, Compression and Elevation) provide little or no relief, you may try the following options:

Orthopedics/ Rehabilitation Medicine

WHAT DOES IT DO?: properly diagnoses your condition should it require immediate medical attention

BENEFIT: provides a medical prescription (anti-inflammatory or painkiller) if necessary and integrates Physical Therapy



Physical Therapy

WHAT DOES IT DO?: assists Orthopedist / Physiatrist or Chiropractor uses electrical modalities such as Ultrasound, Electrical Muscle stimulation, low

Tools are both diagnostic and therapeutic; they amplify the sensation of touch so that the practitioner can find and treat the injured area

amplitude lasers, and traction
BENEFITS: gently stretches and mobilizes injured areas and develop a therapeutic graduated work out program for the athlete

Acupuncture / Dry Needling

WHAT DOES IT DO?: recognized by the World Health Organization for the treatment of various injuries such as ankle sprains, slipped disc, knee pain and others
BENEFITS: Insertion of fine, hair-like needles into certain points which help pain and inflammation while affecting the connective tissue network of the body (Fascia)

Massage / Myotherapy

(Not the one done by ordinary "Masahista")
WHAT DOES IT DO?: A licensed trained practitioner will be able to find areas of accumulated lactic acid and

scar tissue to treat knotted muscles and ligaments into their correct position
BENEFITS: provides painful yet relieving strokes to your back and legs that releases stress points associated with running

Instrument assisted myo-fascial treatments

WHAT DOES IT DO?: Specialized stainless steel instruments such as ISMART and Graston are run over the injured area to "align" contracted / scarred or inflamed ligaments and muscles affected by running.
BENEFITS: Tools are both diagnostic and therapeutic;

they amplify the sensation of touch so that the practitioner can find and treat the injured area.

Chiropractic

WHAT DOES IT DO?: gently manipulates the joints of the ankle, knees, hips and lower back thereby relieving pressure off the muscles, ligaments and nerves around your injury
BENEFIT: properly assesses Alignment and Function (full range of movement of our joints and muscles). This has immediate effects on the injury as well as in preventing future occurrences.

.....
 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.



RUN AFTER YOUR DREAM.

Gatorade blazes with you as you conquer your first 42kms in The Bull Runner Dream Marathon.
Sunday, March 20, 2011, 2:00am, NUVALI, Sta. Rosa, Laguna





For The Long Run

Seif Corsame and Rory Alcantara have been running together for over three years. They started out as struggling 5k runners and, this year, they decided to take the plunge not just once, but twice. First, they registered and are currently training for their first marathon together on March 20 at The Bull Runner Dream Marathon. And, last January 8, 2011, they also tied the knot in a running-inspired wedding. Rory says they couldn't have chosen a better theme, "Running is so much more than a shared passion. The sport brought us closer to each other and made us better individuals." ►

THE NEXT STEP

TRIATHLON CAMP SERIES

PHILIPPINES' FIRST ORGANIZED TRIATHLON TRAINING CAMP
SUBIC, OLONGAPO CITY

You don't have to be an elite athlete to attend our camps! At Next Step, our aim is to teach you essential swimming, biking, and running skills, build your fitness, all while making sure you have a blast training hard with like-minded athletes.

Swim-bike-run, Repeat!

You can focus on training without the regular distractions of everyday life. The Next Step Tri Camps are like weekend getaways minus the weight gain! Dedicated training blocks like these will have positive effects on your athletic performance even for weeks afterwards.

Quality sessions.

At Next Step we have workouts designed to help your individual progress, apart from discussions and lectures on topics related to maximizing your training and racing potential.

Great learning environment.

Listening to the coaches' instructions and wealth of ideas combined with the convenience of applying them straightaway is an excellent way to further your knowledge of the sport.

Ready access to coaches.

For the entire duration of the camp, you can pick on our coaches' brains for all your burning triathlon queries. We will be more than happy to address them.

Socialize with fellow athletes.

All work and no play makes for a dull athlete. In between sessions, get a chance to bond with your tri-friends and make new ones!



Dan

- National Coach, Philippine Triathlon Team presenter
- Age Group Coach for Beginner to High Performance Endurance Runners and Triathletes
- Race Area National Coach, Korean Triathlon Team
- 25 Iron Distance Finisher
- Hawaii Ultra Man Championships (120km swim, 421km bike, 54km run) 2nd overall



Ani

- Certified Level 2 Triathlon Coach
- Progress Manager of TRAP Super Triathlete Youth Development Program
- Coach of IronLick, Manila Polo Club, Makati, Active Running, Pioneer First Tri Team, Galathea Tri Team, South Tri Team
- 1st Filipina to qualify in Ironman Triathlon World Championships, 2008

Camp Schedules and Details

Camp	Description	Date	Venue
Camp 1: SUBIT Focus	Getting ready for the upcoming SUBIT event? This is the perfect venue to train and get the best techniques to beat your personal best!	Apr 9-11, 2011	Subic
Camp 2: BIKE Focus	Need to improve your biking skills? Learn the techniques and drills to improve your bike time on your next race!	May 20-22, 2011	Subic
Camp 3: Road to Cam Sur 1	Finishing the Ironman 70.3 is no easy task! Train for the ultimate race of the country to achieve your personal goal.	Jun 17-19, 2011	Subic
Camp 4: Road to Cam Sur 2		Jul 8-10, 2011	Subic

To register and for more information visit us at www.thenextsteptriathloncamp.com
Lock us up on Facebook: The Next Step Triathlon Camp Series

Email Address: thenextsteptriathlon@gmail.com
Fax Number: (02) 638.2752
Contact: Doray Gile +63917.817.3077



Wedding Date:

January 08, 2011

Church: Nuestra

**Señora de Gracia Parish
(Guadalupe, Makati)**

**Reception: President's
Hall, North Greenhills
Clubhouse**

us to where we are right now – standing in front of God, our families and friends.

Rors, I do not know why you run faster than me. I do not know why you always reach the finish line ahead of me. But today I tell you, as we embark on a much bigger race of our life, I know, and I promise, that this time, I will always be a step ahead of you, to take care of you, and protect you at all times. I promise to be faithful and love you for the rest of my life. I will hold your hand as we journey to the grand finish line, even as my legs grow weak and my heartbeat remains the only rhythm to get you going.

I love you, Rors, my teammate, my number one cheerer, soon to be my roommate, my life.”

FROM RORY:

Sef, do you know why I finish fast when we run? Because you give me a rush...

Sef, sometimes, I feel like I

don't want to run anymore. Because being with you is enough to make me reach my maximum heart rate. You are my chocolate-flavored PG, as in power gel that gives me an extra boost. You are my PR, as in my personal reason for living, and my PB, as in personal bodyguard. But most of all, you are my RD, as in race director. You gave me direction and it led to your heart.

Sef, I am very happy and thankful that we are both here today to start our life together in marriage. I promise to encourage and inspire you, to laugh with you, and to comfort you in times of sorrow and struggle. When life is trying and becoming an effort, I promise to cherish you and hold you in the highest regard.

I love you, Sef. This is a dream come true, to share a lifetime with you. As I always say, you are the best. And you really are! God bless our union and may the COURSE be with us.

Excerpt from the vows

FROM SEF:

“Rors, in three months, we are set to run 42 kilometers to complete our first ever marathon. Up to this very moment I still do not know how I will be able to finish that race.

But this is what I know...

Three years ago I became the happiest man when you came to my life. We went through a major, major adjustment period but we managed to iron out our differences, and this took



THE XAVIER SCHOOL COMMUNITY

In cooperation with
THE CITY GOVERNMENT OF SAN JUAN
AND
BARANGAY GREENHILLS




STALLION RUN

THE 2011 XAVIER SCHOOL RUNATHON

3K • 5K • 10K • 21K

JULY 10, 2011 SUNDAY 4:30AM AT THE XAVIER SCHOOL GROUNDS
REGISTRATION PERIOD: April 01, 2011 to June 30, 2011
REGISTRATION FEE: 3k and 5k P 500.00 10k and 21k P 600.00
(Includes Singlet, Freebies and Prizes)

Registration Sites:

a) Xavier School Alumni Office (AAXS), Greenhills, San Juan	Tel. 7264855
b) Ground Floor, Joy-Nostalq Center, ADB Avenue, Ortigas Center, Pasig	Tel. 5718777
c) K & Company, Shop 130A Level R1, Rockwell Powerplant Mall, Makati	Tel. 8981302
d) K & Company, Unit 229 2nd Level Shangri-la Plaza, Mandaluyong	Tel. 6361500
e) K & Company, Unit 314 Ground Floor, Glorietta 3, Ayala Center, Makati	Tel. 7528215
f) White Hat, Wilson St., Little Baguio, San Juan	Tel. 09237171405
g) Ababu Persian Kitchen, Xavierville, Quezon City	Tel. 4360000
h) Ciclo Mondo, Ground Floor, Promenade Section, Alabang Town Center	Tel. 8079663
i) NU.U Asia Cosmetic Dentistry, 3rd Fl. 32nd St. cor. Fifth Ave., Fort Bonifacio	Tel. 8563641
j) For other sites, check THE STALLION RUN FB PAGE, or text	Tel. 09175006599

























FOR THE BENEFIT OF GAWAD KALINGA,
XS EDUCATIONAL TRUST FUND, AAXS SOCIAL FUND,
XS86 MEN FOR OTHERS FOUNDATION

DIRECTORY

{running/triathlon specialty tores}

A RUNNER'S CIRCLE

– Unit H, Aloha Hotel, 2150 Roxas Blvd. cor. Quirino Ave. Malate, Manila, 567.4786, arunnerscircle.com.ph

RUNNR – B3 Bonifacio

High Street, 403.1787; 2/L Ayala Center Cebu, 032.505.2883

SECOND WIND

RUNNING STORE – 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, 985.4890

THE STARTING LINE –

West Gate Center, Alabang Muntinlupa, 828.7679

{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 No. Edsa, 928.1487; Market! Market!, 886.7467; SM Megamall, 633.4946; SM Mla, 522.1345; Glorietta, 818.6124; SM Sucat, 829.9549; SM Bicutan, 776.0899; Festival Mall, 771.0504; Robinsons Ermita, 536.7847; SM MOA, 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

MJ46 CENTER NIKE FACTORY OUTLET

– Red Flower Compd, Elizabeth Ave. cor. Sta. Ana Dr., Sun Valley Subd., Bicutan, Pque, 794.3767, 823.6186, mj46center.com

NEW BALANCE –

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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SERRY ANTONIO

"SKIP" PIZARRO, D.C. Chiropractic Specialist drserrypizarro@yahoo.com see Intercare (therapy)

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Running & Triathlon, Alabang area, 0917.527.7141

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JOJO MACALINTAL

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

MITCH FELIPE-MENDOZA

Lifestyle & VWeight Mgmt., 0917.5033142, mitchfelipe@gmail.com

ARMAND MENDOZA

Weight Mgmt, P.T., Sports Nutrition, 0917.9517733, askarmand@gmail.com

LIT ONRUBIA

Chi Running, 0917.5376870, lonrubia@yahoo.com

NORMAN PASCUAL

ITU Level 1 Triathlon Coach 0918.3746110, tricoach norman@yahoo.com

TITUS SALAZAR JR.

Running, Physiotherapist, & Sports Massage, 0920.5367038, saturnwalkerjr@yahoo.com

LIZA YAMBABO

Running, 0915.3335794; hiza12marathon@yahoo.com

{health food}

HEALTH FOOD & HERB PRODUCTS INC.

Park Square 1 Ayala Ctr. Mkt, 894.2386-87, Market! Market! 889.5105, Robinsons Galleria, 632.1070, Festival Supermall, 659.1379

{ortho doctors}

DR. JOSE RAUL

CANLAS – Sprain & Strain, 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

{race organizers}

ARGENT NETWORK

Magdalene Gay Maddela 482.5143, 0926.205.2787 gcmaddela@yahoo.com

EXTRIBE INC.

438.9021, info@extribe.com.ph, www.extribe.com.ph

FINISH LINE

Vince Mendoza, 0918.8588266, vince.mendoza@finishline.ph

RACE

Rudy Biscocho, G/F Vazquez-Madriral Bldg. Annapolis St. Greenhills, SJ, 727.9987, 0918.9158536

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RUNRIO

703.1736, info@runrio.com

{therapy}

HEALTHWAY

SM City North Edsa, 442.0339-44, Shangri-La Plaza, 910.4929-44, Market! Market!, 889.4425-30, Alabang Town Ctr., 850.6721

INTERCARE

chiropractor, acupuncture, myotherapy & rehabilitation, Mkt, 890.3378/79, Alabang, 807.6863, Greenhills, 724.6631 www.intercare-centers.com

MIGUEL DEL PRADO

Sports & Occupational Physical Therapist, Urdaneta Vill., Makati, 0915.7256002

PAIN & REHAB CARE

5/L SM Megamall, Bldg. B 914.7256, 0917.8862293

TCM HEALTH CARE

trad. chinese medicine, acupuncture, 3/F Mercury Drug, Glorietta 3, 816.0898

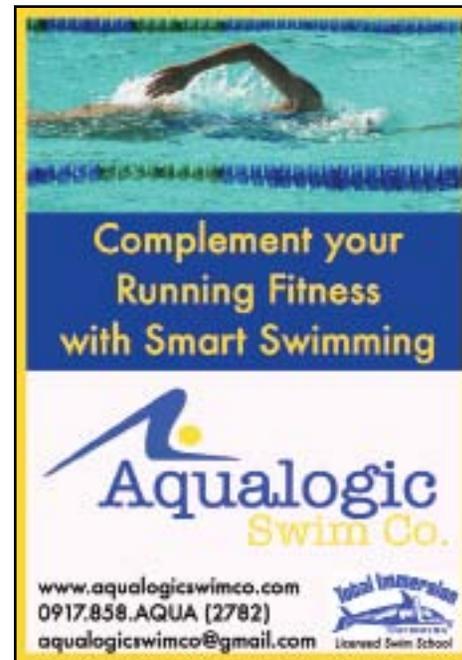


MJ46 Band Be inspired. Be Protected.

The **MJ46ID Band** is not only for runners, cyclists, triathletes, divers, and all other sports enthusiasts who are constantly exposed to the risks of their chosen sport. The **MJ46ID Band** is also for those who just want to look and feel good wearing this valuable piece of accessory.

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