

THE Bull Runner

JUL-AUG 2011

RUNNING MAGAZINE

.COM



**TRIATHLON FOR
RUNNERS ISSUE**

**GOV. LRAY
VILLAFUERTE
RUNS FOR CAMSUR**

**4-WEEK TRIATHLON
PROGRAM FOR RUNNERS**
BY COACH DAN BROWN

**COFFEE:
BAD OR GOOD?**

**NEW GEAR & SHOES:
FOR RUNNING & TRI**

GOLDBLOCKS FUN RUN
AKTV RUN
GRACE TO THE FINISH
BROOKS RUN HAPPY
RUNRIO TIMING CARD LAUNCH
+ MORE

**JAY NACINO:
Runs into Tri**



a publication of



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RUN CALENDAR



JULY

3: YAMAHA RUN FOR HEROES Bonifacio Global City, 3/5/10/21k. www.runrio.com or call 7031736

3: VISION IN MOTION FUN RUN, SM MOA, 3/5/10/25k/25k relay. Call 917 5248586

3: MILO Laoag Leg, Laoag City, 3/5/10/21k. Call 09274061267 or 7703644

3: FRONTRUNNER'S THRILL RUN, Nuvali, 5/10/21k. Call 5674786

9: CDO-DAHILAYAN TRAIL RUN ULTRA MARATHON, Cdo, 55k. Call 09177060248

9: PQUE KNOWLEDGE FUN RUN, Macapagal, Pque City. Call 09154712022

10: XAVIER SCHOOL STALLION RUN, Xavier School, SJ, 3/5/10/21k. Call 09178330315.

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

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

10: SLIMMERUN 2011, Bonifacio Global City, 3/5/10k. Call 5267396

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

17: ROBINSONS 4th FIT & FUN WELLNESS BUDDY RUN, Boni Global City, 5/10k Buddy Run. Register at Robinson's Supermarket

17: MBC MANILA BAY CLEAN-UP RUN, CCP Complex, Pasay, 3/5/10/21k. Register at R.O.X.

at Manila Broadcasting Company. Call 8326105

17: READY, GET SWEAT, GO, Tiendesitas, 3/5/10k. Register at R.O.X. or selected Reebok Stores. Call 5197010

23: TAKBO PARA SA JAPAN, U.P. Acad Oval, 2.2/4.4k. Call 09063821833

24: REXONA RUN, SM MOA, 3/5/10/21k. Call 7031736. www.runrio.com

24: TAKBO.PH RUNFEST 2011, Boni Global City, 5/10/16k. Register at ROX

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

24: DAGAN PARA SA PAMILACAN, Baluarte Reclamation Area, Bacayon, Bohol, 5/10k. Register at Bacayon Municipal Hall. Call 09175993470.

30: RACE IT UP 2011, Boni Global City, 3/5/10k. Call 9885465 or 09228596925

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

AUGUST

6: RUN AND WALK FOR THE CHURCH, Brookside Hills Subd., Cainta Rizal, 3/5k. Register at Sacred Heart of Jesus Parish Church Office. Call 6562533

7: 2nd NBA FIT RUN, Boni Global City, 5/10/21k. Call 7031736. www.runrio.com

7: iRUN, Divisoria Kiosk, Cdo, 2k walk/5/10k

run. Call 09264512585, www.430rnr.weebly.com

14: RUN UNITED REGIONAL SERIES DAVAO, Davao City, 500m/3/5/10/21k. Call 7031736, www.runrio.com, unilabactivehealth.com

14: RUN & LEAP, Venice Piazza, McKinley Hill, 1.5/3/5/10k. Register at selected Chris Sports

21: KAGAY-AN FESTIVAL RUN, Divisoria Kiosk, Cdo, 2/5/10/21K. Register at Max's Restaurant and La Cabana Spa, Cdo. Call 09177060248

21: MILO Batangas, 3/5/10/21k. Call 09274080535

21: RUNRIO TRILOGY Leg 2, Run United 2, Boni Global City, 500m/3/5/10/21k. Call 7031736, www.runrio.com

28: MILO Puerto Princesa, 3/5/10/21k. Call 048-4341721, 09175523555

28: ATENEO DIAMOND BLUE RACE, SM Mall of Asia 3/5/10k. www.runnersrunner.com/ateneodiamondbluerace

28: BOHOL SANDUGO PANGLAO HALF MARATHON, Panglao Island, 3/5/21k. www.boholsandugohalfmarathon.wordpress.com

28: EARTH DAY RUN MANILA, Boni Global City, 3/5/10/21k. Register at Chris Sports Glorietta, SM Mega or SM North Annex. Call 8186136, 6334936

28: 1st QC CUBAO LIONS CLUB RUN,

SEPTEMBER

4: TIKTAKBO 4, UP Diliman, Quezon City, 500m/2/5/15k. For more details, call 09053699264, 09178328375

4: MILO Naga, 3/5/10/21k. Call (054)4735988

11: MILO San Pablo, 3/5/10/21k. Call 09081614674

18: MILO Iloilo, 3/5/10/21k. Call 09177200630

18: MANILA INT'L MARATHON, Roxas Blvd., 3/5/10/42k. Register at Chris Sports, A Runner's Circle, R.O.X. Call 09276687558 or 8067814

18: Rizal@150 (Run Rizal), Rizal Park, Manila, 3/5/10/16k, register at R.O.X. Call 9751317

25: MILO Bacolod, 3/5/10/21k. Call (034) 4322681, 09081614674

25: CAMSUR INTERNATIONAL MARATHON, CamSur Watersports Complex, CamSur, 3/5/10/21/42k, Register at ROX, RUNNR. www.camsurmarathon.com

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

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

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

Running in NUVALI

The lifestyle NUVALI offers is one like no other. The vast greenery, wide open fields, and its ever expanding sports facilities are enough to attract those embracing the active lifestyle. Whether a pro or a leisure sportsman, you just won't be able to resist NUVALI. More so, if you're a runner.

Take it from those who have experienced and enjoyed the NUVALI race route:

► **RIO DELA CRUZ:** I love running in NUVALI because of the almost unique setting it offers to runners. The roads are wide and I get to choose how challenging I want it to be: I can go around flat courses or take up the long hills. If I'm in the mood for trails, I can also work my way around clear rivers and weave my way around the grass trails. I can easily combine road and trail routes in a single run. With fresh air, clean surroundings and trees all around, it's always a pleasure to run in NUVALI.



◀ **ERNIE LOPEZ:** I love running in NUVALI because I love trail running. I find the variety of terrain challenging and exciting, especially the river crossings. When I run in the NUVALI trails, the outdoor experience is so enjoyable that I can barely believe I am only 45 minutes away from Makati.



► **DREW ARELLANO:** Running in NUVALI was an awesome experience. Besides the efficient race organization by The Bull Runner and her crew, the venue is perfect for short and long distance running. Next Ironman venue maybe?



◀ **DAVID CHARLTON:** Running in NUVALI is like a breath of fresh air (literally). It's always nice running in a countryside atmosphere where you can breath in fresh, clean air while enjoying a safe, traffic-free route.

Experience the NUVALI lifestyle and you'll be craving for more.

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

NUVALI, where people and nature thrive.

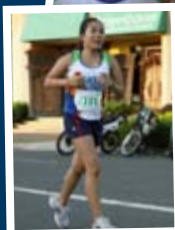
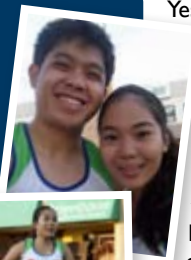


For regular event updates, visit www.thebullrunner.com



NEWFOUND FRIENDS

This magazine is, indeed, a great aid to runners especially to first timers like myself. How could a tiny magazine contain so much? From arrays of running gears to reliable running techniques, that pleases any devoted runner. My boyfriend even used this magazine to invite more friends to run with us. Since it's free, he took several copies and distributed them to his friends. I never thought running could actually build you a barkada! One of the things I enjoy most is having conversations with my friends and telling them about new things I learned about this sport. They reciprocate my excitement by sharing also what they have learned. This magazine inspires readers through stories of featured runners and this made me aspire to join the TBR Marathon next year! Thanks so much TBR Magazine! Continue to motivate more runners, that through their perspirations, inspirations, and aspirations, they shall achieve higher and be stronger! As for me, I found my new fitness friends: ones who run and the ones who know all about running!



Zee Diama

Congratulations, Zee!

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

DIGITAL COLLECTION

Yes! Finally grabbed my first ever copy of TBR Magazine at Runnr last week! I only learned about the mag recently and have downloaded ALL previous issues into my iphone. Thanks for uploading them! I started running late last year and have recently managed to squeeze in time to train. TBR Mag has really helped give some sense of order to my running. The training and nutrition tips are my favorites. Looking forward to future issues and hope to start collecting the hard copies from now on!

J. Meinard Nepomuceno

MY RUNNING LIFELINE

I only started running this past March. I vividly remember that very 1st time, I had taken only a few strides away from my front door and I was already gasping for air. Still I was determined to get healthy so I persevered. I had so many questions (still do) because I wanted to do things right. A friend introduced me to TBR Mag and it's become my lifeline. From the great tips and advice I get, to the inspirational stories people share, TBR Mag has kept me motivated and focused. So far, I've run in three 5k events and this July 10, I'm running my first 10k in "I run version 1.0".

So thank you TBR Mag for helping me help myself become a healthier, happier person.

Arnold Guerrero

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Running towards the finishline of my first triathlon, Animo Triathlon 2008 (photo courtesy of hutshot.com)



Running will always be my first love. Even as I dipped my feet into the world of triathlon a couple of years back and now look forward to new challenges in multisport, I am and always will call myself, first and foremost, a runner.

This issue is dedicated to runners, just like me, who wish to dip their feet into the exciting sport of triathlon. Our cover runner, Gov. LRay Villafuerte has the same goal in mind, as his constituent CamSur plays host to the Ironman 70.3 in August, one of the most anticipated events for runners and triathletes in the country. Coach Dan Brown provides a 4-week triathlon program for beginner triathletes while runner Jay Nacino shares his experience on his smooth transition into triathlon after finishing Bataan Death March ultramarathon. Mitch Felipe-Mendoza gives us the lowdown on how coffee affects our performance. And, we feature new gear to get you started on your first triathlon.

We hope that this issue inspires you to live your passion for running along with other sports – swimming, cycling, yoga, pilates, boxing, and more – that help you become a better runner and allow you to live a better, healthier life.

Jaymie Pizarro

Jaymie Pizarro, The Bull Runner www.thebullrunner.com



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)





**YOU'RE
BEING
WATCHED**

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

SIMPLY LOG ON TO WWW.PHOTOVENDO.PH
SEARCH FOR YOUR RACE PHOTOS
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Running for **CAMSUR**

AS CAMSUR PREPARES TO
HOST THE IRONMAN 70.3 AND
CAMSUR MARATHON, ITS
GOVERNOR, LRAY VILLAFUERTE,
IS ALL SET TO RUN
HIS OWN RACE, TOO.

Words by JAYMIE PIZARRO
Photo by BEN CHAN OF BLACKSHEEP MANILA

GOV. LRAY VILLAFUERTE IS ALWAYS ON THE RUN, LITERALLY AND FIGURATIVELY, AS THE HANDS-ON Governor of Camarines Sur and a passionate wakeboarder, runner, and overall sports enthusiast. TBR managed to catch up with him to find out how a busy politician, athlete, and family man like him can find the time to indulge in his favorite sports.

Q| Aside from being Governor of Camarines Sur, what else keeps you

busy?

A| I indulge in a lot of sports. I try my best to keep fit. I visit the gym regularly. I run, bike, and swim. I also wakeboard. Now, I'm into Bikram Yoga. I like trying anything that keeps me fit. But, I really do love to run because it keeps me fit. As Governor, my eating habits are not perfect due to my busy schedule. The best way for me to keep fit is really through running. I go to the gym, but I think running is really the best cardiovascular exercise for me.



Q| Can you give us a glimpse into your weekly training program?

A| I have a very hectic schedule, but I try to run 4 to 5 times a week at least 1 to 2 hours a day on the road. If I'm busy, I run after lunch or on the treadmill. If I have extra time, I bike or swim. My goal is to join the Ironman 70.3 in Camsur. Hopefully, next year.

Q| How did you start running?

A| In gradeschool, I was actually on the track team. I was running short distances, sprints, 100m dash. I used to run fast but now there's a complete change in muscle memory. Now, it's more of endurance training. I started running again when I started promoting Camsur as a running destination when we hosted the Ironman 70.3. Everyone was encouraging me to join so I signed up for the relay.

When I promote sports, I make it a point to get into it. It's definitely an advantage when you organize a sporting event that you are familiar with.

Running started as a fitness regimen for me, then I started running faster and reaching longer distances. Eventually, I also met more people along the way.

My first run was the Unilab Run, then Adidas King of the Road. I started with 10k distances 2 years ago. My longest run was the 21k in Phuket 70.3 as part of the Camsur contingent. It was truly an experience. Halfway I told myself "All these people are crazy including me! But, when I reached the finish line, it was really a different feeling. The fact that I finished was a major achievement."

What kind of runner are you?

A| I am a competitive runner. I'm very competitive with everything else in my life whether its career or sports. I choose to push myself a few steps beyond my comfort zone when it comes to pursuing my goals because that is one way of improving oneself and growing. I enjoy exceeding my own expectations of myself.

Q| Would you say that running helps you in work and in life?

A| Running definitely helps me at work and with the rest of my life. Sometimes, I run for stress relief. Other times, I run to clear my mind of worries or to solve problems





sportsdrinks every 1 to 1.5 km. We also cleared the roads to keep the runners and bikers safe while racing. This year, we will also have divers for the swim portion. We have lifeguards every 2 to 3 meters for the swim leg.

Q| Camsur Marathon will be staged on Sept. 25, 2011. What makes this race different from last year and from other marathons?

A| Camsur Marathon is the biggest marathon in

When I reached the finish line, it was really a different feeling. The fact that I finished was a major achievement.

and brainstorm. Running is also a great motivator. With running, you take baby steps in your training to get yourself to run longer distances gradually. It builds confidence and strengthens your psyche.

Q| CamSur will play host to the 3rd Ironman 70.3 on August 14, 2011. What makes Camsur an ideal venue for events like this?

A| Camsur is an ideal for venue for both beginners

and elite triathletes. For newbie triathletes, it's a race filled with local spectators cheering you to the finish line. For more experienced athletes, the heat makes for a truly challenging course that tests the mettle of an individual. It is also a pre-event for Ironman World Championships in Kona, Hawaii.

As organizers, we ensure that the race has more than enough hydration. Last year, we provided water and

the country. Last year, we welcomed over 20,000 runners who participated in the race and this coming year we expect a better and bigger event. We're the only local marathon accredited by AIMS (Association of International Marathons and Distance Races) as well as the only Boston-qualifying race in the country. To add, the warmth of our people in CamSur makes our marathon a special event that runners should experience. ●

The BIGGEST MARATHON in the country!

The only race course in the Philippines accredited by the International Association of Athletics Federation - Association of International Marathons and Distance Races (IAAF-AIMS)



This race is a Boston Marathon qualifier.



CAMSUR
MARATHON 2011

3KM • 5KM • 10KM • 21KM • 42KM

RACE TO A GREEN PHILIPPINES



SEPTEMBER 25, 2011

www.camsurmarathon.com



Your Running Checklist

JULY-AUGUST 2011

Go on a running adventure.

Join 12,000 running enthusiasts who are expected to make their way to the SM Mall of Asia for the second **Rexona Run** slated on July 24, 2011. The fourth leg in the RunRio series, Rexona Run will have a 21k, 10k, 5k, and 3k course distance. Up for grabs are three all-expense-paid adventures to the Great Wall of China. For more details, call the race hotline at 703-1736 or visit www.runrio.com or visit the Rexona Philippines Facebook page.



Go shopping. Grab new gear for running and other sports of your interest at the brand spankin' new **Toby's Arena** at G/F Shangrila Plaza Mall. Popular sports brands and equipment and lifestyle apparel and gear from Toby's Sports, Runnr, and urbanAthletics are all housed in this one-stop sports store. For inquiries, call 6337014 or visit www.tobys.com



Grab a good book. If you're planning to get into triathlon, **Your First Triathlon Book** is a great read. This book provides training plans, workouts, checklists, and valuable instructions that first-timers need to finish that first triathlon. It provides practical information on starting a new lifestyle of health and fitness and personal growth. Available at RUNNR for only P1,189.



Get your feet wet. For runners who are venturing into the world of triathlon, try the **Aqua Elite** program led by Coach Moi Yamoyam in cooperation with Aqualogic Swim Co. The customized program is ideal for age-group swimmers and triathletes who wish to develop speed, endurance, and better swim efficiency. Sessions are held every Tuesday and Thursday evening in Colegio de San Agustin, Makati with a fee of P7,300 for 12 sessions. For more info, contact Coach Ria 0917.899.6545/aqualogicswimco@gmail.com or Coach Moi 0917.522.5044/tiph.coach@gmail.com



Time for a new running experience.

Introducing the New RunRio Timing Card
Courtesy of Blue from American Express®.



FRONT

BACK

All who register at the **REXONA RUN 2011** will receive a **FREE** RunRio Timing Card courtesy of Blue from American Express.*
log on to www.americanexpress.com.ph.



- ✓ It's a reusable timing card to collect all your race results.
- ✓ Monitor your race performance and set new goals.
- ✓ Check your performance with other runners.



Main Features:

- Records and helps you track your performance during races
- Re-usable timing card for all RunRio races
- Helps you compare your time against other runners
- Helps you determine your level or category among the race participants

Additional Benefits:

- Discounts in selected outlets once you present your RunRio Timing Card (TBA)
- Can earn premium items and prizes because of The Reward Points/Loyalty Program (TBA)
- Priority on Unilab Run United 2 on August 21
- Cardholders have 1 week priority lanes in all RunRio registration sites

How To Use RunRio Timing Card:

- On-site Registration
 - Just present your card to RunRio personnel and say your preferred race category and singlet size.
- On-Line Registration
 - No need to fill up all the fields required, just write your RunRio Card number on the "card number" field and all your information will be reflected. Then click on which race category and singlet size you desire. Click Submit and wait for your race kits at the delivery address submitted.
- On Race day (RunRio races)
 - Bring your card and place it in your running shoes (please see Terms and Conditions).

*The cost of card replacement is P300 each.
**Please bring a photocopy of your valid ID during Rexona registration.

4 WEEKS TO YOUR 1ST TRIATHLON



BY
**COACH DAN
BROWN**

This is a beginner programme which can be used as a build up to a sprint triathlon. It assumes some basic level already of swim, bike and run. (These intensity levels given can be based on HR, PE and power for coaching but for this programme we will use these basic 3 levels).

The programme will run for 2 weeks at a time then change. I find this to be the most effective training approach. The final week will include a taper for a sprint triathlon.

Dan Brown is a professional triathlete and current National Coach for the PHI National Triathlon and Duathlon teams. He has raced in 15 Ironman Triathlon's and has come top 10 in the Ultraman World Championships in Hawaii. Dan has a wealth of experience in racing and coaching athletes at all distances. For inquiries on coaching, contact Dan at 09159537980 or email nextsteptri@gmail.com. Visit www.thenextsteprunning.com.au or www.thenextsteptricing.com

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	OFF	BIKE 45mins E	FARTLEK RUN 2x1.30, 4x1.00, 4x30s, 4x15s (all intervals M w/ same recovery each time as interval) SWIM DESCENDING INTERVALS: 200 WU, 2x25 kick, 4x25 sculling, 300 M, 200 M, 100 H, 50 H, 25 H, 30s rec throughout, 100 WD	BIKE 1hr E / M (include as many hills as you can)	A.M. SWIM 200 WU, 100 CU, 2x25 back w/ kickboard, 4x25 kick, 15x50 on 1.30, 200 PP, 200 PB, 100 your choice WD	LONG BIKE 1.5 - 2hrs E / M Run off bike 10mins E	LONG RUN 1 - 1.30hrs E
WEEK 2	OFF	BIKE 45mins E	FARTLEK RUN 2x1.30, 4x1.00, 4x30s, 4x15s (all intervals M w/ same recovery each time as interval) SWIM DESCENDING INTERVALS (same as above)	BIKE 1hr E / M (include as many hills as you can)	A.M. SWIM 200 WU, 100 CU, 2x25 back w/ kickboard, 4x25 kick, 15x50 on 1.30, 200 PP, 200 PB, 100 your choice WD	LONG BIKE 1.5 - 2hrs E / M Run off bike 10mins E	LONG RUN 1 to 1.30 E
WEEK 3	OFF	STRENGTH BRICK 45mins E include 3x3 mins big gear @ 60 RPM M (use big chainring) Pedal 3mins E in between.* Run off bike 10mins E	HIGH CADENCE RUN 25mins. Do as: 30s @ cadence of 90 or above M. Then 1.30 min E. Repeat.** 4x40m run, drills at end of run w/ walk back: high knee, butt kicks, bounding, strides/sprints, backwards. SWIM DESCENDING INTERVALS (same as above)	ENDURO Run 15mins E Bike 30mins M Run 15mins E	A.M. SWIM 200 WU, 100 CU, 2x25 back w/ kickboard, 4x25 kick, 15x50 on 1.30, 200 PP, 200 PB, 100 your choice WD	LONG BIKE 1.5 - 2hrs E / M Run off bike 10mins E	LONG RUN 1 to 1.30 E
WEEK 4	OFF	STRENGTH BRICK 45mins E include 3x3 mins big gear @ 60 RPM M (use big chainring) Pedal 3mins E in between.* Run off bike 10mins E	HIGH CADENCE RUN 25mins. Do as: 30s @ cadence of 90 or above M. Then 1.30 min E. Repeat.** 4x40m run, drills at end of run w/ walk back: high knee, butt kicks, bounding, strides/sprints, backwards. SWIM DESCENDING INTERVALS (same as above)	ENDURO. Run 15mins E Bike 30mins M Run 15mins E	A.M. SWIM 200 WU, 100 CU, 2x25 back w/ kickboard, 4x25 kick, 15x50 on 1.30, 200 PP, 200 PB, 100 your choice WD	LONG BIKE 1.5 - 2hrs E / M Run off bike 10mins E	LONG RUN 1 to 1.30 E

LEGEND

E - Easy
M - Medium
H - Hard

WU - Warm Up
WD - Warm Down
S - Seconds
RPM - Revolutions per minute

CU - Catch Up
PB - Pull buoy
PP - Pull and Paddles

***STRENGTH BRICK:** Drive from the glutes and keep hips and head still. Do on the aerobars. This is a sport specific strength workout designed to build bike strength. Heart rate is low.

****HIGH CADENCE RUN:** Work hard on leg speed. Count your steps every so often to know what you are running at. Counting 1 leg at a time is easier! Keep hips high and arm carriage high. (elbows bent at all times)

GEAR

CW-X LITE STRETCH ARM

SLEEVES are suitable for wear while biking to reduce muscle fatigue or during post exercise as a recovery tool. It has a 4-way stretch fabric with UVA/UVB sun protection factor. RUNNR P1,895



2XU RACE COMPRESSION

SOCKS can be worn during training or competition to stabilize muscles for less fatigue. It has a unique cushioned foot bed design for improved comfort and performance. RUNNR P2,600



PLANET-X WHEEL SET Everything a triathlete looks for in a wheel: good hubs, flat aero spokes. good aero, light carbon rims. Very versatile for use in all conditions over all sorts of terrain. Choose from 3 models: 50/50, 50/82 and 82/101. THE BRICK MULTI-SPORT STORE, P35,000 to P39,000



CHAMOIS BUTT'R UP is a non-greasy skin lubricant and conditioner designed to improve riding comfort that will prevent chafing or irritated skin. Great for triathletes and runners alike. SECONWIND, P700



SPORTCOUNT records crucial data like time per lap, total time, best time and slowest time. Very useful for swim and track workouts. SECONWIND, P1,400



ASICS WOMEN'S RUNNING T-SHIRT has a profit technology for optimal range of motion and double kneed stitch construction to prevent chafing. Excellent gear of choice for every runner or triathlete. ASICS STORE, P3,200



AQUA SPHERE KAIMAN GOGGLES has an excellent competitive-style that offers features superior to traditional swim goggles. The Kaiman has clear lenses designed to provide the greatest visibility indoors or in low light. STARTING LINE, P1,250

TRANSITION ONE TRI SUIT is perfect for both training and racing. Thoughtfully designed for the triathlete's comfort, it is made with breathable fabric, flatlock anti-shafing stitching plus an extra long zipper for easy temperature regulation. It's elastic leg design keeps the suit in place while in full motion. Designed by a triathlete for the triathlete. STARTING LINE, P1800



POLAR RCX5 TRAINING COMPUTER is designed to coach you in planning, training and analyzing performance in detail. It will guide you to train at the right intensity making your every session more effective that will allow you to achieve the results you want. RUNNR, TBA

SCOTT SPEEDSTER is a fairly good entry bike tri-training. it's strong, tough and efficient. With a hydroformed aluminium frame, it is featherlight and great for climbing and sprinting. THE BRICK MULTI-SPORT STORE (S-30, P60,000) (S-40, P50,000)

Gear to
Tri

GEAR

BROOKS T7 RACER (Limited Edition) A racing flat intended for the neutral, biomechanically efficient runner. It features a streamlined, asymmetrical upper that wraps the arch securely from start to finish. It has convenient loops on tongue and heel for easy transition from bike to run. RUNNR, SECONDWIND, P4,595



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ASICS HYPERSPEED 4 has more cushioning than some of the most extreme flats out there. If you're transitioning to training in flats, or looking for one of your first pairs for your triathlon debut, this could be just what you're looking for. ASICS, P4,300



NIKE LUNARSWIFT+2 is a seamless running shoe and made with a composite hypervoid construction to allow the upper to form to the foot as one runs, bending and adapting with to the foot with every step. It is great for a neutral runner who loves a flexible, lightweight shoe to get through their work out efficiently. NIKE SHOPS, RUNNR, SECONDWIND, P4995



ZOOT ULTRA RACE 3.0 is a lightweight neutral racer/trainer that delivers unmatched comfort and smooth supportive performance for all triathlon racing needs. PLANET SPORTS, RUNNR, SECONDWIND.TBA



NEW BALANCE 1100 RT is made with Dupont Elvaloy which is 24% lighter than the standard foam. Good for long-distance races and workouts because of a moderately built-up mid sole. It also has good forefoot cushioning that helps in longer distances. Efficient minimalists can use this as an everyday trainer. SECONDWIND, PLANET SPORTS, TBA

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COFFEE Concerns

shorter and more intense runs – but not for full marathons because the issue of dehydration will come into play. According to the American College of Sports Medicine (ACSM), recent studies show that caffeine definitely enhances performance. However, studies have been limited to certain controlled parameters and have still been inconclusive on caffeine's benefits during actual race conditions especially for endurance events. Although there have been significant findings in caffeine's effect on the delay of fatigue, this, plus other side effects are still being studied.

Q: Does coffee increase my sugar cravings?

A: A sugar craving with coffee consumption may be formed out of habit, not merely because of its physiological effect. Just think of going to a coffee shop where you are usually exposed to various pastries, cookies and cakes. Studies show that drinking pure black coffee doesn't seem to have an effect on blood sugar especially knowing for a fact that it actually contains no sugar nor fat. However, a few scientists noted that coffee may impair insulin function especially for diabetics even if no sugar was added.

Q: If coffee is a diuretic, will it cause dehydration when I run?

A: Most medical specialists believe that caffeine is a diuretic and the consumption of it in large amounts may increase the risk of dehydration. On the other hand, if athletes follow regular hydration practices during competition, the dehydrating effect may be negligible.

Q: I am confused. Is coffee bad or good for my health?

A: Neither. Like most foods and fluids, it has a good and bad side. Moderate intake of

The effect of coffee (in moderate amounts) in one's performance is beneficial for shorter and more intense runs but not for full marathons

caffeine in low doses pose no significant or immediate threat to a normal individual's health. It actually gives positive effects on moods and energy level to majority of coffee drinkers. But whenever it is used for competition in large or unsafe amounts, there could be potential side effects that may actually hinder performance. Experts advise individuals to use caution and to seek nutritional guidance prior to ingestion of unusual amounts of caffeine especially if you have medical conditions like heart problems.

Q: How many cups can I drink per day?

A: Limit your coffee intake to less than 200-250mg of caffeine per day. It is usually equivalent to 1-2 cups (8-16oz) of regular brewed coffee or 2-3 shots of espresso.



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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IS COFFEE GOOD OR BAD FOR A RUNNER? **MITCH FELIPE-MENDOZA** PROVIDES THE ANSWERS TO RUNNERS' TOP FIVE QUESTIONS ON COFFEE

Q: Can coffee boost my performance in a race?

A: You should be able to observe the effects of coffee in your run performance. Based on experience, I would say that the effect of coffee (in moderate amounts) in one's performance is beneficial for

EVENTS

GOLDILOCKS FUN RUN

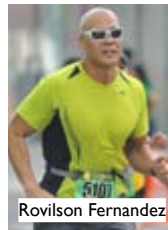


The sea of runners wearing the colors of Goldilocks

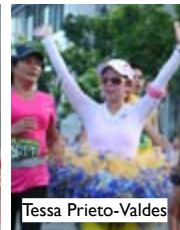
May 15, 2011, Bonifacio Global City, 500m/5/10/21k Goldilocks celebrated its 45th anniversary with a fun run. More than 7000 runners joined the fiesta atmosphere capping the first leg of the Runrio series.



Coach Rio & Dingdong Dantes



Revilson Fernandez



Tessa Prieto-Valdes



500m winners with Slick Rick, Sam Y G, Coach Rio, Goldilocks Executives' Pinky Yee & Maie Castañeda

AKTV RUN

June 5, 2011, SM Mall of Asia, 3/5/10/21k. More than 3000 runners participated in the AKTV Run together with the TV5 stars, news personalities and athletes.



Richard Gomez



Regine Tolentino and Lander Vera Perez



Michelle Estuar



A young runner enjoys his first race

GRACE TO THE FINISH RUN



June 5, 2011, Cuenca Gym, Ayala Alabang Village, 3/5/10K The first fundraising run organized by the Singles Apostolage of St. James the Great, Ayala Alabang



85 year old man finished his 10k race with grit and determination



Anton Gonzales

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May 22, 2011, Bonifacio Global City, 5/10/15k. Brooks, on its first ever local race event dubbed Run Happy, made sure runners were happy indeed with their great-looking neon-colored Brooks race shirt and fun after-race festivities.



Runners ham it up with Mr. Brooks



3k 1st Placer Patrick Gongob of Team Brooks



The Claudio Family join in the festivities



Couple shows off their medals

June 18, 2011, Bonifacio High Street, Bonifacio Global City. RunRio unveils its newest running innovation – the RunRio Reusable Timing Card



Coach Rio with RUNNR Executives



Coach Rio with BDO-Amex Executives



Sam YG and Coach Rio



Lawrene Torres, Miggy Dy-Buncio of Thriv, audience winner and event host Boy Ramos



PUMA's Store fronts no less than Usain Bolt as new PUMA FAAS athlete

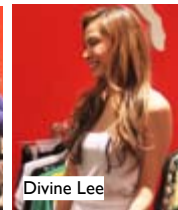
June 11, 2011, Bonifacio Global City. PUMA unveiled its Faas Trainers with a new BioRide™ technology giving runners a naturally responsive ride



Puma Faas 500 & 250



Andrew Wolfe and John Avila



Divine Lee



TL of Puma with Peter Amores of Futkaleros

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200 mg Phosphate
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200 mg Boron
200 mg Manganese
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200 mg Fluoride
200 mg Strontium
200 mg Vanadium
200 mg Chromium
200 mg Molybdenum
200 mg Nickel
200 mg Cobalt
200 mg Manganese
200 mg Selenium
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THAT'S WHY.



MY STORY



Running into Tri

WORDS BY JAY NACINO

AS I CROSSED THE FINISH LINE OF MY FIRST OLYMPIC DISTANCE TRIATHLON LAST FEBRUARY, I WAS AMAZED THAT I HAD GOTTEN THIS FAR AS A NEWBIE TRIATHLETE.

I was a runner and I loved to run. I had been running for years already and had resisted the call to try other activities because I didn't see the need to. I loved the simplicity of running—just having a pair of shoes and the outdoors. The only cross training I knew was the occasional game of basketball.

However, I began swimming to maintain my aerobic fitness when I

suffered a knee injury from the 102km Bataan Death March Ultramarathon. I joined a swim class where most of my classmates were triathletes who would always talk me into trying out tri but I still had plenty of reservations (I was a poor swimmer; I hadn't biked since high school; I didn't have the time nor the money to add 2 more sports to train for). Worse, my wife had more reservations than I

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**Jay's Tips:
Getting Into Triathlon**

Jumpstart the learning

curve. Swimming and biking are highly technical. It is better to start off by learning how to do things correctly and properly. Getting a coach will be well worth the investment.

Make new friends. If you join a team, it is easier and safer to train with a group. A good mix of experienced team mates and newbies ensures sharing of knowledge and experiences for all. You can also ask experienced triathletes for their advice by being friendly and sincerely interested.

**Take one step back, to
move two steps forward.**

You will not run everyday but your running will definitely improve with your swim and bike. Have faith in your training and enjoy the moment.

L to R: 1) After the swim and bike comes my favorite part of the race, 2) Celebrating with Team Secondwind's Don Velasco and Ugi Maranon, 3) Biking out of transition I still wobbly from the swim.

did mostly concerning my safety on the swim and the bike.

Some of those reservations were eventually resolved. With the help of Coach Norman Pascual and Team Secondwind's Hector Yuzon and Paolo Manuel, I managed to survive the swim and bike and to enjoy the entire race experience. I made do with the little money I had for the bike and concentrated on quality training time. I ran less but I felt stronger as my other activities complemented my program. I managed to get my wife to join me in my out of town trips to assure her that I would be alright.

All in all things eventually fell into place and while I had originally planned to do my first Olympic distance race in May, I was able to achieve my goal 3 months earlier.

With my spirits soaring, I could not help but be excited about my new upcoming multisport adventures and with that, I promptly signed up for more races for the year. ●

Jay Nacino races for Team Secondwind and is coached by Norman Pascual. He has run countless races with a marathon PR of 3:37 and is a finisher of the 102 km Bataan Death March in 2010. After this year's triathlon season, he is looking forward to training for Condura next year with the aim of improving his times.

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NIKE – Glorietta 4, 813.0082; Greenbelt 3, 757.4491; Robinsons Galleria, 631.3610; Bonifacio High St., 856.2586; Trinoma, 901.3547; Robinsons Place Mla, 522.8625; SM City Mla, 400.4674; SM MOA, 556.0789; Gateway Mall, 912.8468; Tutuban Ctr, The Podium, Festival Supermall, SM Southmall, Eastwood City, SM Fairview, Sta. Lucia East Grandmall

PLANET SPORTS – Alabang Town Ctr, 842.2886; Glorietta 3, 817.7896; Powerplant, 756.5007; Robinsons Place Metro East, 646.5061; LCC Comm'l Ctr, 473.7589; Trinoma, 916.7451; V-Mall 727.5985, 721.4704; Ayala Ctr. Cebu, 234.0451; Metro Town, Tarlac, (045) 982.1848; Robinsons Cebu, (049) 536.0094; Limketkai Mall, CDO, (088) 856.6681

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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)

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0918.3746110, tricoachnorman@yahoo.com

TITUS SALAZAR JR.

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

JULIAN VALENCIA,

ITU Level 1 Triathlon Coach, 0917.5373368, jay.valencia@gmail.com

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DR. EDGAR MICHAEL EUFEMIO

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

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What is your favorite **Cross Training** activity to complement your running?



Noel dela Merced

I would have to say cycling. I like how you can just spin and still have the feel of running. One uses the same breathing technique and high cadence as with running and it also helps that you can have a workout for more than 3 to 4 hours that helps you get used to long periods of aerobic exercise.

Mutya Ramos

It would be Bikram Yoga for me. Bikram yoga perfectly complements my running because it allows my body to heal and get stronger while stretching muscles not used in running. Plus, similar to running, it facilitates deep meditation to improve mental health. Lastly, yoga helps me learn how to breathe in a way that helps me to run more relaxed.



Miriam Valero

My favorite is Barre3 (combination of ballet, yoga & pilates). It has so much emphasis (or torture!) on legs and core that it's helping me run better. TBR Dream Marathon plus Barre3 equals fitting into a very old pair of jeans!

Reylynne dela Paz

Swimming. I get the same work out as in running in terms of effort put in without too much impact on my knees and back which is important for a scoliotic like me. It also provides more training for my upper body and helps in my breathing for endurance.

Jeremy Go

Cycling. It is low impact and it helps to balance the leg muscles by using muscles we don't



use for running. Plus, you get to travel much farther than running and enjoy the scenery more.

Eman Macabulos

It's swimming. I try to swim at least twice a week, 2 km per session. Swimming works out practically all the muscles in the body and it develops cardiovascular fitness, endurance, and muscle strength. It keeps the heart rate up without that much stress on the body due to buoyancy. It is also relaxing.



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2.81
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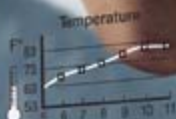


0.248
seconds

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the ground per stride



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1.19
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