

THE Bull Runner

MAY-JUN 2011

RUNNING MAGAZINE

.COM

FREE

PINOY RUNNERS'
PRIDE ISSUE

TRX:
4 MOVES
FOR RUNNERS

THE AQUINOS:
RUNNING
IN THE FAMILY

TBR DREAM MARATHON
TNF 100 CAMSUR
NAT GEO EARTH RUN
RUN TO BUILD
NEXT STEP TRI CAMP

TBR EXCLUSIVE
APL.DE.AP.
FROM TRACK STAR TO
GLOBAL SUPERSTAR

ITBS:
THE CURE

RAINY DAY
GEAR

THE POWER
OF BANANAS



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aninoy
Amcory

a publication of



thebullrunner.com

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SUMMER FITNESS SALE

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0% interest installment
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Adidas Shoes worth P5,000

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Jetstream JMT 400 Manual Treadmill

- 8-level resistance tension control
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BEFORE: P16,500 **NOW: P14,495**



0% interest installment
P40/day for 12mos

Proteus Home Gym Studio 3

- provides 21 different exercises
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BEFORE: P12,995 **NOW: P11,995**



0% interest installment
P33/day for 12mos

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RUN CALENDAR



MAY

- 1: FRONT RUNNER'S LABOR DAY COAST TO COAST ULTRAMARATHON, Cebu, 50k, 09178030664
- 7: RUN TO BUILD, Tiendesitas, Pasig 3/5/10k. Call 7031736, runrio.com
- 7: ALASKA FAMILY RUN, SM MOA 3/5k. Register at Runnr, BHS or Time Studio
- 8: FORBES PARK EARTH RUN, Forbes Park, 3k/5k/10k. Call 09063344166
- 8: STAR RUN FOR MOM, McKinley Hill, Taguig City, 2.5/5k Register at RUNNR
- 15: GOLDBLOCKS RUN, BGC, 5/10/15/21k. Call 7031736, runrio.com
- 15: HIGHLANDS MIZUNO FUN RUN, Tagaytay Highlands, 5/10/15k, reg at Mizuno Stores, Tagaytay Highlands
- 15: INTRAMUROS HERITAGE RUN, Intramuros, 3/5/10k, Call 527-6083
- 22: BROOKS RUN HAPPY, BGC 3/5/10/15k, register at RUNNR store, BHS, A Runner's Circle, Toby's
- 22: IST GREENHILLS VILLAGE RUN, Greenhills, SJ, 3/5/10k, register at the admin ofc of NE Greenhills
- 29: GREENFIELD CITY CLEAN AIR RUN, Greenfield City, Sta. Rosa, Laguna, 500m/5/10/21k. Call 7031736, runrio.com
- 29: PBA RUN FOR A

- CAUSE, Frontera Verde, Pasig City, 3/5k/10/15k, Register at Chris Sports Outlets. www.pba.com.ph
- 29: I RUN FOR INTEGRITY, Bonifacio Global City, 3/5/10/15k, Register at Chris Sports Outlets. Call 8451324 or e-mail events@integrityinitiative.com.
- 29: NIKE DVO CTY RUN, Abreeza Ayala Mall, 4/8/16.8k (082) Call 222-8-RUN OR (082) 222-8786, www.runclub.com.ph

JUNE

- 5: AKTV 5 RUN, SM MOA, 3/5/10/21k, Registration starts on May 2. Call 7031736, runrio.com
- 5: GRACE TO FINISH RUN, Cuenca, Park, Ayala Alabang, 3/5/10k, Register at St James Parish, Planet Sports-ATC, Sarabia Optical-ATC. Call 09272222697
- 5: MEN'S HEALTH ALL TERRAIN RACE 2011, NUVALI, Sta. Rosa, 5/10/16k run, 20/40k bike, menshealth.com.ph
- 5: REEBOK ZIGTECH RUN, BGC 5/10/15k, Register at Reebok Outlets, Royal Sporting House. Call 5197010,
- 5: FREEDOM RUN, Limketkai Center, CdO, 2/5/10k, Register LKK Center and at Max, CDO
- 11: MIZUNO INFINITY RUN 2011, Bonifacio Global City, 5/10/21k, Register at Mizuno Stores

- 12: PHIL. RUN 2011: ANG SIMULA, SM MOA, 3/5/10k, Call 09177620087 or visit www.philippinerun.com
- 18: THE VALLEY TRAIL CHALLENGE, NUVALI, Sta. Rosa, 25/50k, Call 5674786
- 18: MERELL ADVENTURE RUN 2011, Timberland Heights, San Mateo, Rizal, 5/10/21k, Call 09156872380 or 9329071
- 19: NEW BALANCE TRAIL ADVENTURE RUN, NUVALI, Sta. Rosa, Laguna, 5/10/15k, Register at all New Balance Sport shops
- 19: AIR 21 RUN FOR CLEAN AIR, BGC 3/5/10/21k, air21run.com
- 25: SLIMMERUN 2011, BGC, 3/5/10k, Call 5267396/ 09166888897
- 26: MANILA INT'L MARATHON, Roxas Blvd., 3/5/10/42k. Call 09276687558 or 8067814

JULY

- 3: YAMAHA RUN FOR HEROES, BGC 3/5/10/21k, Reg starts on May 30. Call 7031736, runrio.com
- 3: MILO Laoag Leg, Laoag City, 3/5/10/21k, Call 09274061267 or 7703644
- 9: CDO-DAHILAYAN TRAIL RUN ULTRA MARATHON, CdO 55k, Register at A Runner's Circle-Mia, Vivo Barefoot, Ayala Ctr-Cebu, Max & La Cabana Spa, CDO, call 0917-7060248
- 9: PARANAQUE KNOWLEDGE FUN RUN,

Macapagal, Pque. Register at Pque Municipal Hall or call 09154712022

10: XAVIER SCHOOL STALLION RUN, Xavier School Grounds, 3/5/10/21k, Register at Xavier Alumni Ofc. Call 09178330315, 09175006599.

10: MILO Dagupan Leg, Dagupan City 3/5/10/21k, Call 09205579488

10: TAKBO PARA SA ISKOLAR, Filinvest, Alabang, 3/5/10k. Call 8091780

17: MILO Olongapo Leg, Olongapo City, 3/5/10/21k, Call 09183287787

17: MBC MANILA BAY CLEAN-UP RUN, CCP Complex, Pasay, 3/5/10/21k, Call 832-6105 to 06

24: REXONA RUN, SM Mall of Asia, 3/5/10/21k, Call 7031736, runrio.com

24: MILO Tarlac Leg, Tarlac City, 3/5/10/21k, Call 09297807733

24: TAKBO.PH RUNFEST 2011, BGC, 5/10/16k, Register at R.O.X.

31: MILO ELIMINATIONS, Manila, 3/5/10/21/42k. Reg starts Jun 16. Call 7031736, runrio.com

For schedule of RUN CLINICS & TALKS, visit thebullrunner.com

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

Trail Running in NUVALI

Bored running on flat roads? Let some trail running add a little spice to your running routine. Trail running requires some added preparation and training compared with running on flats. To ensure a satisfying and enjoyable trail adventure, here are basic tips for newbie trail runners:

- **USE PROPER GEAR** – Wear trail running shoes as it provides extra traction needed for slippery and uneven surfaces, weather-appropriate running attire, and headlamp if the trail is expected to be long.
- **STRETCH THE MUSCLES** – Pay particular attention to the ankles as the uneven trail surfaces presents greater risk for pulled/sprained muscles. As in regular running, the calves, quadriceps and hamstrings should be loosened as well.
- **STAY ALERT** – Unlike running on flat roads, in a gym or on a treadmill, a trail runner cannot switch to auto-pilot. Focus is needed in tackling different surfaces to avoid injury.
- **KEEP HYDRATED** – Maximize endurance and power by regularly drinking to replace body fluids lost through sweating.
- **WEAR PROPER ID** – Use a Road ID on the wrist, shoe or ankle or around the neck that would properly identify you and provide important medical details in case of an emergency while running.

There's one terrain that could provide just the added spice you need. NUVALI will have a running trail approximately 50km that also doubles up as an off-road bike trail and offers scenic views of the NUVALI development. At certain points of the trail, one can enjoy the sight of the mysterious Mount Makiling, the peaceful view of Laguna de Bay and the awe inspiring Tagaytay Ridge. Get an extra dose of nature running within a 17km long buffer green and forest zone throughout the NUVALI development labeled as the Wildlife and Bird Sanctuary which will be preserved and will remain untouched to allow the natural habitat of exotic flora and fauna to flourish within the area. A gazebo and view deck within the sanctuary provides runners a stop-over site to stretch weary muscles or to simply enjoy the view. Running on the fantastic trails is just one of the wonderful ways to spend a great weekend in NUVALI.

To know more about NUVALI, visit www.nuvali.ph or call 0917-5ASK.NUV (275.688).

NUVALI – where people and nature thrive.



For regular event updates, visit www.thebullrunner.com

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

24/7 HEALTH GURU

I have been an avid reader of your magazine for over a year now. In every issue, TBR Mag never fails to give me the best advice, tips and even updates on new shops that are all about running. I'm inspired to keep on doing what I love in running and I'm so thankful because it gives me a positive outlook in life, a better perspective on myself and a healthier lifestyle. I'm always on the right track in building a happy and well-balanced life.

Having TBR Mag at Home is like having a health, wellness and nutrition guru on call 24/7.

Michelle Rose Campos

Congratulations, Michelle!

You won one pair of Nike Running Shoes for this letter.



Send an email to thebullrunner@gmail.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 image)



FIRST BLOOD

I won my first place 10K Medal last June 19, 2010 at our first running event: Run SBC (Security Bank Corp.) Run. I was so happy because I wasn't expecting to win. Despite a slow start, I just increased my speed after 2 kilometers until I crossed the finish line.

It was a great opportunity for me to have a copy of The Bull Runner Magazine. This will help me a lot in my training to help improve

my speed, stamina and performance. Every time I read this magazine, I get inspired from those people who shared their real life success stories who actually became impressive runners. TBR magazine keeps me posted and updated. What I love the most in your magazine is the training guide from professional running coaches. Soon, I hope that I will have also my "First Blood!" in a Full

Marathon and 70.3 Ironman Challenge! Many Thanks to TBR Family for your continued support to running and runners like us. You're such a blessing.

Jose Carlos Hortaleza

FAN'S DAY

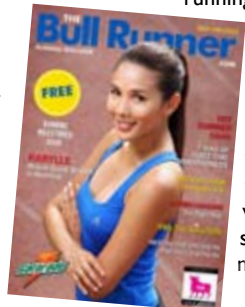
As a new runner, this magazine gives me a lot of knowledge on what to do in every run and after each run. I also saw through this magazine the many celebrities that join in running events.

I remember my first run was Milo Run last July 2010. I met coach Rio dela Cruz. I was very happy to have a picture with him. I had seen him only in magazines and TV and now I had a picture with him.

After the run, I saw one of my favorite singers, Karylle. She also ran 5km. I had to ask for a picture with her too. She is an inspiration.

I told myself that day: This is the start of my running career.

Judith Mercado



TBR Mag Past Covers: Karylle (May/Jun 2010) and Coach Rio de la Cruz (Nov/Dec 2010)

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It's always a thrill to explore the world on foot, to run international races, conquer new territories abroad, and immerse ourselves in unique cultures and experiences through running. But, one of the best experiences for me is and always will be coming home and, of course, running on roads that feel like home where you know every groove on the asphalt, every hill, every turn, and every runner that runs past you.

One runner that always comes home to his Filipino roots is our cover runner and global superstar Apl. De. Ap of Black Eyed Peas. In our exclusive interview, Apl talks about his new role as ambassador of the iamNinoy-iamCory Movement and how he hopes to use running to fulfill a bigger purpose. Perfect timing for Independence Day on June 12!

Packed in our Pinoy Runners' Pride Issue are informative articles to improve your performance. We feature various TRX Suspension Training exercises, we discuss the importance of bananas for your nutrition, and we attack a common runner's injury: IllioTibial Band Syndrome. We also feature the Aquino Family who run together as their form of bonding.

We hope that this issue will inspire you to run more in and around our beautiful country and motivate you to do so for a good cause.

Mabuhay ang Pinoy Runner!

Jaymie Pizarro

Jaymie Pizarro, The Bull Runner
www.thebullrunner.com

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WATCHED**

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WAS THE LAST HILL THAT HARD TO CLIMB?
DO YOU LOOK GOOD WEARING YOUR FAVORITE
RUNNING ATTIRE?

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GLOBAL SUPERSTAR APL.DE.AP OF THE BLACK EYED PEAS
CHERISHES HIS PINOY ROOTS AND RETURNS TO HIS
BELOVED COUNTRY TO GIVE BACK.

BY JAYMIE PIZARRO | PHOTO BY BEN CHAN OF BLACKSHEEP MANILA

IF YOU RUN TO MUSIC, THEN IT'S MOST LIKELY THAT YOU'VE GOT THE TUNES OF BLACK EYED PEAS –

"I Gotta Feeling", "Let's Get It Started", or "Boom Boom Pow" and the list goes on and on – on your list of power songs. One of the booming voices behind the world renowned music group is that of Allan Pineda Lindo, Jr. better known as Apl.de.Ap. He is a proud Filipino who cherishes his humble beginnings in Clark Air Base, Pampanga as a child before he was adopted, migrated to the U.S., and discovered breakdancing and hiphop, which was his ticket to future success. He is a powerful musician and producer who embeds Filipino culture in his internationally acclaimed songs such as "Bebot" and "Mare". He is the new ambassador for education of iamninoy-iamcory Movement. And, last but not the least, he is a runner. Here, TBR chats with Apl.De.Ap about his love for the Philippines, his advocacies, and of course, running...

Q| How long have you been running?

A| I've been running since highschool. I was in the track team. I used to run the 100 meters and 440 relay in the U.S. and I did the high jump and pole vault, too. My favorite distance was the 100 meters, the sprint.

Q| What do you love about running?

A| Well, you know, I just did it in P.E. class. (laughs) It's a great sport. It keeps you healthy. It's a great way to detox.

Q| Where do you run?

A| I run in the reservoir around my house in L.A. It's about 3 miles from my house

so I run there everyday. Sometimes I run alone, other times I invite my friends. They'll all take a walk and run. They try to keep up with me, but I'll run ahead and come back for them.

Q| Do you join races?

A| In highschool, I was more competitive. Now it's more like I run to keep myself in shape. I've been too busy to join races, but I've been thinking about it; I'd love to do a marathon. I can do 3 miles. 23 more to go!

Q| What is your goal marathon?

A| Any marathon that's for a good cause. If there's a cause, then I'd like to support it.





It's good to be involved in a run for a cause. Just think about the cause and you're running will be a little lighter because you are running with a purpose.

Q| Do you run to music?

A| I like paying attention to nature. It helps me think. It's sort of like a meditation for me. There are a lot of things that go around in my head. I start thinking about songs, lyrics, and ideas. Sometimes, I try to sing my lyrics while I'm running because it trains me for the stage. I get to practice how to breathe while singing and running. Beyonce does the same thing.

But, if I wanna get hyped up to run, I'd probably play our song: Pumpin'.

Q| How fast do you go?

A| I just keep a nice pace. I'll do a 30 second split then I'll jog for 2 minutes. I do intervals all the time.

Q| What would you like to tell new runners how to use running for something good? message to runners?

A| It's good to be involved in a run for a

cause. Just pace yourself and don't hurt yourself. If you're running a marathon, be careful with the wall! Just think about the cause and you're running will be a little lighter because you are running with a purpose.

Q| Can you tell us more about your new role as the ambassador of the iamNinoy-iamCory Movement?

I like the cause. As you know, I was adopted as kid and given the opportunity to pursue my dreams. My goal now is to give back to the children of the Philippines. I focus on education.

iamNinoy-iamCory Movement has the same purpose. It has that synchronicity. That's also what I would like to do now. ●

To learn more about iamNinoy-iamCory Movement, visit www.iamNinoy.com. To join, iamNinoy-iamCory Runners Group, visit www.iamNinoyrunners.wordpress.com



RUNNING FOR LOVE

2011 CALENDAR OF EVENTS

Quarter	Date	RunRio Trilogy	RunRio Series	RunRio Passion	RunRio Milo	
2nd Qtr	June 3, 2011		Manila: TV5's AKTV Run			
3rd Qtr	July 3, 2011		Manila: Yamaha Run		Milo Event - Looag	
	July 10, 2011		Manila: Yamaha Run		Milo Event - Dogupan	
	July 17, 2011				Milo Event - Clongapo	
	July 24, 2011		Manila: Roxona Run		Milo Event - Talloc	
	July 31, 2011		Unilever		Milo Event - Manila	
	August 7, 2011		NBA Fil Run			
	August 14, 2011		NBA	Davao: Run United Regional		
	August 21, 2011	Leg 2: Run United 2	Unilab			Milo Event - Batangas
	August 28, 2011					Milo Event - Puerto Princesa
	September 4, 2011					Milo Event - Naga
September 11, 2011					Milo Event - San Pablo	
September 18, 2011					Milo Event - Iloilo	
September 25, 2011				Camsur Int'l Marathon	Milo Event - Bacolod	
4th Qtr	October 2, 2011		Iloilo: Run United Regional		Milo Event - Cebu	
	October 9, 2011		Bacolod: Run United Regional		Milo Event - Tagbilaran	
	October 15, 2011		Unilab		Milo Event - CDO	
	October 16, 2011		"Confidential"	Adidas KOTR		
	October 23, 2011			Adidas Philippines		Milo Event - Butuan
	October 30, 2011					Milo Event - Gen Santos
	November 6, 2011			"Confidential"		Milo Event - Davao
	November 12-13, 2011	Leg 3: Run United 3	Unilab			
	November 20, 2011				Run for Pasig	
	December 4, 2011			Baguio: Run United Regional	ABS-CBN Foundation	
December 11, 2011			Unilab			
December 18, 2011			Cebu: Run United Regional		Milo Event - Manila SM MOA	
			Unilab			

Your Running Checklist

MAY-JUNE 2011

Join the MILO-APEX RUNNING SCHOOL.

Learn from the experts in running by signing up for the **Milo-APEX Running School**. Led by Coach Jim Saret and top runners in the country as your coaches, Milo-Apex Running School provides a Scientific Training module along with a free singlet and hydration stations. P1,800 for 36 sessions. Quezon City Memorial Circle on Mondays and Wednesdays (6PM-8PM) and Saturdays (5AM) or BGC-Bonifacio High Street on Tuesdays and Thursdays (6PM-8PM) and Saturdays (5AM). Contact Czarina at 0918.9917904



Track your runs.

Keep track of your workouts in **I'm a Runner Daily Log**, a 16-week training logbook for runners. It contains articles from athletes and lifestyle coaches and inspirational quotes to keep you motivated. Monitoring your mileage, food and fluid intake, weight, and even your stress level has never been this easy. Comes in 6 colors. Available at Runnr, Fully Booked, The Brick, Secondwind, Bike King, The Starting Line, and Cycling Zone. P380.



Try CROSSFIT.

Add some variety into your workouts. Check out **CrossFit**, a combination of high intensity and constantly varied exercises, which means you'll never repeat a workout. Exercises range from gymnastics, olympic weightlifting, track and field, kettlebell training and other sports. Most workouts resemble circuit training and are finished in less than 30 minutes. For more information or a free trial workout, call now at 0917-5331787 or visit CrossFitMnl at Eastwood City, Libis, Quezon



Time your intervals.

The **Gymboss Interval Timer** is a portable, user-friendly, repeating interval timer. For runners who practice the run-walk method, the Gymboss is an indispensable tool in providing structure and discipline to the workout. It can be customized to beep or vibrate at specific intervals up to 99 times. It also secures to a belt clip or shorts and is shock and water resistant. Comes in pink, green, silver, and black. P1,350



Can you **BEAT YOUR TIME?**
Can you **BEAT YOUR PACE?**

PRESENTING PARTNERS:



MAJOR PARTNERS:



MEDIA PARTNERS:



MINOR PARTNERS:



GEAR

SALOMON WIND SHELL is made of Teflon taffeta and stretch woven fabric that maintains breathability while offering protection from the weather. Its zipped pockets allow for easy access to small things. It has reflective branding that provides better visibility during dark rainy day runs. THE STARTING LINE, R.O.X. - TBA



WET.
WET.
WET!



MESSY BESSY SPORTS SPRITZER an anti-bacterial spray that eliminates tough odor associated with your gym bags, sweaty clothes, running shoes including your car. Guaranteed stink-free running gear this rainy season! messybessy.com, P130

2XU 3/4 COMPRESSION TIGHTS will keep you warm now that the weather is cooler and cools you down when it's hot outside. It wraps and supports major muscle groups allowing muscles to work more efficiently promoting maximum blood flow to reduce fatigue and increase power. RUNNR, TOBY'S, ALL-TERRA, THE BRICK. P5,450



THRIV BAMBOO COTTON SPORTS

APPAREL Stay away from stinky running apparel this rainy season. Thriv apparel is the next generation of feather weight performance fabrics

made of bamboo cotton which feels like silk and naturally stays odor free. It also offers UV protection and wicks moisture from the skin. AURA ATHLETICA, RUNNR (SHANGRILA)



DRYMAX RUN LITE MESH SOCKS is designed with dual layers that move moisture off the skin to the outer absorbent layer almost instantly. Using dense rather than thick material, it protects feet without affecting the fit of the shoes. These socks will keep your feet cool, dry, comfortable, and odor-free even when it rains. THE STARTING LINE, P650



KWICK TIME

9 oz. - from start to finish. The new Kwicky Blade-Light features revolutionary Ion-Mask™ technology. Waterstation. Rain. Sweat. Nothing gets in. Now that's gonzo.



DESIGNED IN CALIFORNIA

kswiss.com/kwicky



RUNNR

PLANET SPORTS

SECOND WIND

GEAR

NIKE FREE RUN+ 2 has an innovative new approach to upper construction that mimics the underlying construction of the foot to deliver a unique blend of barefoot-like freedom as well as shoe-like running. Its midsole's high-resolution siping promotes an incredibly neutral and comfortable ride. A perfect entry point for runners who are looking for a more minimal, barefoot-like experience without sacrificing the cushioning, protection, and traction benefits of a running shoe. NIKE



RAINY
DAY
SHOES



NEW BALANCE 890 is not a racing flat but it incredibly weighs like one. With the new REVlite midsole foam compound, its now 1/3 less weight with a trimmed toe

box. It's a great shoe for those who currently run with a forefoot strike, or who are learning to. SECONDWIND, NEW BALANCE OUTLETS, RUNNR. P5,195



ADIDAS CC RIDE utilizes the Climacool technology allowing for 360 degrees ventilation as it opens the air channels with every step giving runners the ultimate, all-embracing breathability. The unique sole construction allows for ultimate flexibility and freedom of motion through a unique soft technology and full-length cushioning system. ADIDAS OUTLETS, RUNNR P4,795

K-SWISS KWICKY BLADE LIGHT is exceptionally light for a training shoe weighing only 9 oz and still provides enough cushioning to train in. The seam-free upper allows for less friction and a more comfortable fit. The Ion-Mask transparent coat allows for breathability but gives the shoe a water-resistant layer not just in the uppers but the entire shoe. Great for a rainy day splashing run. RUNNR, SECONDWIND. P6,595



FEEL THE RUSH!



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(DAVAO)

www.sriphills.com

www.brooksrunning.com.ph

NUTRITION



Gain' BANANAS

BY MITCH FELIPE-MENDOZA

Runners have common goals for undertaking our sport - to improve running performance, to manage weight, to successfully finish a chosen race, and to maintain an active lifestyle while feeling good about ourselves.

In terms of nutrition, banana can answer your needs as a runner. It plays a big role in one's running performance. Bananas contain enough carbs—about 25 to 28 grams per piece—to give you more energy during a run. Runners often forget to take something in before an early morning practice run or race. Banana is a readily accessible food for you that you can eat even 30 minutes before your run.

It is an ideal weight management food

Having a piece of banana for a pre-workout food or as a snack can do wonders in your weight control efforts. It contains 3 to 4 grams of fiber, 25 grams of carbs and 3 grams of protein, all responsible for achieving one's fullness and satiety. In addition, a banana contains only 80 calories, with 0 to 1 gram of fat, a great low-calorie option for your sweet cravings.

It brings you to the finish line

It contains sufficient amount of potassium responsible for replacing lost electrolytes from sweating. That's why it has become a popular food for runners responsible for preventing muscle cramps especially during long runs or full marathons.

It plays a big role in your exercise recovery

Just think about all the stresses and loads your body gets while running. You need enough recovery and proper nutrition to do better or maintain your performance for your next run. Aside from potassium, banana contains essential vitamins and minerals like calcium, iron, magnesium, phosphorus, vitamins A, B-6, D and E responsible for a strong immune system, bone health, and for your quick muscle recovery after long hours of running.

DIFFERENT TYPES OF BANANAS

There are different types of bananas that can be seen and tried in the market like Cavendish, Lakatan, Latundan and Senorita bananas. Calories and nutrition information differ only based on the size, but are basically almost the same for all types of sweet bananas.

- SMALL BANANA – 6 to 7 inches long, contains 80 to 90 calories
- MEDIUM BANANA – 7 to 8 inches long, contains 100 to 110 calories
- LARGE BANANA – 8 to 9 inches long, contains 120 to 130 calories

BANANA IDEAS

Here are some sumptuous and healthy banana meals to fuel you for your workouts.

TRY BANANAS...

with LOW FAT SPREADS

For an early morning light pre-workout meal, have some banana topped with a tablespoon of your favorite low-fat spreads like peanut butter or jam

with YOGURT

Blend a piece of banana with half a cup of plain yogurt and you can enjoy this as a refreshing snack

with LEAN MEAT

Enjoy a low fat version of Arroz ala Cubana by mixing lean ground beef with carrots, onions, tomatoes, half a cup of brown rice and top it with banana slices cooked over non-stick pan and you already get a complete lunch or dinner

Bananas contain sufficient amount of potassium responsible for replacing lost electrolytes from sweating.



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.

Vitamins & Minerals +
Focus
250 mg Taurine
helps increase
mental alertness
& reaction time



Jaymie Pizarro
Wife/Mother/The Real Star

Rise To The Challenge

NO APPROVED THERAPEUTIC CLAIMS

IG43NO50411C

Exclusively Distributed by



Multiple Business Park
Alabang, Muntinlupa City

TRX for Runners

WRITTEN &
DEMONSTRATED BY
COACH JOSEPH
PAGULAYAN

The TRX Suspension Trainer is a portable, versatile, and complete training system that can benefit runners. COACH JOSEPH PAGULAYAN shares his Vibram Five Fingers Runner's TRX Program to enhance one's overall kinesthetic development.

EXPECT IMPROVEMENTS IN: Tactile Location, Perception of Body (Body Awareness), Spatial Orientation, Perception of Direction (Laterality), and Balance.

PHYSICAL BENEFITS: strengthening of muscles involved in running supplemented by training core, agility, and flexibility to prevent running related injuries.

TRX FORWARD LUNGE TO HALF-KNEELING HIP FLEXOR STRETCH

1. Stand facing away from the TRX anchor point with your hands in front palms facing down
2. Lunge forward raising one arm with one arm (elbows locked), stretch your chest, torso and hip flexors then push down with your raised arm and return to first position
3. Then Lunge forward with the other leg and execute the same movement but on the opposite side. Continue the movement



TRX CROSS BALANCE LUNGE WITH HOP OPTION (SKATERS)

1. Stand Facing the TRX anchor point keeping your elbows under your shoulders palms facing each other
 2. Center the working leg to the anchor point and move the other leg back into a lunge crossing behind the working leg.
 3. Drive up through your front heel and returning your back leg to the starting position
- OPTION: Hop to side opposite of working leg and cross your other leg behind simulating a skater's motion



TRX ABDUCTED LUNGE

1. Switch to a "TRX SINGLE HANDLE MODE" (using an older TRX model or use one strap if using TRX PRO pack). Stand beside your TRX, adjusted up to mid-calf level.
2. Insert one foot nearest to the TRX into the foot cradle balancing while standing on one leg.
3. Drop your tailbone straight down into a squat with both hands assisting you as your foot draws further while you lower yourself slowly.



TRX LONG TORSO TWIST

1. Stand with your side to the TRX anchor point, and cross your front leg over the other while maintaining straight arms and body
2. Lean back and drop your hips away from the TRX
3. Drop your head in between your arms and release tension in your shoulders. After 30 seconds repeat the same movement on the other side



Coach Joseph Pagulayan is a Certified STCIGSTC TRX Elite Trainer and Strength and Conditioning Coach. He is the co-founder and Fitness Program Director of the well known fitness center Red Corner Fitness and Boxing Club and has been a practicing Fitness and Athletic Trainer as well as a Fitness Consultant for 13 years. For Coach Joseph's services, Fitness/ Sport Conditioning Workshops or Training sessions and consultation, call 0915-7695269 or email joseph@redcornerboxing.net

Vitamins & Minerals +

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100 mg Ginseng helps energize the body

Mel Jimenez
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Focus Energy Recovery

100 Capsules

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THE #1 & THE ONLY ADULT STRENGTH PREPARATION w/ ONE DRUGS & GINSENG AND CAFFEINE

FOOD SUPPLEMENT
NO APPROVED THERAPEUTIC CLAIMS

Rise To The Challenge

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Pasig, Rizal, Philippines



Nat Geo runners clad in one of the most coveted race shirts this year in their yellow, black and gray shirts

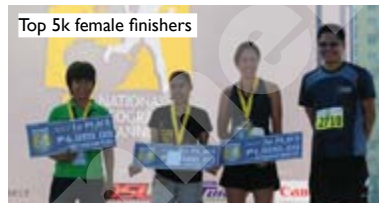
April 10, 2011, Bonifacio Global City, 3/5/10/21k
Now on its 2nd year, Nat Geo Earth Day Run celebrated Mother Earth and promoted conservation of our natural resources.



Kuya Kim of the "Matang Lawin" fame showed support and joined the 5k event



Top 21k male finishers



Top 5k female finishers

Images courtesy of ADO YAP

May 7, 2011, Tiendesitas, Frontera Verde, Pasig City 3/5/10K A benefit run for the different ministries of the Christ Commission Fellowship (CCF) aimed to build lives, families and communities.



Ms. Universe 4th runner up Venus Raj and 2011 Binibining Pilipinas Ms. Int'l Diane Necio supported the cause and finished their 3k pair run in high spirits



Venus and Dianne awarded the top 10k female finishers

Dad, mom, and daughter finish their 3k together



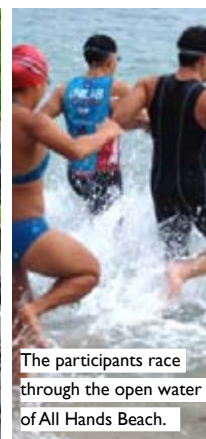
May 27-29, 2011, The Next Step Triathlon Camp, Subic Bay, Pampanga. Heavy rains didn't stop triathlon newbies and mainstays as they were immersed in three days of theoretical and practical training at the 2nd leg of the Next Step Triathlon Camp Series. The camp, which was geared for the Ironman 70.3 Camsur in August, was conducted by top triathlon coaches Dan and Ani de Leon-Brown.



The track oval became a stage for a 15 x 1km run



The long and winding uphill roads of Subic served as a tough course for participants.



The participants race through the open water of All Hands Beach.

Vitamins & Minerals
Focus Energy Recovery
100 mg Ginseng
200 mg Chlorella Growth Factor (CGF)
200 mg Chromium
200 mg Zinc
200 mg Magnesium
200 mg Selenium
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200 mg Vitamin E
200 mg Vitamin K
200 mg Vitamin A
200 mg Vitamin D
200 mg Vitamin F
200 mg Vitamin H
200 mg Vitamin I
200 mg Vitamin J
200 mg Vitamin L
200 mg Vitamin M
200 mg Vitamin N
200 mg Vitamin O
200 mg Vitamin P
200 mg Vitamin Q
200 mg Vitamin R
200 mg Vitamin S
200 mg Vitamin T
200 mg Vitamin U
200 mg Vitamin V
200 mg Vitamin W
200 mg Vitamin X
200 mg Vitamin Y
200 mg Vitamin Z

Jeff Graham
Entrepreneur
Golf Course Professional
American Jiu-Jitsu Master

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FOOD SUPPLEMENT
NO APPROVED THERAPEUTIC CLAIMS

Rise To The Challenge
NO APPROVED THERAPEUTIC CLAIMS
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Exclusively Marketed by **InterMed**
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Mabalacat Business Park, Mabalacat, Pampanga City

THE NORTH FACE 100 CAMSUR



Runner negotiates slippery rocks at Tumaguiti Falls

April 30, 2011, The North Face 100 - Camsur, 11/ 22/ 50/ 100k. Runners braved Camsur trails for the The North Face 100 - The Ultimate 100km Trail Running Challenge.



100k Men's Winners



100k Women's Winners

RUN FOR JAPAN

April 17, 2011, Bonifacio Global City, 3/5/10k. 7,000 runners came together to show their support for people affected by the recent Japanese earthquake and tsunami.



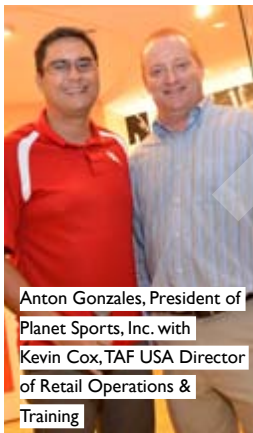
Runners came in fun Japanese costumes



P500,000 was raised and donated to the Japanese Embassy.

THE ATHLETE'S FOOT FITPRINT SYSTEM

April 5, 2011, The Athlete's Foot, Robinsons Ermita The Athlete's Foot unveils their new look with its latest running technology: FITPRINT System.



Anton Gonzales, President of Planet Sports, Inc. with Kevin Cox, TAF USA Director of Retail Operations & Training



Kevin with Coach Rio dela Cruz of Runrio Inc.



A runner tries out the new FITPRINT System

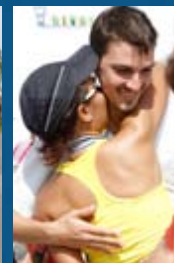
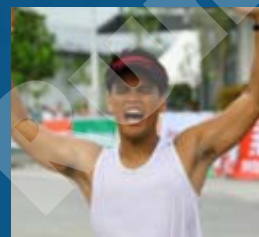
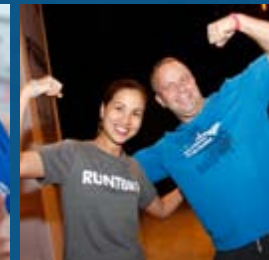
PRESENTED BY



IN PARTNERSHIP WITH



Over 300 runners became marathoners last March 20, 2011 at The Bull Runner Dream Marathon in NUVALI. TBR Dream Marathon is the only marathon in the world that caters exclusively to first or second-time marathoners providing a 22-week training program, talks, clinics, weight management program, and support to runners. At TBR Dream Marathon, everyone who crosses the finishline is a winner! www.tbrdream2011.com



IN COOPERATION WITH



ILLIOTIBIAL BAND SYNDROME

BY MARTIN CAMARA, D.C.

THE ILLIOTIBIAL BAND IS A FIBROUS THICK BAND THAT ORIGINATES from the upper portion of the hip, runs alongside the side of the thigh to attach just below the knee. It helps provide stability to the lateral (outside) portion of the knee during running.

ITB syndrome is a common cause of knee and hip pain in athletes in general but more specifically in Runners. Since the ITB acts as a stabilizer of the knee during running it runs the risk of suffering from overuse injuries during training. This is due to the repetitive friction of the ITB over its attachment to the side of the knee creating an inflammatory response. This can be accompanied by a ▶▶

deep dull ache in the knee or in the lower part of the thigh. There can be a clicking sound associated with knee movement and pain when descending stairs or even when getting up from a seated position.

WHAT SHOULD I DO ABOUT ITB?

ICE: Icing 15-20 minutes immediately after running will reduce any inflammation you may have created. In general, it is advisable to continue icing for 2-3 days.

REST: If the pain continues to worsen, you may need to take some time off running to allow the ITB time to heal and recover. You can cross train with activities such as swimming or biking as not to lose any gains in general fitness.

RUN ON EVEN GROUND: Running downhill or in uneven ground can cause the hip to sway out putting additional pressure on the ITB.

WHO DO I SEE?

A Sports Chiropractor/ Orthopedist / Physiatriist will be able to determine the underlying cause of your ITBS.

WHAT CAN I EXPECT FROM A CONSULTATION?

A structural or postural analysis conducted by an expert will reveal if you have any leg length discrepancies, muscle imbalances, pronation (outward rolling of the foot) which can cause ITB Syndrome.

Since the ITB acts as a stabilizer of the knee during running, it runs the risk of suffering from overuse injuries during training.

RECOMMENDATIONS:

Recommendation for strengthening and stretching of the ITB and related muscles can significantly reduce overall stress on the ITB. The following are also alternatives:

- **MUSCLE TAPING** – Special strapping techniques such as Kiniseotape can unload the ITB.
- **ISMART** – Specialized Medical Instruments help break up scar tissue in the ITB.
- **MANIPULATION** – of the Pelvis, Knees and foot can reduce pressure off the ITB.
- **STRETCHING AND**

STRENGTHENING -

- Pigeon Yoga Pose
 - Hip Sideward Pose
 - Anterior Hip Stretch
 - Hamstring Stretch
 - Posterior Hip Stretch
 - Straight Leg Raise
- Log on to www.intercare-centers.com for stretch diagrams.

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.



WHY GATORADE?

I lose 1.2L of sweat in 1 hour running up and down a 94-foot basketball court and scoring 3-pointers 42% of the time as part of the 17.4 points I make while dishing out 5.4 assists per game.

LA Tenorio Point Guard Alaska Aces
Fueled by Gatorade

THAT'S WHY.





All in the Family

WORDS BY ERIC NICOLE SALTA

WORKING IN THE FIELD OF MEDICINE HAS BROUGHT RONDEE AND MELIZZA AQUINO, BOTH 31, A BETTER SHARED UNDERSTANDING OF EACH OTHER. HE'S A pharmacist by profession but now works as a medical representative while she's a distributor of medical supplies. It's a substantially convenient situation to grow closer but it's not the only thing that ties the affectionate bond together. Rondee and Melizza are also passionate runners. Now, even their daughter Fiona, 8, a third grader in OB Montessori in Angeles City, is hooked on the sport.



THE NEXT STEP TRIATHLON CAMP SERIES

PHILIPPINES' FIRST ORGANIZED TRIATHLON TRAINING CAMP
SUBIC, OLONGAPO CITY

CAMP 2: ROAD TO CAMSUR 1 (May 27-29)

Camp 2 entitled "Road to Camsur 1" is the camp's second installment and will focus on building a Base Training program for the upcoming Ironman 70.3 in Camsur this August. The venue will still be in Subic but the camp will showcase a different set of lectures and training programs perfect for would-be Camsur participants. Base training is vital to all triathletes who are preparing for a race. It is done not necessarily to make you faster, but to make you stronger and give you more endurance to last through the longer distance races.

- ✓ Race Simulation of SUBIT Course
- ✓ Lecture on Proper Sports Nutrition
- ✓ Coached Swim, Bike, Run Sessions
- ✓ Seminars and Q&A Sessions with the Coaches

Camp	Dates	Venue	Twin Sharing	Single Room
Road to Camsur 1	May 27-29 (Fri-Sun)	Subic	P15,000/pax	P20,000/pax

INCLUSIONS:

- 3D/2N accommodation at Travelers hotel
- Healthy meals (3 breakfast, 3 lunch)
- Support vehicle for all bike rides
- Entrance Fees for all training venues
- The Next Step Tri Camp Series Welcome Kit
- The Next Step Tri Camp Series Dry Fit Shirt
- Nutritional Kit from Endurance and Hammer Nutrition
- Unilab ActiveHealth Gift Bag

To register and for more information visit us on www.thenextsteptriathloncamp.com
Look us up on Facebook: The Next Step Triathlon Camp Series
Email Address: thenextsteptriathlon@gmail.com
Fax Number: (02) 638.2753
Contact: Doray Ellis +63917.817.3477



Dan

- National Coach, Philippine Triathlon Team present
- Age Group Coach for Beginner to High Performance Triathletes
- Past: Asst National Coach, Korean Triathlon Team
- 15 time Ironman finisher
- Hawaii Ultra Man Championships (10km swim, 421km bike, 84km run) 8th overall



Ani

- Certified Level 2 Triathlon Coach
- Program Manager of TRAP Super TriKids Youth Development Program
- Coach of IronKids, Manila Polo Club Makati, Adidas Running, Fitness First Tri Team, Sabak Tri Team, South Tri Team
- 1st Filipina to qualify in Ironman Triathlon World Championships, 2008



Participants Testimonials



Great training program!! Will be back for the next Camp.

Eric Wang
Businessman



For someone who joined this camp with nothing, I am going home enlightened and impressed by the fact that I have to do things properly or else all the effort is going to waste.

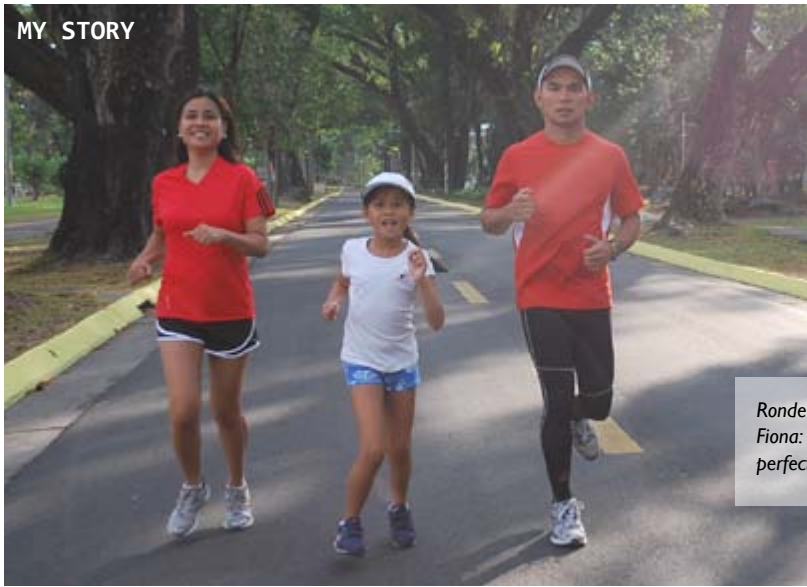
Celia Theresa Layson
Physician / Tri Newbie from Iloilo



As a beginner in triathlon, this camp has been very enlightening. The knowledge and experience I gained from this camp will be useful in my triathlon training.

Andrew Joseph Layson
Tri Newbie from Zolo

MY STORY



Rondee, Melizza, and Fiona: a picture of a perfect running family

“My wife and I started running early last year. We usually run every morning after bringing our daughter to school. We also have a regular run as a family every Sunday afternoon,” says Rondee, who admits that running has taught him patience and discipline, improved his overall health, and pushed him “to strive for the goal that I set and exceeding it.” There’s also a huge benefit from attending different races as a family. “Running also gives us the opportunity to meet people during races. It also gives us the opportunity to be closer. As a matter of fact, my friends and relatives saw the changes we had due to running.”

Though the family is based in Angeles City,

Pampanga, it doesn’t stop them from joining races in Manila, too. Rondee usually signs up for 10K, 21K, or 32K while Melizza and Fiona compete in the 5K run and 500m dash to 2.5K run, respectively. A great example of a fun, family-friendly experience was when they all teamed up for Run United I. Run United I 2011 was the 1st leg of RunRio Trilogy and was the 1st big event of Unilab Active Health for 2011 that was held last March 6, 2011 at Fort Bonifacio Global City. More than 12,000 runners participated in this event that also had an Active Health Village for kids, adults and seniors. “It gave us the opportunity to run as a family. It was a great experience because it was

well organized. Fiona ran 500m dash, Melizza ran 5K and I ran 21K.” Aside from it being memorable because the entire family was present, even more impressive is the fact that Rondee finished 10th overall, an achievement that made his family proud of him.

At the moment, the Aquinos are aiming for international marathons, and hopefully, in the long run, triathlon events. At the rate they are going, it won’t be long before people start seeing this family in more races, especially family friendly events such as the upcoming Run United 2 on Aug 21, 2011 and Run United 3 on Nov 12-Nov 13, 2011. ●

For more info, visit www.unilabactivehealth.com



THE XAVIER SCHOOL COMMUNITY

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




PRESENTS



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



























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DIRECTORY

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(running/triathlon specialty stores)

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– 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 I,

Woodridge Apartments, McKinley Hill, Taguig City, 985.4890

THE STARTING LINE –

West Gate Center, Alabang

(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, 7575856; Shangri-la Mall, Festival Supermall

NIKE – Glorietta 4, 813.0082;

Greenbelt 3, 757.4491; Robinsons Galleria, 631.3610; Bonifacio High St., 856.2586; Trinoma, 901.3547; Robinsons Place Mla, 522.8625; SM City Mla, 400.4674; SM 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

(chiropractor)

MARTIN CAMARA, D.C.

Chiropractic Specialist drmartin777@gmail.com see Intercare (therapy)

SERRY ANTONIO “SKIP” PIZARRO, D.C.

Chiropractic Specialist drserrypizarro@yahoo.com see Intercare (therapy)

(coaches)

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RIO DE LA CRUZ

Running, 703.1736, 09157827126 feedback@runrio.com

ANI KARINA DE LEON

Running & Triathlon, 0915. 4440290, anikarina@gmail.com, anikarina.wordpress.com

CLIFF EALA

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FERDIE ESPEJO, JR.

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JOJO MACALINTAL

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MITCH FELIPE-MENDOZA

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ARMAND MENDOZA

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

LIT ONRUBIA

Chi Running, 0917.5376870, lit.onrubia@forwardleanrunning.com

NORMAN PASCUAL

ITU Level I 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

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(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

RACE

Rudy Bischocho, G/F Vazquez-Madrigal Bldg. Annapolis St. Greenhills, SJ, 727.9987, 0918.9158536

RAUL N. YLANAN

Elite Multi-Sport Resources 0917.5353807 www.elitemultisport.com

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, Urduaneta 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

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What makes you a Pinoy Runner?



Jeremi Roque

I support running events from up north to southern part of the Philippines. After each event, I make sure I visit all key landmarks or places with historical significance and cultural heritage. In fact, I was recently at the Queen City of the South, Cebu City, for my 10th ultramarathon race. (Photo by Ronnel Go)

Jamike Lopa

Together with the iamninoy-iamcory Runners, I use running to further my advocacy to address the education crisis in the country.

I also carbo-load with rice—with eggs and tapa or longganisa—and not pasta!

Abet Ocampo

It's when I run really tall and mighty amidst adversities, the Pinoy in me just won't give up the fight!



Odette Velasco-Cruz

I always crave for tapsilog, longsilog, tuyo or anything that needs suka (vinegar) for my morning runs and sinigang with lots of sabaw (soup) for my afternoon or evening runs.

Francis Gaspar

I smile whenever I see a camera (whether I'm in pain or not). I keep all my singlets, bibs, tags, and medals. I line up for freebies post run (alcoholic or otherwise). I dream of running the New York City Marathon someday (through the lotto!)

Perkins Briones

I view running not only as a sport, but also as a social activity.

Dr. Peter Mancao

I am a pinoy runner because i cant start a run unless i have a bar of Chocnut or Cloud 9.



Jake de Guzman

I feel connected to the others I run with – from those who are trying to make a living as pros, those trying to get fit to those who volunteer to give water or fill their baldes for the runners passing by. When we run, the wall that divide us seem lower; we're all just runners and Pinoys.

Francis Velasquez

I am a Pinoy runner because I've run ultra distances from Baguio up in Luzon, Cebu in the Visayas, down to Cagayan de Oro and Bukidnon in Mindanao. And, I'll always be a Pinoy runner because there are still so many other places to run in!



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