

# THE Bull Runner

SEP-OCT 2011

RUNNING MAGAZINE

.COM

FREE

HERE COMES  
THE RAIN ISSUE

YOGA  
FOR RUNNERS

8 NATURAL FOODS  
TO FUEL YOUR RUNS

MILO MARATHON  
REXONA RUN  
YAMAHA RUN FOR HEROES  
MOMMY MILKSHAKE RUN  
NEW BALANCE TRAIL ADVENTURE  
CDO-DAHILAYAN TRAIL ULTRA

ROVILSON  
FERNANDEZ  
ON MARATHONS  
AND MIRACLES

PAT COLLANTES  
& NANCY CHU-REYES  
Rowers & Runners

GEAR FOR  
ALL SEASONS



a publication of



thebullrunner.com



Boys Night Out's Sam YG checked out the wide range of sneaks at Urban Athletics section



The Biggest Loser's Trainer Coach Jim Saret



Running Coach Rio dela Cruz



PBA Players Gabe Norwood, Jimmy Alapag and Kelly Williams with Toby's Sports VP for Operations Toby Claudio and VJ Patty Laurel



The Bull Runner Jaymie Pizarro at the RUNNR Footworx section, where FREE video gait analysis recommends the right shoe

## A New Arena Has Risen

With a fresh surge of energy, Toby's Sports has pushed itself to evolve into a truly world-class sports and lifestyle brand. Proudly emblazoned on the store front is Toby's brand-spanking new logo, which bears a distinctive "T" icon and composed of 9 circles. The circles stand for the nine (9) distinctive sections that cater to different sports and lifestyles. These sections are composed of running as represented by RUNNR, urban lifestyle & urban sports as represented by Urban Athletics, basketball, outdoor, fitness, water sports, racket sports, team sports and action sports. Definitely the first store of its kind in the country!

Leading the exciting line-up of shoppers who checked out the new Toby's Arena are JC Intal of the Barangay Ginebra Kings, top runner coach Rio de la Cruz, Velvet Channel VJ and blogger Patty Laurel, Magic 89.9 DJ & TV Host Sam YG, Talk & Text team captain Jimmy Alapag and slam dunk king Kelly Williams, Rain or Shine Elasto Painters guard Gabe Norwood, "The Bull Runner" Jaymie Pizarro, and Biggest Loser trainer Coach Jim Saret.

Check out the all-new Toby's Sports Arena located at the Ground Level of Shangri-La Plaza and 2nd Level of Abreeza Mall Davao.



# rip:60 DAYS

### INCLUDES:

- Rip60™ Straps
- 12 Workout DVDs
- Travel Bag
- Nutrition Guide
- Exercise Chart
- Door Anchor



FEATURING RIP:60 FOR RUNNERS

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BETTER EQUIPMENT. BETTER GAMES.

# RUN CALENDAR

SEP-NOV  
2011

## SEPTEMBER

4:TIKTAKBO 4, UP Diliman, QC, 500m/2/5/15k, Call 09053699264, 09178328375

4: MILO Naga Leg, Naga City, 3/5/10/21k. Call (054)-4735988, (054)-4731700

10:TAKBONE 201 I, Bonifacio Global City, 3/5/10k. Call 7230101 loc 4155, 09228821661

11: FS RUN, Bonifacio Global City, 5/10/16k. Call 8961954, 09994398392, www.thefortstriders.com

11: COLUMBIA TRAIL MASTERS GREATER OUTDOOR CHALLENGE, NUVALI, Sta. Rosa, Laguna, 40/60k. Visit www.adrenalinemultisport.com

11: MILO San Pablo Leg, San Pablo City, 3/5/10/21k. Call 09081614674, 09299794570

17: MAKILING CHALLENGE 10, U.P. Los Banos, Baker Hall, Laguna, 5/10/21k. Call 09296456788

18:AXN RUN PHILIPPINES, Ortigas, Pasig City, 3/5/10/21k. Call 7829948, www.axn-asia.com/runsp

18: MILES FOR SMILES 2011: RUN FOR CLEFT CARE, Bonifacio Global City, 400m/3/5/10/16k. Call 5197010, 5198980

18: MILO Iloilo Leg, Iloilo City, 3/5/10/21k. Call 09177200630, 09069028279

18: Rizal@150 (Run Rizal), Rizal Park, Mla, 3/5/10/16k. Call 9751317

25: MILO Bacolod Leg, Bacolod City, 3/5/10/21k. Call (034) 4322681, 09081614674, 09299794570

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

25: 2nd FINEX Fun Run, SM Mall of Asia, 3/5/10/16k. Call 8114052, 8114188

25: FAM ON THE RUN, McKinley Hill, 1.5/3/5/10k. Call 6356789 Loc 6322, 6362820, www.run4change.com

## OCTOBER

2: MILO Cebu Leg, Cebu City, 3/5/10/21k. Call 0920-9089742, (032) 254-8567

2:AVON RACE TO 125,000 KISSES, SM Mall of Asia, 5/10k. Call 8642462, 5168005, 5718930, www.avongbcphilippines.com

2: RUN UNITED REGIONAL SERIES Iloilo, Iloilo City, 500m/3/5/10/21k. Call 7031736, www.runrio.com or www.unilabactivehealth.com

2:TAKBO! Breast Friends 2011, Frontera Verde, Pasig City, 3/5/10k. Call 09178138149, 5024260

9: OCTOBER RUN FESTIVAL 2011, Bonifacio Global City, 5/10/21k. Call 8902365, 8902372, www.

mlbroadracespecialist.com

9: MILO Tagbilaran Leg, BIT International College, Bohol, 3/5/10/21k. Call 09209704962

15: NIKE 10K RUN, Bonifacio Global City, 10K. Call 7031736, www.runrio.com

16: MILO CDO Leg, Cagayan De Oro City, 3/5/10/21k. Call 09177061147, 0917060248

16: HEALTH IS WEALTH FUN RUN, Tiendesitas, Pasig City, 3/5/10k. Call 5321645, 7510524, 09219876471

16: ANSONS MARDI GRAS RUN 2011, Venice Piazza, Mckinley Hills, 3/5/10/15k. Call 09054221169, 0932-6878723

16: RUN UNITED REGIONAL SERIES Bacolod, Bacolod City, 500m/3/5/10/21k. Call 7031736, www.runrio.com or www.unilabactivehealth.com

16: ROUNDS:A RUN FOR HEALTH, Camp Aguinaldo Grounds, 1/3/5/10k. Call 09209326793, 09064654339

23: MILO Butuan Leg, Butuan City, 3/5/10/21k. Call 09167248585

23: ST. PETER LIFE RUN 2, SM Mall of Asia, 3/5/10k. visit www.stpeter.com.ph

23:ADIDAS KING OF THE ROAD, Bonifacio Global City, 5/16.8/21k. www.

adidasaskingoftheroad.com

29: ADOBO RUN AFTER DARK, Aseana Business Park, Pasay City, 3/5/15k. Call 09053861076, www.adobomgazine.com

30: MILO Gen. San Leg, General Santos City, 3/5/10/21k. Call 0919-5075148 / 09237247739

## NOVEMBER

6: MILO Davao Leg, Davao City, 3/5/10/21k. Call (082) 296-1300 / 09215949303

6: NEW BALANCE POWER RUN, Bonifacio Global City, 5/10/25k. Call 7031736

12: UNITED RUN2 RunRio Trilogy Leg3 (Day 1), Bonifacio Global City, 500m/3/10/21k. Call 7031736, www.runrio.com

13: UNITED RUN2 RunRio trilogy Leg 3 (Day 2), Bonifacio Global City, 500m/5/15/32k. Call 7031736, www.runrio.com

20: RUN FOR PASIG RIVER, 3/5/10/21k. Call 3831010, 3851010, www.runforthepasigriver.com

27: MILLION HECTARE CHALLENGE 2011, CCP Complex, Manila, 3.5/7/15k. Call 4344696, www.haribon.org.ph

**For schedule of RUN CLINICS & TALKS, visit [thebullrunner.com](http://thebullrunner.com)**

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

## Rainy Day Runs in NUVALI

Rainy weather doesn't mean you have to take your runs indoors. In fact, running in the rain can be an invigorating and enjoyable experience when planned well. Follow these helpful tips to get the most out of your rainy runs:

- **DRESS IN LAYERS BUT DON'T OVERDO IT** - Wear a polypropylene shirt material to wick off sweat and water away from your skin. For a jacket, choose a breathable wind and water-resistant material over a water-proof one.
- **WEAR A RUNNING CAP** - The cap's brim will help keep the rain away from your eyes and minimize stumbling or tripping while running.
- **APPLY ANTI-CHAFING CREAM** - Use Body Glide or Vaseline to body parts that easily chafe or get blisters such as inner thighs, under the arms, bra line (women), nipples (men) and your feet.
- **CARRY AN EXTRA PAIR OF SOCKS** - Changing into a fresh one midway through a run can spell a big difference in giving you a comfortable, enjoyable run free from blisters.
- **CHANGE INTO DRY CLOTHES IMMEDIATELY** - Avoid getting sick by changing your wet gear right away. This will enable you to go right back and enjoy running in the rain again.
- **CARE FOR YOUR RUNNING SHOES** - Stuff balls of dry newspapers into your running shoes to soak in the moisture and help keep the shape of your favorite shoes as it dries.

More importantly, you need a safe place to run where roads are clear of flood water, where you are assured of skid-free running and where you can enjoy a pollution-free environment. You can certainly run in NUVALI and marvel at the greens and the wildlife at its fullest without being intrusive of nature even on a rainy day.

After your run at NUVALI, you sample the different gastronomic delights in Solenad's restaurants to replace the expended energy or simply sit back and relax to soak in the beauty of a wet yet adventurous and fun rainy day run.

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

NUVALI, where people and nature thrive.

ADVERTORIAL



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**NUVALI**  
EVOLVING  
Where People and Nature Thrive  
A Project of 

For regular event updates, visit [www.thebullrunner.com](http://www.thebullrunner.com)

For FREE event listing in our calendar and website, email complete details to [tbmag@thebullrunner.com](mailto:tbmag@thebullrunner.com)

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At the Standard Chartered Kuala Lumpur Marathon with the hubby. A light drizzle cooled the roads and welcomed runners at the starting line



Editor's Letter

**A**AAH RAIN! I welcome every opportunity to run under the rain. With the cooler temperature, every step feels somewhat easier, fatigue comes slightly later, and I feel like a kid again playing under the rain with the road as my playground.

One runner who doesn't mind getting his feet wet while running is our athletic and adventurous cover runner, Rovilson Fernandez. Rov doesn't just impress us with his records in races (he's a marathoner, by the way) but he moved us with his sincere passion for running and the entire community.

In this issue, we share must-have running gear for our unpredictable weather and 8 natural foods that can fuel your run. We also feature various yoga poses and its specific benefits for runners. To inspire you, we share the story of two young moms who are both rowers and runners and how they manage to balance sports with their busy lives.

We hope that this issue won't just be your guide to all things running in the next two months, but also keep you company while you sip hot chocolate in bed while it's pouring outside. Of course, the assumption is that you'd already be done with a 10k training run under the rain by then!

Here's to more wet and wild rainy day runs!

JAYMIE PIZARRO, THE BULL RUNNER

[www.thebullrunner.com](http://www.thebullrunner.com)



**RunRIO**  
RUNNING FOR LOVE

**ARE YOU READY  
TO RUN?**

# CALENDAR OF EVENTS

**Milo Event - Naga**  
September 4, 2011

**Milo Event - San Pablo**  
September 11, 2011

**Milo Event - Iloilo**  
September 18, 2011

**Camsur Intl Marathon**  
**Milo Event - Bacolod**  
September 25, 2011

**New Balance Run Manila**  
**Milo Event - Davao**  
November 6, 2011

**Unilab Run United 3 - RunRio Trilogy Leg 3**  
November 12-13, 2011

**ABS-CBN Run for Pasig**  
November 20, 2011

**Run United Regional Baguio**  
December 4, 2011

**Milo Event - Manila SM Mall Of Asia**  
December 11, 2011

**Run United Regional - Cebu**  
December 18, 2011

**Run United Regional Iloilo**

**Milo Event - Cebu**  
October 2, 2011

**Milo Event - Tagbilaran**  
October 9, 2011

**"RunRio: Confidential"**  
October 15, 2011

**Milo Event - CDO**

**Run United Regional Bacolod**  
October 16, 2011

**Adidas King Of The Road**

**Milo Event - Butuan**  
October 23, 2011

**Milo Event - Gen San**  
October 30, 2011

**MASTERS IN RUNNING**

I am a corporate executive for a large multi-national that employs more than 20,000 people here in the Phils. I am very much into sports and I have been into running long before it hit the critical mass. In the past year, I have been reading and getting hold of running/runner magazines and what makes TBR different and a cut above the rest is that every single bit of information in every single inch of the pages are so useful, insightful and full of meat. Apart from the information that it contains that will improve your training and running gigs, it provides pertinent information on good runs to put in your calendar and that is aligned with your advocacy, and provides directories of shops and resources that you can use to help in improving your running passion. It doesn't take much money, a classroom set-up and an expensive university to get a masters degree in running, TBR is the curriculum. Everyone can self-study.



Raffy Macapagal

**CONGRATULATIONS, RAFFY!**

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

**RUNNING BUDDY**

"I should have had this earlier." That's what I thought after finishing the first-ever run of my life at Runrio Leg2 10K run and after grabbing a copy of TBR magazine..

For a first-timer and a not-so-knowledgeable running enthusiast like me, I didn't expect 10K to be that tough. I honestly did not pay too much attention in finding facts and gaining information before venturing in my new found interest—running. But thanks to TBR, I learned a lot of riveting and useful facts about running all for free! And now, as I get more hooked to it, I'll make sure that the next time I run I will equip myself not only with the right gears and get-up, but also with a good ounce of tips, latest trends, information, and inspiration about running all from TBR magazine, my new found running buddy!

Jayvee Estrella

**STARTING LINE**

I just started running a couple months ago when my friends registered me in a fun run without my knowledge. From that day on, I started to love running. I started reading articles and magazine about running—its benefits not only physically but in all aspects of life. Just recently, I came to know about your magazine. Aside from the inspiring stories of runners/celebrities you feature, the tips, advise, and every little information definitely helps all runners, may it be an experienced one or someone who's just started running like me.

Marvin



Send an email to [thebullrunner@gmail.com](mailto: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)



**LONG DISTANCE MAN**

Words by ERIC NICOLE SALTA | Photo by BEN CHAN OF BLACKSHEEP MANILA

**CALLING ROVILSON FERNANDEZ'S FIRST 42K AS A ROUGH PATCH IS A SERIOUS UNDERSTATEMENT.**

This National Ambassador for the World Wildlife Fund and host of GMANews TV's *Ang Pinaka* who only took running seriously and competitively "three or four years ago" could have simply walked away from running for good. "After my first 42K about eight years ago, which was disastrous, I was turned off from running for a very long time," he confesses, "Bloody nipples and chafed butt cheeks will do that to you!"

Good thing he didn't—and in hindsight, he probably wouldn't be able to considering his active childhood days. "Growing up in my neighborhood with three other rambunctious brothers with our high school literally across the street, sports was a way of life for us. When we were done playing outside, we'd continue playing inside the house. This went on for 20 years," he explains, "Ironically, my mom collected porcelain vases. In 20 years, we only broke three!" His extraordinary affinity for all things sports became a sort of defining mark for Fernandez whose

He likes his races lengthy and challenging but for **ROVILSON FERNANDEZ**, nothing beats the thrill of running through the finish line.

***"DO YOU REALIZE EVERY SUNDAY MORNING THERE ARE THOUSANDS OF LITTLE MIRACLES HAPPENING?"***



stints in Lakbay TV, Gameplan, AXN, and The Amazing Race solidified his reputation as one of the premier personalities in the adventure and sports lifestyle niche. And although admittedly this association is mostly through work, "I've fully embraced it."

Bruised but never beaten from his introductory 42K experience, Fernandez is now what you could consider a running guru without even trying. "I adore the 21K distance. It's short enough for me to complete with minimal training and prep time, but long enough to let me know it's still painful and should not be taken lightly. 21K keeps me honest. 10K is still the distance I've ran the most," he says, proving to be a jack of all trades as he ping-pongs between long-distance running and adventure racing ("My favorite sport. It combines all my favorite disciplines: mountain biking, swimming, backpacking, travel, obstacle courses, teamwork, maps, high-tech gear, etc.")

He also possesses a quality that makes him endearing. When asked about what he loves the most about running, he responds with no hesitation: the running community. "I love talking to runners after a race and hearing their accomplishments!" he says.

"I ran my first 5K without stopping; 'I ran my first 10K under one hour; 'I got my wife to run 3K with me! 'My first 21K!'"—these stories of triumph never get old and is music to my ears," he says, a positive enthusiasm emanating from his words, even prompting him to add, "Do you realize every Sunday morning there are thousands of little miracles happening? My favorite place in the world right now is at the finish line of every race, watching people achieve their goals. All that free water is nice too," he quips.



## PLAYING FAVORITES

- SHOES: Mizuno Prophecy
- GEAR: Garmin, Oakley
- Jawbone
- DISTANCE: 21k
- PRE-RUN MEAL : Pasta and roast chicken
- RACE DAY MEAL: 3 sachets Marathon Max, fruit shake
- POST-RUN MEAL: Usually something bad (longganisa, beef tapa, breakfast buffet)
- RUNNING BUDDY: I run alone
- POWER SONG: Too many to name, iPod is usually on shuffle anyway
- CROSS-TRAINING: Cross-fit
- PLACE TO RUN: My high school track in San Jose, California
- DREAM RACE: Can I say Amazing Race All-Stars?

To try to encourage others without forgetting his own goals says a lot about Fernandez's character. It's pure and never pretentious; that's perhaps one of the reasons why his buoyant but focused disposition has served him well in his own racing activities. Interestingly enough, he has yet to compete in an unforgettable race. "Still waiting for it but honorable mention goes to last year's Cam Sur Marathon. I ran 21K for my birthday surrounded by 20,000 of my closest friends." There

is however no uncertainty when it comes to how running has shaped his life.

"The obvious factors are health and wellness. I haven't been sick in 13 years. I feel healthier now than I did when I was in high school. It's kept my weight at bay. I get a healthy dose of Vitamin D every time I run outside and I meet new friends from all walks of life."

Obviously Fernandez is a different competitor. Serious, yes, but still supportive of his fellow runners and of the sport in whole. What's next

for him? "Definitely run the big marathons (NYC, Boston, Paris) but I'd like to see more of my friends and family to get into running as well. I've slowly been encouraging friends to run for years now and it's so awesome to see some of them surpass me! I feel like a 'proud papa!'" Well, things are essentially going for him if he's looking for a career in coaching but here's to hoping he can make himself proud and come out scar-free and blood-less at his next 42K. ●

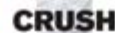
**adobō**  
**Run after dark**

**3K, 5K & 15K**  
29 OCTOBER 2011, SATURDAY, 8PM  
ASEANA BUSINESS PARK  
MACAPAGAL BLVD., PASAY CITY  
(NEAR MOA)

THE NO-SUN PARTY-ALL-NIGHT RUN RETURNS  
THE COUNTRY'S WACKIEST NIGHT RACE IS BACK. RUN 3K, 5K, OR 15K AND ENJOY FREE BOOZE AND LIVE MUSIC AFTER. NO SUNBLOCK NECESSARY, FANTASY COSTUMES PREFERRED.

REGISTRATION FEE P750

Register at RUNNR Trinoma, Toby's Megamall  
R.O.X. Bonifacio High Street  
Details at [www.adoborun.runningmate.ph](http://www.adoborun.runningmate.ph)  
E-mail [adoborun@yahoo.com](mailto:adoborun@yahoo.com)  
Mobile 0905 386 1076



# Your Running Checklist

SEPT-OCT 2011

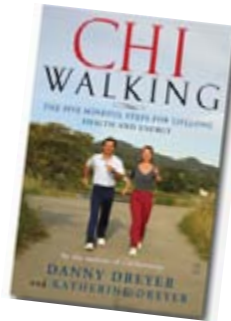
**Race...then party!** Join 5,000 runners in **adobo Run After Dark 2011** for an electrifying, one-of-a-kind night race followed by a party with live music, free flowing beer, a sideline bazaar, and entertainment. Distances include 15k, 5k, 3k Costume Run on October 29, 2011 at Aseana Business Park, Bay City, Pasay-Paranaque (near MOA). For more info, call or text 0905-3861076, email [adoborun@yahoo.com](mailto:adoborun@yahoo.com). [www.adobomagazine.com](http://www.adobomagazine.com)



**Go wild!** Test your strength, stamina and endurance at Columbia Trail Masters Greater Outdoor Challenge on September 11, 2011 at NUVALI, Sta. Rosa, Laguna. The race will take you on a wild 10-km obstacle course, followed by a 10-km bike race, 10-km run, a 25-km combination of bike and rappel and lastly, another 5-km run wild obstacle course. You can also sign up as a team for an 8-km combination of the run wild obstacles and rappel, a 20-km bike race ending with another run wild obstacle course of 5-km. [www.columbiasportswear.ph](http://www.columbiasportswear.ph)



**Walk before you run.** If you haven't started running or are considering a light cross-training activity apart from running, try Chi Walking. With the Chi Walking program you'll be able to walk faster and farther with less effort. The technique emphasizes the proper bio-mechanics of walking, including: good posture, loose joints, engaging core muscles, and relaxing your arms and legs. Learn from the country's only certified Chi Walking instructors, Lit Onrubia and Cliff Eala. Email [ina.buan@forwardleanrunning.com](mailto:ina.buan@forwardleanrunning.com) or call 0915.638.5801. [www.chiwalking.com](http://www.chiwalking.com)



**Run your first marathon.** Join the first and only marathon in the world exclusively for first- or second-time marathoners, The Bull Runner Dream Marathon 2012. Now on its third year, TBR DM will offer a 22-week training program upon registration, running talks, and clinics leading up to race day, and the most ideal race setting for your first marathon. Registration will be announced on [thebullrunner.com](http://thebullrunner.com) on a first come, first served basis only for 600 participants. [www.thebullrunner.com](http://www.thebullrunner.com)



## YOUR FRIENDLY GHOST

### GHOST 4

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[www.brooksrunning.com.ph](http://www.brooksrunning.com.ph)





# YOGA FOR RUNNERS

WRITTEN & DEMONSTRATED BY MUTYA RAMOS

Yoga creates the ideal union between body, mind, and spirit. Running allows one to test each of these unions. Yoga instructor and runner **MUTYA RAMOS** shares how specific yoga positions can help improve our running performance.



## STANDING DEEP BREATHING

### PRANAYAMA

Spread the breath all over your body, creating energy for the rest of the class. In hale by the nose and exhale by the mouth, inhale exhale should be through the throat.

**BENEFIT:** builds lung capacity and improves cardiovascular activity specifically in running

## HALF MOON/HANDS TO FEET POSE

### ARDHA-CHANDRASANA WITH PADA- HASTASANA

Stretching of both side of the body, all the way up to the fingertips. With backward bending creating a halfmoon pose.

**BENEFIT:** improves blood circulation in the legs to the brain giving you more miles to run. With practice it helps repair torn nerves in your legs after a long run.



## BALANCING STICK POSE

### TULADANDASANA

Balancing on one leg with locked knee, arms and head together with straight legs.

**BENEFIT:** increases flexibility of the spine, hip, and shoulder joints. helps the runner particularly in the spine. gives proper balance and equal usage of both legs while running.



## AWKWARD POSE

### UTKATASANA

Build your concentration and determination. Strengthen and firm up all muscles of thighs, calves and hips.

**BENEFIT:** increases blood circulation in the knee, toe and ankle joints. Also increases hip joint flexibility that can give you longer stride. Recommended for runners with ITBS.



## 10 REASONS TO TRY YOGA:

- BUILDS LUNG CAPACITY.** From start to finish, your lungs are stretched beyond their normal elasticity. You will take bigger and deeper breaths than you ever have before.
- SWEAT.** For 90 minutes, you exercise in a 105 degree room and flush toxins. Rehydrate with water.
- IMPROVES CARDIOVASCULAR ACTIVITY.** 90 mins. of Bikram yoga is equal to 90 mins. of jogging as far as your cardiovascular system goes.
- INJURY WON'T STOP YOU.** Great alternative when you can't run and a quick way to get your body back in to shape.
- HEALS OLD INJURIES.** Yoga works through the tourniquet effect of compression and release. As you practice yoga, circulation reaches various parts of your body and cleans out scar tissue and damage restoring your body to its natural state.
- PROMOTES MENTAL HEALTH.** Bikram Yoga is as mentally challenging as it is physically. The more you practice, the more you become stress proof and heart attack proof.
- MAKES YOU ALKALINE.** Practicing yoga creates an environment in your body that makes you much more immune to sickness.
- ENCOURAGES HEALTHY HABITS.** The more you practice yoga, the more you find yourself making better choices for yourself in lifestyle, diet and nutrition, and overall decision making.
- STRENGTHENS YOUR SPINE.** The natural body's range of motion is restored and you will find your body starting to do things you haven't done since you were 10!
- PATH TO SELF-REALIZATION.** As humans our potential is limitless. We are 110% responsible for our experience on this planet!

## STANDING SEPARATE LEG HEAD TO KNEE POSE

### DANDAYAMANABIBHAKTAPADA - JANUSHIRASANA

This pose increases the flexibility of the spine and the sciatic nerves and most of the tendons and ligaments of the legs.

**BENEFIT:** increases blood circulation to legs and brain, it strengthens and firms abdomen, waistline, hips, buttocks and upper thighs muscles that give a runner longevity.



## SPINE TWISTING POSE

### ARDHA-MATSYENDRASANA

It twists the spine from top to bottom, which increases circulation to all the spinal nerves, veins, and tissues, and improves the elasticity of the spine.

**BENEFIT:** increases circulation and nutrition to spinal nerves, improves spinal elasticity and flexibility. It gives runner a better spine than you did when you were a kid and the natural body's range of motion is restored.



## TRIANGLE POSE

### TRIKANASANA

All parts of your body is working in this posture, from the head to your toes.

**BENEFIT:** revitalizes nerves, veins and tissues. It prevents you from injury (torn muscle tissue.)



Mutya Ramos is a Certified Bikram Yoga Instructor and Director of Director of PurepostureBodybyoga. For private yoga classes, email mutya.ramos@gmail.com or call 0920-979-2528 or 0917-820-4061. She is a marathoner and mom of 3 children.

**OAKLEY FAST JACKET XL** gives you the clearest, sharpest, most accurate vision possible. With Oakley's SwitchLock Technology, you can switch lenses in seconds in accordance with our unpredictable weather! G-FORCE outlets, price TBA



**GARMIN FORERUNNER 610** is the first running watch with full touch screen technology. Its hi-res screen is split into four quadrants: History, Training, Setup and Where To making it a very powerful training tool rain or shine! R.O.X., SECONDWIND, P28, 170

**ALL  
WEATHER  
GEAR**

**SECONDWIND VISOR 2.0** has thick mesh panels, high crown, made with reinforced stitching for added durability and support to include a garterized strap for better comfort. Also available in black, white, yellow, pink, grey and violet. SECONDWIND, P250



**NATHAN SHADOW PAK** has a mesh, gusseted pocket which expands to hold any sized cell phone leaving room for other essentials. Its one-size-fits-all belt and featherweight buckle allows you to run with ease and comfort. RUNNR, R.O.X. P990



**CEP COMPRESSION SOCKS** allows muscle and joint stabilization during your runs that prevents damage to the soft tissue. It features Achilles tendon protector, anatomic foot padding, graduated medi compression that helps your body eliminate metabolic wastes and allows you to work harder and longer. Also available in black, white, and pink. RUNNR, TBA



## GEAR



**ASICS GEL-DS TRAINER 16** is a well-cushioned and light-weight trainer. Fitted with a stretchy fabric throughout the upper, it allows you the ultimate fit and feel that prevents buckling while running. ASICS STORE, RUNNR, SECONDWIND, P6,250

### NIKE LUNARGLIDE+ 3

provides dynamic support for the stability you need in an ultra-smooth, comfortable ride. This is the ideal lightweight shoe for the mild to moderate overpronator. NIKE, RUNNR, SECONWIND, P5,495



### ON RUNNING SHOES

is equipped with the award-winning CloudTec 3D cushioning system from Switzerland which absorbs vertical and horizontal shock allowing the foot to softly glide in every step. So lightweight you feel as if you're running on clouds. CHRIS SPORTS, TBA



### MIZUNO WAVE ROPHECY

has less foam than any other shoe in the market. Its new infinity wave plates disperse shock and provide stability during the gait cycle. An InterCool ventilation system evacuates hot air from inside the shoe via a series of ports engineered into the plate design. An excellent shoe for high-mileage neutral runners. MIZUNO, P8,995



### PUMA FAAS 500

is a lightweight shoe suitable for everyday runners. You will enjoy the rocker-shape construction for smooth touchdowns that also enhances stride efficiency. Its OrthoLite sockliner aids in breathability and stench control. PUMA, regular price P5,110, sale P4,099



# SHOES

## EXPERT ADVICE

# DO RUNNERS NEED TO STRENGTH TRAIN?

### IGE LOPEZ, Running and Triathlon Coach

Runners need to strength train because it helps to build and strengthen bones and muscles. It also support and balances underdeveloped muscles especially runners who have weak hamstrings and lower backs.

Strength training is also important during the base and building phase. However, as your big race gets closer, you should start reducing your strength training days and focus more on race specific training.



### JOSEPH PAGULAYAN, Certified STC/GSTC TRX Elite Trainer and Strength and Conditioning Coach

For distance runners, I would say yes.

First of all, building muscular strength does limit connective tissue stress which may be related to the cause of most overuse injuries.

Plus, having a constant strength training regimen fortifies joint integrity and enhances the connective tissue support system which involves the entire network of bones, tendons, cartilage, and ligaments.

Finally, developing balanced upper and lower body strength enhances the body's capacity to deal with higher levels of stress and managing routines of greater intensity.



### ARMAND MENDOZA, ACE-Certified Personal Trainer and Lifestyle & Weight Management Consultant

Yes, runners need to strength train as an essential part of their program because:

- it improves running posture and stability
- it enhances running economy and efficiency
- it develops balance and coordination
- it decreases the likelihood of cramps and muscle strain
- it improves speed and hills running



# "I drank an energy drink before a game and couldn't play my best. What happened?"

-E. Barce, Mandaluyong, sports enthusiast

Confused about what to drink when playing your favorite sport? Energy drinks are designed to make you alert but they slow down rehydration. So when you need to quench your thirst and hydrate, energy drinks do not do a good job. Sure, you get a short energy boost, but you'll crash soon after. This type of stress is dangerous. In fact, in some countries, energy drinks are banned because of the dangers they can cause. So be warned.



## What to drink for your GAME.

Reach for a sports drink instead - like Gatorade. Drink it before, during and after a game. It's formulated to provide hydration and maximize sports performance - helping you run faster, jump higher, play better.

When you sweat, you lose precious fluid and electrolytes. You need to bring back what you've lost by drinking up. Energy drinks contain mostly sugar and caffeine that cannot hydrate you properly or replenish what you lose in sweat. So stay away from them.

## GATORADE is your best bet to play better.

Gatorade is the expert in sports hydration as it is backed by over 40 years of scientific research. It is optimally formulated with the right amount of carbohydrates and electrolytes like sodium and potassium to replenish what is lost in sweat and provide your body the energy it needs for maximum performance. Plus, it is not carbonated like energy drinks so you're free from stomach discomfort.

If you want to play better and win, go for Gatorade.

GET THE WINNING EDGE WITH GATORADE.

For more information, visit [www.gatorade.com.ph](http://www.gatorade.com.ph)



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# NATURAL FUEL

**There's nothing like going au naturale to boost your runs. MITCH FELIPE-MENDOZA gives you eight reasons to choose natural over processed food.**

Natural foods do not contain artificial ingredients and additives and are relatively cheaper and are more accessible as compared sports gels, bars, and drinks. You can get these natural foods anytime and anywhere and even while running on the road. You need these foods to replenish your glycogen stores especially if you run for more than 90 minutes to sustain the activity and improve your performance while training or even during the actual long race. Your body, especially your muscles, will also be craving for natural sources of protein during the run especially as you increase your mileage. Here are some options for natural food to fuel your runs:

## BANANA

A runner's favorite! Bananas are rich in potassium and glucose for extra energy and for delaying fatigue and dehydration. It is also packed with soluble fiber so you'll

know it will last longer than gummy bears or other candies. Also, the vitamin B6 in bananas helps ward off cardiovascular disease, type II diabetes, as well as obesity.

## 2 RAISINS

Small in size and big in energy...Imagine 50 small pieces of raisins already packed with 80 calories of carbohydrates and 2 grams of fiber. It also contains vitamin C, cramp busting potassium, and calcium. Aside from that, raisins are rich in resveratrol, which is a phytonutrient believed to increase longevity and prevent cancer.

## 3 MANDARIN ORANGES

An ascorbic acid powerhouse (vitamin C) which helps relieve painful inflammations, reduce risk of asthma and arthritis. Mandarin oranges are also rich in potassium, folate and dietary fiber. Similarly, mandarin oranges contain several antioxidants that help protect the skin against damage especially if you're running in broad daylight.

## 4 RAMBUTAN

A fruit with good packaging, this fruit retains its moisture even when exposed to heat. So aside from getting glucose, you have a good refreshing source of natural vitamin c, phosphorus, and potassium all of which makes this fruit a running-friendly fruit.

## 5 DRIED MANGOES

Dried mangoes are also rich in glucose and vitamin C. What runners don't know is that mangoes are also rich in iron, which actually helps prevent anemia and is linked to the prevention of muscle cramps and overall fatigue.

## 6 BUKO JUICE

Buko juice is a natural isotonic drink that helps oxygenate and bring nutrients to cells faster. Moreover, your natural buko juice contains more potassium than your regular sports drinks per glass and is an effective cure for diarrhea and stomach aches.

**YOU NEED THESE FOODS TO REPLENISH YOUR GLYCOGEN STORES ESPECIALLY IF YOU RUN FOR MORE THAN 90 MINUTES**

## 7 NUTS

Nuts are a good source of energy and sodium which helps replenish lost electrolytes during running. Nuts also contain quercetin, a natural flavonoid that is highly linked to improved endurance.

## 8 BOILED EGG

A good source of essential protein....Eggs are easily prepared and consumed which makes it a very convenient source of protein for runners. This is a dietary protein helps delay the breakdown of muscle and helps in repairing it especially after long runs. Furthermore, eggs are rich in choline, which actually helps improve cardiovascular function, delay osteoporosis and brain utility.



*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.*

EVENTS

YAMAHA RUN FOR HEROES

**YAMAHA RUN FOR HEROES, July 3, 2011, Bonifacio Global City, 3/5/10/21K**

Almost 10,000 runners joined the Yamaha Run for Heroes to help raise funds for the benefit of orphaned children of military soldiers through the HERO Foundation



3k Starters



21k Top male finishers with Coach Rio and president of Yamaha Motors Philippines, Takeshi Yano with Yamaha ladies



Yamaha Executives presenting the 1 Million check to beneficiaries of HERO Foundation

REXONA RUN



21k Starters

On its second year, Rexona Run treated runners to an adventure-filled run in SM Mall of Asia with a lucky runner winning a ticket to the Great Wall Marathon in China.



Cheerleaders treated the runners to an exciting post-race routine



21K Top Female Finishers



A runner's best friend also joined the race and festivities

**REXONA RUN 2011, July 24, 2011, SM Mall of Asia, 3/5/10/21k**

MILO MARATHON



**35th MILO MARATHON, Manila Eliminations, July 31, 2011, SM Mall of Asia, 3/5/10/21/42K.**

On its centennial year, Nestle kicked-off the 35<sup>th</sup> Milo Marathon with a goal: to give 100 pairs of shoes to 100 schools nationwide. The rains didn't dampen the spirits of the Manila participants with thousands of runners participating



Two-time Milo Champion Jho-Ann Banayag won the 42k female category



21k top male finishers

Vitamins & Minerals + **Energy** 100 mg Ginseng helps energize the body

Mel Jimenez wife/pastor chef food stylist/multitasker

**Focus Energy Recovery**

**Rise To The Challenge**

NO APPROVED THERAPEUTIC CLAIMS

interced

EVENTS

NEW BALANCE TRAIL ADVENTURE RUN



**New Balance Trail Adventure Run - Father's Day Run, June 19, 2011, NUVALI, Sta. Rosa, Laguna, 5k pair/ 10/ 15k.** Thrill-seeking runners blazed through the trails of NUVALI for a unique, fun-filled way to celebrate Dad's day.



Runners cross rivers and tunnels



Fun post-race games for dads and kids



Anton Gonzales, Danilo dela Pena, and Bing Buenaventura of Planet Sports with the 5k Pair winners

MOMMY MILKSHAKE RUN



**MOMMY MILKSHAKE RUN, Aug. 14, 2011, Mercato Centrale, 3/5k.** Almost 400 runners joined the 5th Mommy Milkshake Run, an annual family-friendly walk/run organized by Mommy Mundo to celebrate World Breastfeeding Month.



Vince & Patricia Hizon with their athletic sons



Paco & Christine Jacob with their kids



Dad & daughter duo



Girl power!

CDO-DAHILAYAN ULTRA TRAIL MARATHON



**CDO-DAHILAYAN ULTRA TRAIL MARATHON, July 9, 2011, Cagayan De Oro, 57K**



Ultra runners run along the pineapple fields



The long road before hitting the trail



An ultra-marathoner jump with joy upon reaching the finish line

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# Fit & Fun

WELLNESS BUDDY RUN 2011

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



Lucie Claire Vincent and Felipe Segundo Herrera



Unilever Runners



Robina Gokongwei-Pe and Jeanette Carpio (Huff N Puff Team)



Colgate-Palmolive Runners



(L-R) Robinsons Supermarket's General Manager Jody Gadia, 4th Fit&Fun 5km winners - Ben Alejandrino and Roger Denolo, Nestlé's Veronica Cruz and Host Rovilson Fernandez



Ronnie and Ronnah Marie Ong



(L-R) Deo and Mayda Custodio, Carlo Molod and Bernadette Samonte



Jimmy Bondoc



Fonterra Runners



Geoffrey Cajigal and Arthur Vitug



Meg De Leon & Jasper Laguitao (Fluffy-Pumpkin Team) Close Up Sweetest Couple Award

(L-R) Ensure representative Donna Temida, 4th Fit&Fun 10km winners - Dave Gumacal and Milvart Nabu-Ab, Robinsons Supermarket's General Manager Jody Gadia and Nestlé's Veronica Cruz



Nestle runners



Cesar Montano and Sunshine Cruz with daughters: Angeline Isabelle & Samantha Angeline





**THINK YOU'RE  
PRETTY GOOD?**  
Fortysomething mothers  
**Pat Collantes** and  
**Nancy Chu-Reyes**  
show you how  
it's actually done

# ROWERS ON THE RUN

WORDS BY ERIC NICOLE SALTA

**W**HOWER SAID THAT THE 40S IS THE TIME TO REST ON YOUR LAURELS CLEARLY HASN'T MET THE DYNAMIC DUO OF PAT COLLANTES, 48, AND NANCY CHU-REYES, 45. THESE WONDER moms thrive on the competitive circuits of dragon boat rowing, long-distance running, and, yes, even triathlon. If anything, the fact that they can outrun, outrow, and outlast any of their younger counterparts is a definitive statement on how far determination and sheer love of the sport can take you.

Collantes and Chu-Reyes are active members of the dragon boat rowing team Solid Aquafortis Group-I on top of being

part of the all-female triathlon team Mambu Karerista that also competed at this year's Ironman relay race. "Rowing was introduced to us by co-parent and friend Jayjay Lacson. He asked us to join his team since he's aware of our love for sports," says Collantes. "They needed an all-women rowing team to compete in future races so we happily heeded the call of the paddle," shares Chu-Reyes. "And now we're ready for our first race in Busan, Korea this September!" adds Collantes. And just like any athlete, running grew into more than just a cross-training activity.

"I started running in 2006 as part of



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Collantes proudly shares, “ In less than a year, I was able to run four 21Ks including the run leg of the 2010 Ironman (in which she also got to run side by side with Piolo Pascual!). I cannot imagine myself not running.”

“Another very important and exciting race

**“ROWING IS OFTEN MISTAKEN AS A WORKOUT FOR THE ARMS. IT’S NOT. IT’S A MAJOR WORKOUT FOR THE LEGS AND ABS. YOU NEED STRONG LEGS AND ENDURANCE TO ROW FOR 15 MINUTES NON-STOP. IT’S REALLY IMPORTANT TO RUN A FEW KILOMETERS FIRST BEFORE HITTING THE WATER.”**

my training,” admits Chu-Reyes, whose achievements (including going down from size 12 to 6!) has inspired family and friends to get into the sport. “This gives me a true sense of fulfillment.” Now, she regularly competes in 5K up to 21K races—her favorite of which is the 21K at the Run for Dolphins Condura Skyway Marathon. “It’s not every day you get to pass through the Skyway on foot without having to pay the P85 toll fee!”

It was a slightly different story though for Collantes. “It’s really ironic. I hated running,” she admits. It wasn’t until a slip-up in 2009

when she decided to joined the AMCI Mountaineering Club that would change her perception about running. “I just joined and signed papers without reading the training program. On our first training day, we were asked to run 1.6K! I was so out of breath and cursing the whole time. When I got home, I read what I signed and there it was, running twice a week, 8K and up!” After a couple of days, she began to understand the sport, learned the proper form, and eventually loved it. “After four months, after our induction climb in Mt. Apo, I did my first 21K,”

I’m preparing for is The Bull Runner Dream Marathon, which will be held next year. I’ll be doing my first 42k run. A full mary is what I have been aiming for since I started running. I know it’s going to be a blast!” Collantes shares.

Running and rowing, on the surface, might not seem to be complementary but it is in fact interdependent, allowing for a full-body workout perfect for the two disciplines. If you’re still not convinced, these super moms have showed us exactly that it can be done— with grace and glamor even in their 40s! ●



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## DIRECTORY

### (running/triathlon specialty tores)

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

**RUNNR** – 83 Bonifacio High Street, 403.1787; 2/L Trinoma, 901.0046; 1/L Shangri-La Mall (Toby's Arena), 633.7014; 2/L Ayala Ctr. Cebu, 032.505.2883; 2/L Abreeza Mall, Davao, (082) 284.1144

#### SECOND WIND RUNNING STORE –

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

#### THE BRICK MULTI-SPORT STORE –

Unit 1, Woodridge Apartments,

McKinley Hill, Taguig City, 985.4890

#### THE STARTING LINE –

West Gate Center, Alabang Muntinlupa, 828.7679

#### (stores)

**ADIDAS** – Glorietta, 888.1234; Festival Mall, 999.1234; Trinoma Mall, 823.9129; SM Megamall; Podium

**BOTAK** – 131 Kamuning Road, Q.C., 922.7868, 929.7743

#### CHRIS SPORTS –

SM City The Annex, 441.1889; SM Marikina, 477.1933; SM No. Edsa, 928.1487; Market! Market!, 886.7467; SM Megamall, 633.4946; SM Mla, 522.1345; Glorietta, 818.6124; SM Sucat, 829.9549; SM Bicutan, 776.0899; Festival Mall, 771.0504; Robinsons Ermita, 536.7847; SM MOA, 556.0260 (For complete

listing, visit [chrissports.net](http://chrissports.net))

#### MIZUNO –

SM MOA, 915.1946; Club 650, 636.0179; Festival Mall, 850.3959; Trinoma, 916.6495; SM Megamall, 634.6293; Bonifacio High St., 853.1432; BMG Ctr Magallanes, 757.3160 ext. 805; SM City Cebu, (032) 238.9571

#### MJ46 CENTER NIKE FACTORY OUTLET –

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

#### NEW BALANCE –

Glorietta 2, 757.5856; Shangri-La Mall, Festival Supermall

#### NIKE –

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

#### PLANET SPORTS –

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

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

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

#### TOBY'S SPORTS –

Shangri-La Plaza, 633.7014; SM

Megamall, 633.4998; SM Mall of Asia, 556.0445; Trinoma, 901.3688; Glorietta 4, 815.1793; Greenhills Shopping Ctr., 725.7112; Alabang Town Ctr., 775.0623 (For complete listing, visit [tobys.com](http://tobys.com))

#### THE NORTH FACE

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

#### WATCH REPUBLIC –

Robinsons Galleria, 634.5476; Robinsons Ermita, 524.4496; Trinoma, 901.3469; Market! Market!, 845.1705; SM Cebu

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#### LIZAYAMBABO

Running, 0915.3335794; hiza12marathon@yahoo.com

#### (health food)

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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

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#### (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

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# RUNNING IN THE RAIN



## Itong Torres

I love running under the rain because it's so refreshing and allows for a longer run since it's cooler.

**TIP:** When running under the rain, use thin socks and light running shoes so it doesn't get too heavy when it gets soaked with rain. Make sure that socks are worn properly without any creases to avoid blisters. Shower immediately after the run to avoid getting sick.

## Nina Beltran

I like running in the rain because it makes me feel like a child in play again, when it isn't about the kilometers, my PR, or fancy get-ups, but simply just to have fun and enjoy myself.

**TIP:** Wet skin is easier to chafe and blister. Use petroleum jelly to minimize friction on the feet, inner thighs, arms, etc.

## Vanj Endaya

PHOTO COURTESY OF KB PHOTOGRAPHY

I like running in the rain because it makes my body cooler thus making me run faster with greater strides to feel the wild splashing beneath my feet.

**TIP:** Shower immediately after running.

## Vima Mendoza

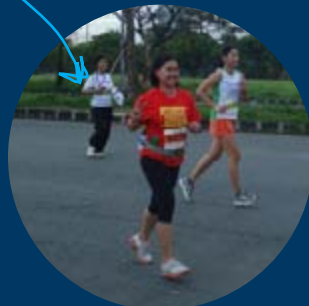
The number of times I had a chance to run in the rain are among the most memorable runs I had because it is fun and reminds me of those times when I was a kid and my parents would allow me to play under the rain with friends. Running in the rain makes me go back to those fun times when I was a child.

**TIP:** Avoid those puddles! Although it can be fun to stomp on water, we can never tell how deep these puddles may be and may cause us to trip and be injured.

## Dino Laurena

I can start running in a slight drizzle and I wouldn't mind getting caught by heavy rains when I'm well into the run. But, I don't think I would like to start running into a downpour.

**TIP:** As soon as you stop running, immediately dry yourself up and change into a dry outfit so as not to catch a cold or get sick.



## Nonoy Basa

I like to run in the rain because with less heat, I can run longer without having to carry much hydration.

**TIP:** Wear a light but water-resistant jacket to keep yourself warm



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