

THE Bull Runner

NOV-DEC 2011

RUNNING MAGAZINE

.COM

FREE

HOLIDAY ISSUE

ARLAND MACASIEB

CHAMPION TRIATHLETE
ON RUNNING, GEAR &
THE BOSTON MARATHON

YOUR FIRST 5K RUN-WALK PROGRAM FOR BEGINNERS

CAMSUR MARATHON
NIKE WE RUN MANILA
ADIDAS KOTR
AIR 21 NBA RUN

THE ULTIMATE
RUNNER'S
GIFT GUIDE
FOR EVERY BUDGET

HOLIDAY EATING
HOW MANY CALORIES,
HOW MANY KMS
TO RUN & BURN

MARIDOL YABUT &
BENG FRANCISCO
MARATHONERS FOR OTHERS



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RUN CALENDAR



NOVEMBER

5: ENERGIZER NIGHT RACE, Bonifacio Global City, 3/5/10k. Call 5197010 / 5198980

6: MILO Davao Leg, Davao City, 500m/3/5/10/21k. Call (082) 296-1300 / 09215949303

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



6: MILLENNIUM RUN FOR WOMEN'S HEALTH, McKinley Hill, Taguig City, 1.5/3/5/10k. Call 0917-5333742 / 9217647

12: RACE FOR LIFE 2011, Bonifacio Global City, 3/5/10k. Email mail@givetolife.com

13: RUN UNITED 3, RunRio trilogy, SM Mall of Asia, 500m/3/5/10/15/21/32k. Call 7031736 or visit www.runrio.com

13: RAIN 4 AFRICA RUN, Filinvest City, Alabang, Muntinlupa City, 3/5/10k. Call 8362514

13: MEN'S HEALTH URBANATHLON 2011, Bonifacio Global City, 5/10/15k. Visit www.menshealth.com.ph

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

20: NATHAN RIDGE RUN, Tagaytay Higlands, 5/10/21k. Register at R.O.X



26: HSBC ANNIVERSARY FUN RUN 2011, SM Mall of Asia, 100m/3/5/10k. Visit www.hsbcrun.com.ph

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

27: McHAPPY DAY FAMILY FUN RUN, McKinley Hill, Taguig City, 1/3/5/10k. Visit www.mchappy.com.ph

27: RUN BGC 2011, Bonifacio Global City, 3/5/10k call 7031736, www.bgc.com.ph

27: RUN UNITED CDO, Cagayan de Oro City, 500m/3/5/10/21k. Call

7031736 or visit www.runrio.com

27: 2ND CAMP RUN, Camp Aguinaldo, Quezon City, 5/10k. visit www.extribe.com.ph/camprun.php

DECEMBER

4: QUEZON CITY INTERNATIONAL MARATHON 2011, Quezon City, 5/10/21/42k. Visit www.runnex.org

4: RUN UNITED Baguio, Baguio City, 500m/3/5/10/21k. Call 7031736 or visit www.runrio.com

4: JOY OF GIVING – A FAMILY FUN RUN, Woodrose, Ayala Alabang, 400m/3/5/10k. Email jogwoodrose@gmail.com

10: SUNSET RUN, 11 Street North Bonifacio, 500m/3/5/10k. Visit www.sunpiology.com

10: MAPAWA NATURE & ADVENTURE PARK TRAIL RUN, Cagayan de Oro City, 5/10/21k. Call 09177169446

11: 35th MILO MARATHON NATIONAL FINALS, SM Mall of Asia, 3/5/10/21/42k. Visit www.runrio.com

18: RUN UNITED Cebu, Cebu City, 500m/3/5/10/21k. Call 7031736 or visit www.runrio.com

18: 8th BORACAY TRAIL RUN, Boracay Island, 5/10k. Email heyjudebar@yahoo.com

JANUARY

8: CEBU MARATHON 2012, Lahug, Cebu City, 5/21/42k. Visit www.cebumarathon.com

8: PSE BULL RUN 2012, Bonifacio Global City, 3/5/10/21k. Visit www.psebullrun.com

15: EARTH RUN 2012, Antipolo City, 3/5/10k. Call 6971686

21-22: SUBIC INTERNATIONAL MARATHON 2012, SUBIC Remy Field, 3/5/10/21/42k. Call 09228918033

22: TIMEX RUN, Bonifacio Global City, 5/10/16k. Call 7031736



29: RAINBOW RUN, McKinley Hill, Taguig City, 3/5/10k. Call 5197010

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

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

Find Inspiration...Run the Roads of NUVALI

Thinking of joining the new pack of enlightened health and fitness buffs? There's nothing like embarking on a new hobby, new craft much more, taking on a new fitness program. Preparation and right perspective is key to an enjoyable and lasting engagement. Here are some basic tips to make sure your love affair with running stands the test of time.

TIPS FOR RUNNING BEGINNERS:

- 1. Get a medical check-up** - It is always prudent to get your doctor's approval before starting any strenuous exercises like running. It will not only guarantee your safety but will also guide you on the intensity of running to be prescribed.
- 2. Set a goal** - Nothing beats a runner who knows why he is running and where he is going. Whether you want to lose weight, improve endurance or run your first 5k, having a clear picture of what you want to accomplish will fuel your runs.
- 3. Get help** - Join a running clinic or hire a running coach – Correct running form, breathing, stretching are just some of the things a newbie runner ought to know to ensure efficient, enjoyable, injury-free runs. Join a run clinic or hire a coach.
- 4. Follow a program** – Obtain a training program that will get you to achieve your goal safely and efficiently. Get this online, from books, or a coach.
- 5. Invest in running shoes** – Be fitted with the proper running shoes for your type of feet, stride and gait to avoid injuries.

Whatever stage you are in your running, a picturesque, scenic, safe and pollution-free area where you can just let go and run free will definitely inspire. Run the roads of NUVALI and experience its greenery as you run along its wide, paved, and secure roads. After the run, enjoy a post-workout meal with a wide selection of restaurants at the Solenad.

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

NUVALI – where people and nature thrive.



Photo by Louise Liza Olazo



Photo by Patrick Ong



Photo by Aids Tecson



For regular event updates, visit www.thebullrunner.com

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



TBR INBOX

RUNNING IN LOVE

It was last year when my boyfriend started to participate in fun runs. I really did not understand then why he had to spend time and money for running. When our office sponsored a fun run, I decided to join to figure out what's "fun" about running. I was surprised to find out that it's not purely about your efforts to run and reach the finish line, it's about the dedication that you put into it – the same dedication that you can apply in life to reach your own goal. The feeling of finally being able to cross the finish line says it all. No matter what the distance is, I always feel proud of myself everytime I finish my races. Running has also helped me love and appreciate my boyfriend even more. We are now running together in fun runs.

We make sure that we always have the TBR Magazine to keep us updated about the race schedules and get the helpful tips that all runners should know. In fact, I can't wait for the TBR Dream Marathon to happen. It will be his first marathon ever! I'll definitely be there to support all the way!

Ruth Rimando

CONGRATULATIONS, RUTH!

You won a pair of Nike Running Shoes!



RUNNING & BONDING

I'm from the Province of Bukidnon and I was able to get my copies of The Bull Runner

during some of the races I have joined in nearby Cagayan de Oro City. I love TBR because it is very handy yet packed with the latest tips, articles and products to help improve my run.

I started running only last year and my first race was the 34th National Milo Marathon in CdO where I ran 5K. Since then I have joined a handful of 5Ks and 10ks and two half-marathons.

But my best accomplishment so far is that, recently, I was able to convince my wife to run and now she's also hooked! Despite our hectic schedule being full-time employees and parents to two kids, we still find time to run together regularly. Last month, our hard work paid off as she won third place in her age category in a 5K fun run.

I owe a lot to running as it has not only kept my body fit, but it also helped me develop a positive mindset, taught me how to set goals and gave me opportunities to discover amazing places. Most of all, it gave my wife and I more bonding moments as we now have a sport that we enjoy doing together.

- Earl Bolivar

RUNRIO



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)



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ING New York City Marathon
November 2010



BY THE TIME YOU READ THIS, I WOULD BE OFF TO (OR BACK FROM) THE U.S. FOR THE ING NEW YORK CITY MARATHON WHICH I'M LUCKY ENOUGH

to run for the 2nd time thanks to the support of Gatorade.

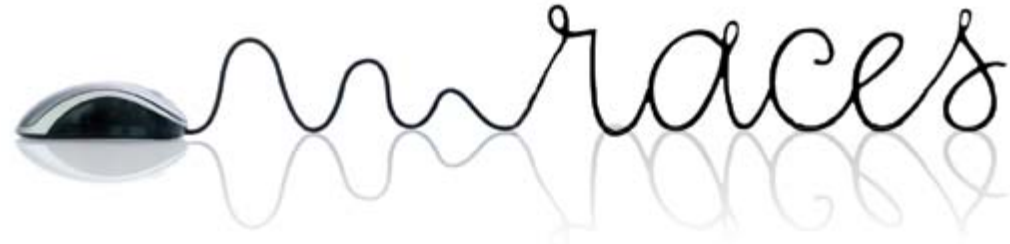
I'm looking forward to meeting our New York-based cover runner, 2011 Philippine Elite Champion for Ironman Philippines 70.3 Champion, 11-time Ironman finisher, and 2011 Boston Marathon Qualifier with a time of 2:52, Arland Macasieb. I'll try to run with him (only if he promises to slow down to my pace.)

For this Holiday issue, we've packed it with the ultimate gift guide for runners depending on your budget. We've also run the numbers for you on your favorite holiday fare: how much calories you'll be eating and exactly how many kilometers you need to run to burn them. Gulp. For beginners, we've shared the ideal training program to prepare you for a goal 5k event. Last but not the least, we've featured two runners who used their marathons to spread some good in the world.

Enjoy the holidays, runners! Eat, run, and be merry!

JAYMIE PIZARRO, THE BULL RUNNER

www.thebullrunner.com



CHASING AFTER THE NEXT BIG RACE? NOW, IT'S JUST A MOUSE CLICK AWAY.

Introducing the new and improved running and race event calendar at TheBullRunner.com. Our comprehensive race calendar now features:

- complete information for running events, clinics, and talks in the Philippines
- listing of major international runs and marathons
- major duathlons and triathlons in the country
- PLUS: For organizers, a one-click button to upload race info onto our calendar for FREE

Visit www.thebullrunner.com/tbrcalendar



Your Running Checklist

NOV-DEC 2011

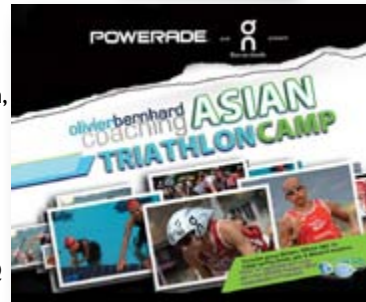
Run...and Play! **RUN BGC 2011** treats runners to a racing event with a game of flag football! Join the run with distances of 3/5/10k or participate in the 3k and 5k flag football categories which start with a run, moves to an individual play of catching a football, defending your flags, and shifts back to a run towards the finish line. Run BGC is on November 27, 2011 at Bonifacio Global City. Runners also get the chance to win a free trip to Australia and run a race there. To register, call 703-1736. www.bgc.com.ph/events



Run Green. Redefining road races, **NATHAN RIDGE RUN** on November 20, 2011 is definitely NOT your typical Sunday event in the Metro. It's a 5k, 10k, or 21k eco-friendly run that has as view and course that will take your breath away – literally! Included in each race kit is a Nathan handheld so that the race will be free of plastic cups. Runners can refill their bottles at hydration stations with water and sports drinks. Facebook page: nathanphilippines



Try Camping. Triathlon Camp, that is! Olivier Bernahrd, a professional triathlete from Switzerland, three-time duathlon World Champion, and six time Ironman Champion, will be in Manila to provide the following **Olivier Bernahrd Coaching Triathlon Camps** for triathletes of all levels: Basic Tri Camp: Jan 12 to 15, 2012 in Subic, Advanced Tri Camp: Jan 19 to 22, 2012 in Subic, Coach the Coach: Jan 18, 2012. For more info, click [HERE](#) or email customer-care@chrisssports.co.cc

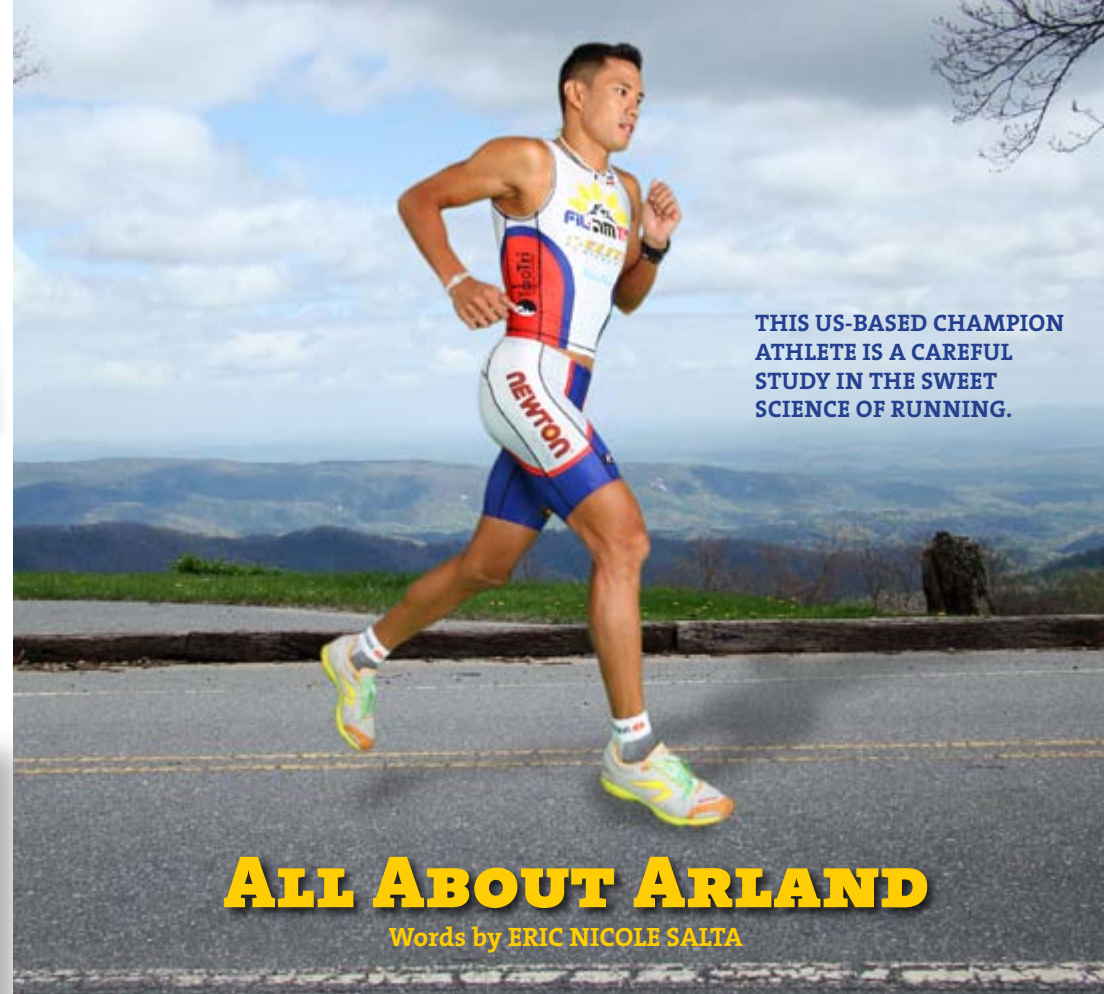


Be Bullish about Running. Join The Bull Runner Dream Marathon's series of free running talks and clinics. No pre-registration required. Open to the public.

BULL SESSION 2: a free clinic led by coaches Lit Onrubia, Chi Running instructor, and Edward Kho. Runners will run for 55 minutes using the run-walk technique on Saturday, November 12, 2011, in front of Krispy Kreme, Bonifacio High Street.

BULL CIRCLE 2: a free running talk on Wednesday, November 16, 2011, 7PM at 3/F ROX, Bonifacio High Street.

PHOTO BY JOSEPH NEBRIDA



THIS US-BASED CHAMPION ATHLETE IS A CAREFUL STUDY IN THE SWEET SCIENCE OF RUNNING.

ALL ABOUT ARLAND

Words by ERIC NICOLE SALTA

For someone who straddles a number of interrelated disciplines—he's an elite athlete, exercise physiologist, biomechanist, and multisport coach—and admits having strenuous scuffles balancing his daily activities, Arland Macasieb still does a pretty good job at keeping his life in check.

"I try to schedule my priority workouts first thing in the morning, then I have a second workout in the afternoon so if I get too tied up with work, at least I was able to get the more important workout in," he says about his normal routine, "but I do try to get at least two

sessions in every day with at least one recovery day in a week."

Such passion for his sport and craft was born from his younger days in New Jersey, where he is still currently based. Always an athletic swashbuckler at heart, this elite triathlete has always been a runner—winning sprints in school, stealing bases in baseball, and running the fastest in basketball. The road that led him to triathlon essentially springs from his running background. "When I entered high school, I learned the art of distance running, very painfully at first," Macasieb shares of his



**"My *CLEAREST THOUGHTS*
come to me when I am
RUNNING ALONE.
It's my therapy"**

experience, "but in the spring, tennis was my main sport and I always thought running would just be my cross training." It wasn't until college, when he was cut from the tennis team, that he tried cycling and swimming (he was also a lifeguard) and finally fell in love with it. "I decided to try a triathlon in Seaside Heights (right where they film Jersey Shore) and I placed third in my age group (19 and under) and I've been hooked ever since!"

This toned, handsome competitor in a league of his own has been going back and forth to the Philippines since 1999, usually to compete in major triathlon events, sometimes to escape the winter season. This year though has been very special. In the 2011 Ironman 70.3 in CamSur, an exclusive congregation of individual and team sports favored by A-list athletes from around the world, Macasieb zoomed across the finish line to become this year's Philippine Elite Champion. Of course, podium finishes and awards aren't the only things that made him love triathlon. "The thing I love most about triathlon is the people that I have met through the sport. I actually met my girlfriend at a race! It takes a somewhat crazy person to be a triathlete or runner, so right away you'll have many things in common with each other."

Not that Macasieb has forgotten his running roots since "the purest and most elemental sport" has given him something that can't be bought in stores or found just anywhere. "For me it's a form of moving meditation. My clearest thoughts come to me when I am running alone. It's my therapy," he says, "but I also thrive on group workouts where we really have to push the pace or survive long distances. And I love the fact that I can completely spend myself on a run."

Years after taking the sport seriously, running remains to be an integral part of his life, usually clocking in 65km on regular weeks to 100km on peak weeks. "It's the most aerobically demanding of the three sports and it's the most efficient in terms of time and caloric expenditure," Macasieb shares, adding that it develops the heart and lungs

FINISH



QUICK FACTS

- My ultimate dream is to break nine hours in the Ironman distance.
- A podium finish makes me feel satisfied.
- I train sunrise to sunset.
- The Ironman for me is like a day at the office but if you haven't done enough work beforehand you will have to put in overtime.
- If I weren't into triathlon, I would be a speed skater.
- My favorite running shoe is Newton Stability Racer.
- I can't join a race without massage and carboloading two days beforehand
- My most memorable race was Ironman 70.3 Philippines because it took me three years to finally win the Philippine Elite category.
- I indulge in bacon cheeseburgers and French fries after an intense workout.
- I train without music because I lost my iPod!
- My power song is One Song Glory from Rent
- My favorite place to run is the The West Essex Trail by my house in New Jersey—not too many people know about it and it goes past a waterfall.

more quickly than cycling or swimming. "It is a weight bearing, high impact sport." Having been trained in the sciences made Macasieb very mindful of his gear and equipment—he was nicknamed "Inspector Gadget" by one of his triathlon coaches because he had so much gear! His shoes of choice right now? "The brand new MV2 for shorter events and the special edition prostate cancer foundation Stability Racer for longer events. I use the Sir Isaac for everyday training and Terra Momentus for trail

running. Newtons are great because they encourage a midfoot strike, which is the way humans were intended to run."

His comfy and stable racers may offer him easier strides but it's the historical races that have kept him engaged in the sport, such as when he ran the Boston Marathon. "Boston is a great experience. Like NYC, it's a point-to-point race and you see so many cool sights along the way." Although he ended up walking after going too fast to reach the 21K mark at 1:17,

he jogged to the finish line at 3:05 and "hoping to go back next year to make bawi and redeem myself."

Considering how he had managed to conquer Ironman 70.3 and the Boston Marathon plus with solid, achievable goals in the future motivating him ("I'd like to break 2:40 in the marathon, keep working on speed, and maybe try to go under 16 minutes for 5K"), he is surely rising to the challenge of the sport to inspire others and hopefully get them hooked as well.

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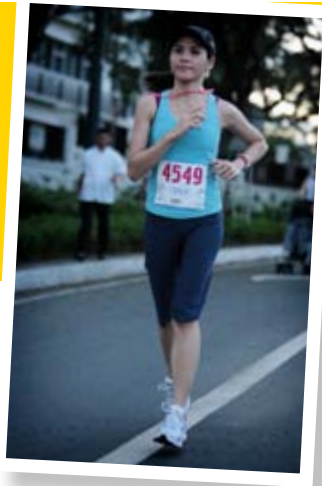


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RUN-WALK YOUR WAY TO A 5K

BY LIT ONRUBIA



THIS 5K RUN-WALK PROGRAM IS BEST SUITED FOR BEGINNERS. IF YOU HAVEN'T BEEN RUNNING REGULARLY AND YOU ARE KEEN on getting into the racing scene, then this is the perfect program to get you to cross your first 5K finish safely. This program is also well-suited for athletes returning from injury.

WARMING UP:

It is very important that you warm-up with a 10-minute walk/jog prior to starting your run/walk intervals. Also, don't forget to do at least a 3-minute walk to cool down followed by a post-run stretch.

WALK BREAKS:

Taking walk breaks is absolutely one of the best things you can do for yourself because it allows your body to recover. Walking is not a sign of weakness and is, in fact, something that countless numbers of elite runners regularly practice.

CROSS TRAINING:

Cross training is highly encouraged. Examples of great cross training activities include strength training, cycling, yoga, pilates, rowing, etc. Just be sure to get at least three days of rest per week.

MOVING UP: For your future 5-K races, you may continue repeating Week 9, or you may build-up to a 7 min. run/1 min. walk. It all depends on how your feel. As always, LISTENING to your body is critical. We suggest that you run at least three (3) 5K races before you progress to 10K races. It is important that you get very comfortable with this distance before you double-up and go for the 10K.



Lit Onrubia has been running for 14 years completely injury free. He has finished multiple marathons and was the first Certified Chi Running Instructor in Asia. Lit was certified in San Diego in 2009 and studied under Chi Running Master Instructors Chris Griffin (in San Francisco) and Kathy Griest (in San Diego). He conducts regular workshops for individuals and groups analyzing and correcting running form for safe and efficient running. For inquiries on Chi Running/Walking Talks and Workshops, email lit.onrubia@forwardleanrunning.com. For more information on Chi Running, visiting www.chirunning.com and www.forwardleanrunning.com

DAY INTENSITY I-RATE	ONE MODERATE 6.5 - 7.5	TWO CONVERSATIONAL 7.0 - 8.0	THREE MODERATE 6.5 - 7.5
WEEK 1	Run 2 mins; walk 2 mins; Repeat 7 times for total of 28 mins	Run 2 mins; walk 2 mins; Repeat 7 times for total of 28 mins	Run 2 mins; walk 2 mins; Repeat 7 times for total of 28 mins
WEEK 2	Run 2 mins; walk 2 mins; Repeat 7 times for total of 28 mins	Run 2 mins; walk 2 mins; Repeat 7 times for total of 28 mins	Run 3 mins; walk 2 mins; Repeat 6 times for total of 30 mins
WEEK 3	Run 3 mins; walk 2 mins; Repeat 6 times for total of 30 mins	Run 3 mins; walk 2 mins; Repeat 6 times for total of 30 mins	Run 3 mins; walk 2 mins; Repeat 7 times for total of 35 mins
WEEK 4	Run 4 mins; walk 2 mins; Repeat 6 times for total of 36 mins	Run 4 mins; walk 2 mins; Repeat 6 times for total of 36 mins	Run 4 mins; walk 2 mins; Repeat 7 times for total of 42 mins
WEEK 5	Run 4 mins; walk 1 min; Repeat 7 times for total of 35 mins	Run 4 mins; walk 1 min; Repeat 7 times for total of 35 mins	Run 4 mins; walk 1 min; Repeat 8 times for total of 40 mins
WEEK 6	Run 4 mins; walk 1 min; Repeat 8 times for total of 40 mins	Run 4 mins; walk 1 min; Repeat 9 times for total of 45 mins	Run 4 mins; walk 1 min; Repeat 9 times for total of 45 mins
WEEK 7	Run 5 mins; walk 1 min; Repeat 8 times for total of 48 mins	Run 5 mins; walk 1 min; Repeat 8 times for total of 48 mins	Run 5 mins; walk 1 min; Repeat 8 times for total of 48 mins
WEEK 8	Run 5 mins; walk 1 min; Repeat 6 times for total of 36 mins (CUT BACK)	Run 5 mins; walk 1 min; Repeat 6 times for total of 36 mins (CUT BACK)	5-K Race; Run 5 mins; walk 1 min; repeat start to finish
POST-RACE	Run 5 mins; walk 1 min; Repeat 6 times for total of 36 mins	Run 5 mins; walk 1 min; Repeat 6 times for total of 36 mins	Run 5 mins; walk 1 min; Repeat 8 times for total of 48 mins

INTENSITY/I-RATE KEY:

- "CONVERSATIONAL" PACE - You can still carry on a conversation in full sentences even as you run.
- "MODERATE" PACE - You can still speak, but not always in full sentences.
- THE I-RATE (INTENSITY RATE) SCALE is from 1-10, with 0 equivalent to resting, 5 equivalent to your effort level while mall-walking, and 10 as your effort level when running at an all-out sprint.

*This training program is a modified/combined version of John Bingham and Jeff Galloway's run training programs

THE ULTIMATE RUNNERS' GIFT GUIDE

**BELOW
P1000**



ULTIMATE DIRECTION FASTDRAW PLUS HAND-HELD BOTTLE has a wide, mesh hand strap and a zippered pocket to stash gels and keys. For the runner who likes having things at the palm of his hands (literally!). **SECONDWIND P850**



HALO HEADBAND is efficiently designed to hold back hair while exercising. A stretchy elastic band allows for larger heads and thicker hair. **RUNNR P375**



BIGGEST LOSER YOGA MATS bright colors will help give that work-out an air of fun. Excellently cushioned with enhanced traction, give this to that fun-loving yet seriously determined runner-pal. **TOBY'S SPORTS, RUNNR P695**



RUNNR VELOCITY VISOR efficiently pulls moisture away from the skin and dries faster than cotton. A great gift for the marathoner into long runs. **RUNNR P695**

NO NEED FOR SPEED is a great read for runners of all levels. Chapters include: injuries, mileage, women's running, seniors, masters runners, and more. **RUNNR P999**



SECONDWIND RACE BELT is a one-inch wide elastic belt, that is lightweight and fully adjustable. It comes with a race bib holder and zippered compartment. Surprise your buddy with this nifty accessory. **SECONDWIND P350**

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MIZUNO PERFORMANCE TEE

has a quick drying capabilities to maintain comfort through activity. Made of 100% polyester with UPF15 for added protection from the sun. Great for the beginner training for his first distance run. MIZUNO P1,495

NIKE CHALLENGER FAST TEE is a super lightweight, sweat-wicking comfort tee with reflective graphics for added visibility. NIKE PARK, RUNNR, THE ATHLETE'S FOOT, PLANET SPORTS P1,195



THE BIGGEST LOSER FITNESS SET For the runner hoping to shed unwanted pounds, this fitness set includes pull exerciser, jump rope, chest expander and hand grip to jumpstart his fitness program. TOBY'S SPORTS. P1,750



NATHAN SPEED4R WAIST PACK is an updated design with better flask positioning. It has four 8-ounce flask and one pocket each at the front and back. RUNNR, ROX P2,495



ASICS WOMEN'S HALF ZIP SHIRT offers a lightweight fit, flexibility, and breathability ensuring comfort for the lady runner who runs long and far. ASICS P2,250

P1000 To P3000

NEW BALANCE MINIMUS is a barefoot-inspired line of shoes created specifically for runners seeking a truly minimalist experience and more natural stance throughout the day. NEW BALANCE, PLANET SPORTS, RUNNR, SECONDWIND P4,995



KINESIOLOGY TAPE reduces muscle pain, increases mobility, and enhances athletic performance. It provides relief and support for muscles and joints and can be used to prevent or treat injuries. Perfect present for an ultramarathoner. PLANET SPORTS, THE ATHLETES FOOT, ROX P4,195– 4,395

AVIA AVI BOLT III is a lightweight performance running shoe with improved cushioning and excellent traction. Designed for speed, it is perfect for the competitive runner looking for a fast and light shoe. ROX P4,995



CW-X VERSATX SUPPORT answers every female runner's need for balance support, comfort, and adjustability with a flattering silhouette. RUNNR, TOBY'S SPORTS P3,995

BROOKS PURE CONNECT is the lightest shoe in the Brooks Pure Project line. Ideal for the serious runner looking to get a little taste of minimalist running, but isn't ready to go completely barefoot. RUNNR, A RUNNER CIRCLE, SECONDWIND, P4,995



P3000 To P5000

ABOVE P5000



SPORTS OPTIC PIVLOCK V90 MAX SUNGLASSES is lightweight, durable and maintains a secure fit while allowing easy change of lenses. Its free lenses inclusion make it a best bet for runners who seek variety. RUNNR, TOBY'S SPORTS P6,495



SOLE F63 TREADMILL is an entry-level treadmill loaded with features typically found in more expensive machines. It provides reduced impact to the feet, ankles, hips and spine. A perfect gift for a running family. TOBY'S SPORTS, TBA



NIKE LUNARSWIFT3, a running shoe which offers superior breathability and reduced weight. It's a daily distance trainer ideal for beginners with underpronated to moderately overpronated gaits. NIKE PARK, SECONWIND, RUNNR. PLANET SPORTS P5,095



NEWTON MEN'S MV2 SPEED RACER is engineered to be the lightest and most efficient running shoe ever produced. It provides greater protection for hard surface running while allowing higher cadence. Great gift for that special guy with whom speed is everything. RUNNR TBA



KSWISS WOMEN'S KWICKY BLADE LIGHT BLUE garnered rave reviews for its responsiveness, cushioning and arch wrap. It's revolutionary fabric keeps shoes dry, light, and clean. Perfect for the runner whose looks, comfort and performance cannot be compromised. A RUNNER CIRCLE, RUNNR, SECONDWIND P6,595



BETTER FITNESS WRAPPED UP.

This Christmas give the joy of inspiration. With a Polar training computer there's guidance every step of the way as fitness goals become a reality.



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The University of Florida Gators Football Team, laid low by hot and humid playing conditions, led university scientists to develop a drink that contained water, carbohydrates and electrolytes.

A "Gator-ade" that helped them win their first Orange Bowl in 1967.

So, Gatorade was born to kick butt.

Prevent performance-destroying dehydration.

When you play, you sweat big. The average athlete can sweat 1.5 liters for every hour of play and needs to replace this with 1.5 liters of Gatorade. Drink 250mL every 10-15 minutes to avoid dehydration.

Signs of dehydration are: thirst, irritability, premature fatigue, weakness, dizziness, headache and muscle cramps.

Drinking Gatorade during sports activities can prevent dehydration and make you play better.

Get what you need to win.

- **Non carbonated water**

Helps quench thirst & re-hydrate without stomach discomfort.

- **Optimal 6% Carbs**

Enables rapid fluid absorption into the bloodstream for energy.

- **Minerals (Sodium Chloride and Potassium)**

Replenish sodium and potassium lost through sweat.

Compared to other drinks, Gatorade has the right stuff you need.

Water lacks the essential electrolytes and carbohydrates while soft drinks and fruit juices have high sugar content and take longer to digest, making you feel bloated.

Energy drinks have caffeine and high amounts of sugar that are not quickly absorbed and sit longer in your stomach.

Gatorade is scientifically proven and tested by the best athletes around the globe.

With over 40 years of scientific research to back it up, no other sports drink has been out there making sports legends and heroes like Michael Jordan, Derek Jeter and Usain Bolt.

It's the official sports drink of the NBA. 30 teams of the best basketball players in the world depend on it every game.

So if you want to play better and win convincingly, go for Gatorade.





RUN CHRISTMAS CALORIES AWAY

How much are you eating this Christmas? And, how many kilometers will it take to run it off? **MITCH FELIPE-MENDOZA** evaluates your favorite Holiday fare and runs the numbers for you. *No pun intended.*

PORK LECHON WITH SKIN & FAT

Lechon, a roasted juicy pork with incredibly crispy skin, usually served in most of the Filipino celebrations like fiestas and Noche Buena.

With special mention to the skin, lechon is also notorious for its high-blood inducing and heart-attacking attributes.

- **CALORIES:** 350 per 100 grams (24g of fat)
- **KM OF RUNNING TO BURN:** 6-8 km
- **BETTER ALTERNATIVE:** Roasted lean pork steak or remove the skin (195cal)

FRUIT SALAD WITH CREAM

Chopped fruits mixed with cream and sometimes with creamy condensed milk usually served as dessert. Fruit salads can seem like a healthy choice but the added cream (and sometimes condensed milk) can be fat laden.

- **CALORIES:** 150- 200 per cup (6-8g of fat)
- **KM OF RUNNING TO BURN:** 3-5 km
- **BETTER ALTERNATIVE:** Fresh fruits or fruit salad without cream and syrup

HAM

Ham is a cut of pork from a pig's hind leg. Most store bought hams are loaded with preservatives aside from its usual high-sodium and high-fat and high cholesterol content.

- **CALORIES:** 170 per 100g (9g of fat)
- **KM OF RUNNING TO BURN:** 3-4 km
- **BETTER ALTERNATIVE:** Turkey ham

QUESO DE BOLA

A "Christmas Cheese" usually covered in a red wax to preserve its flavor and prevent molds and used for most Christmas foods such as ensaymada, breads, and salad. Known for its high fat and high sodium content (270 mg of sodium per slice).

- **CALORIES:** 90 per 30g slice (7g of fat)
- **KM OF RUNNING TO BURN:** 1.5 to 2km
- **BETTER ALTERNATIVE:** Low-fat cheddar (55 cal per 30g)

DEEP-FRIED CHICKEN

Fried chicken is usually a good crowd favorite for people trying to avoid red meat. But, fried chicken can be as dangerous or even more fat threatening than your average piece of grilled beef.

- **CALORIES:** 360 cal per 100g (22g of fat)
- **KM OF RUNNING TO BURN:** 6-8km
- **BETTER ALTERNATIVE:** Roast chicken (240cal per 100g)

FRUITCAKE

No other cake says "Merry Christmas" like fruitcake. Fruitcake contains alcohol, which usually helps keep you warm during the cold season, but also adds more calories to the growing savings account around your waist.

- **CALORIES:** 300 per 100g (6g of fat)
- **KM OF RUNNING TO BURN:** 5-6km
- **BETTER ALTERNATIVE:** Angel food cake (170cal)

BEER

No need to say more. Frequently, male bonding time won't be complete without this happy hour favorite.

- **CALORIES:** 160 per 12oz glass
- **KM OF RUNNING TO BURN:** 3-4km
- **BETTER ALTERNATIVE:** Wine (80cal per glass)

BROWNIES

Easy to bake and easy to eat! Brownies are very popular as Christmas gifts. It's high fat and sugar content gets you hooked into having more than just one piece.

- **CALORIES:** 240 per 2X2 inch piece (10g of fat)
- **KM OF RUNNING TO BURN:** 4-5km
- **BETTER ALTERNATIVE:** oatmeal cookies (120cal per 3-inch piece)

Note: Kilometers of running estimated for a 150lb person



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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Jaymie Pizarro
Wife / Mother / The Bull Runner

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EVENTS

CAMSUR INTERNATIONAL MARATHON

CAMSUR INTERNATIONAL MARATHON, Sept. 25, 2011, CamSur Watersports Complex, CamSur, 3/5/10/21/42K

The much-awaited marathon outside Metro Manila, CamSur International Marathon 2011, was again a success. Beautiful scenery, fresh air, local townfolk cheers of support and seamless organization and a chance to support a greener Philippines makes this race worth the trip. A marathon out to attract world-class runners.

Photos courtesy of www.camsurmarathon



5K runners eagerly await the start of the race



21K podium finishers with Gov. Lray Villafuerte



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



Tessa Prieto-Valdes with foreign participants

Team Pangilinan

NIKE WE RUN MANILA, Oct 15, 2011, Bonifacio Global City, 10K. A fun-filled night for more than 8000 runners who enjoyed the run, the music as they took part in the Philippine leg of the 15-city world tour launched by Nike.



Runners painted the town red (literally!)



Fernando Zobel



Wendy Valdez & Will Devaughn



Lara Parpan



Drew Arellano



Mae Dichupa of Nike



Raymund Marasigan of Sandwich



Eric Waldie & Reema Chanco

NIKE WE RUN MANILA

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

Mel Jimenez wife/pasty chef food stylist/multitasker

Focus Energy Recovery

Rise To The Challenge

NO APPROVED THERAPEUTIC CLAIMS

ENERGIZING

Interced

EVENTS

ADIDAS KING OF THE ROAD



5k starters

ADIDAS KING OF THE ROAD 2100, Oct 23, 2011, Bonifacio Global City, 5/10/16.8/21K/ More than 8000 runners with multicolored singlets ruled the road in the final leg of the adidas KOTR South East Asia.



Women's Champion with adidas Officials



Proud finishers Karylle and Iza Calzado



Slick Rick, Gino Quillamor, and Sam YG



Riki Flores and Rico Robles

AIR 21 NBA FIT RUN

AIR 21 NBA FIT RUN 2011, Aug 7, 2011, Bonifacio Global City, 5/10/21K. The 2nd Annual NBA FIT Run was held as the culminating event for the 2-week NBA Fit Program in the Philippines led by Miami Heat Head Coach, Erik Spoelstra. NBA Fit is the league's global wellness program that aims to promote physical activity and healthy living to youngsters and their families.



5k starters together with NBA executives



21k female winners



NBA Fit Coach Spoelstra pose with celebrities and friends after the race



NBA and Air21 officers with Coach Spo, Jaymie and Coach Rio

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MY STORY



PHOTO BY BA RACOMA

RUNNING FOR OTHERS

For **MARIDOL YABUT** and **BENG FRANCISCO**, a marathon took on more meaning when it was done for a greater good.

MARIDOL YABUT
TBR Dream Marathon
March 2011

THE INSPIRATION

More than anything, I wanted that added inspiration and push when I did my debut marathon. While on one of my training runs for the event, I had a flashback of scenes from my first 21K at Milo 2010. I recalled seeing children along the route who I could help. Then, I had a chat with fellow dreamer Jordee Quedeng who was also thinking of running for a cause. She is a member of the Black

Pencil Project (BPP) and she told me about the group's initiative to benefit the Mangyan community in Mindoro. It just felt like it was meant to be and we decided to go for it! BPP: Run for Pencils Project was born.

WHY BLACK PENCIL PROJECT?

It was a perfect match: children and education. There is an on-going initiative that constantly needs support. All they ask are the essentials that every school child would need for a proper education. It was simple, doable, and actionable. I felt we could do something concrete to help.

As daylight dims,
adrenaline rushes in.

a project of:

for the benefit of:



Sunset RUN

RACE & RAVE FOR A CAUSE

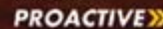
DEC. 10. 2011 | 4PM - BONIFACIO GLOBAL CITY

Category	Reg. Fee	Assembly Time	Gun Start	Race Kit
500 M (5-10 yrs old)	P 200	3:00 pm	6:30 pm	Sky Travel Bag, Race Bib and Finisher's Kit
3K	P 600	3:00 pm	5:00 pm	Singlet, Race Bib, O-Tag and Finisher's Kit
5k	P 700	3:00 pm	4:45 pm	Singlet, Race Bib, O-Tag and Finisher's Kit
10k	P 800	3:00 pm	4:30 pm	Singlet, Race Bib, O-Tag and Finisher's Kit
Vertical Run	P 1,150	3:00 pm	4:00 pm	Special Singlet, Race Bib, with Finisher's Shirt, Medal Purses and souvenir items for Top Winners.

Assembly Area: Vertical Run - Sun Life Centre, 8th Avenue, 8000, 2nd, 3rd, 5th, 11th Street, North Bonifacio
 (NOTE: Purses and Finisher's shirts special prizes are at stake for Top Winners)

In-State Registration: October 18 - November 4, 2011 (500M, 3K, 5K, 10K) 12hr - 8pm	
TODY'S SPORTS SHANGRI-LA MALL G/F Shangri-La Mall, 6000 cor Shaw Blvd, Mandaluyong City	TODY'S SPORTS GLOBESITA 4 24, Globesita 4, Ayala Avenue, Makati City
TODY'S SPORTS ALABANG TOWN CENTER G/F The Promenade, Alabang, Muntinlupa City	URBAN ATHLETICS GREENBELT 3 24, Greenbelt 3, Makati Avenue, Makati City
RUNNER TRINOMA Space 2121, 24, Trinoma, North Avenue cor. BGC/ASA, Quezon City	RUNNER BONIFACIO GLOBAL CITY Bldg 03, Bonifacio High Street, Bonifacio Global City, Taguig City
November 18- 26, 2011 (Vertical Run Registration and Claiming Bibs) 12hr - 8pm	
SUN LIFE CENTRE 8th Avenue corner Rizal Drive, Bonifacio Global City, Taguig City	
HURRY, LIMITED SLOTS AVAILABLE!	

ORGANIZED BY:



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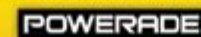
Co-presenter:



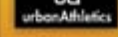
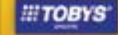
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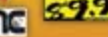
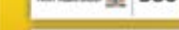
Registration Partners:



Sponsors:



Media Partners:





MY STORY



L to R: Mangyan child drawing using the Black Pencil Project's donations, Black Pencil Project runners at NUVALI after a run, Mangyan children during an art session

HOW I CONTRIBUTED

I started emailing other runner friends, they showed interest, and they signed up! One of those who joined us was Teresa Gangan, a BDM 102 runner. There is strength in number, especially in activities like this. In the end, those who I invited collected even more pledges than I did!

HOW IT CHANGED MY RUN

Cliché as it may sound, it really made the run more meaningful, more memorable, and happier! We had a joke going on before and during the run, since we also pledged for each other's runs, "You are not allowed to stop running or walking because I am paying for every KM of your marathon. Remember the children and how happy they will be once they get their goodies." ●

RUN FOR YOUR OWN CAUSE

Maridol & Beng tell you how

Bring more meaning to your runs by offering your run for others. As Beng put it: "Running to benefit others will teach you to not only to give what you have, but also to give a piece of yourself."

M: Mean it. Support a cause you strongly believe in. Do it because you truly want to advocate it.

B: Spread the word. Aside from training, allocate enough time to raise pledges. Make sure you raise awareness on what you are trying to accomplish. Utilize all venues of communication – Facebook, SMS to friends, and blogging.

M: Strength in numbers. Invite others to join you or join others who do the same. Form a group and collaborate, even if it is just

for a single event. That way, the "cause" will get more support.

B: Focus! Focus! Focus! It is important to have a goal. Set a target time for the marathon, but also set a target amount to raise for your beneficiary. This will help you focus both on training and solicitation. More importantly, this will motivate you as you run towards the finish line.

M: Document and report. Go back to your sponsors and show them where their donations went.



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BENG FRANCISCO
Singapore Standard
Chartered Marathon
December 2010

THE INSPIRATION

Having the passion for both running and traveling, one of my life goals is to run a marathon in all the seven continents with one benefit for each. This gave birth to Run Like a Girl: 7 Marathons. 7 Continents. 7 Benefits.

WHY ETHAN?

Ethan is the 2-year old son of my friends, Geoff and Tina Fajardo. Ethan was diagnosed with Biliary Atresia, a rare condition in newborns where the bile duct between the liver and small intestine is blocked. The only effective treatments

are certain surgeries, or liver transplantation. While Ethan is recovering from a liver transplant, he will continue to have a weak immune system because of immunosuppressant medicines he'll be taking for the rest of his life.

HOW I CONTRIBUTED

I solicited pledges from friends for every kilometer that I finished or a fixed amount when I finished the marathon. I also decided to give the corresponding amount of the highest pledge made. I raised over P100,000.



Top to Bottom: 3 months after the transplant, Beng with Ethan and his parents Ethan now after his successful surgery last Feb 2010



HOW IT CHANGED MY RUN

I run a race to finish and reach my goal. With this mindset, my run for Ethan was more than finishing my first marathon; it was being able to serve Ethan and his family thru my passion – running. The knowledge that I was not running for myself enabled me to stay focused and that finishing the race would allow me to help with Ethan's recovery. These fueled me during the grueling distance of the marathon. This was my motivation as I raced towards the finish line. ●

We are all champions, descendants of a noble race.
We are born runners in constant pursuit of the loftiest ideals.
Born to valor, destined to conquer.
We are all champions chasing greatness.



Registration Fee:

- Regular rate - P2,500.00 (until Nov 20)
- Late registration rate - P3,000.00 (Nov 21 to Dec 4)

Race Registration inclusions:

- Roundtrip ferry to and from Corregidor
- Full lunch buffet on race day
- Race bib w/ RFID timing chip
- 2011 CIHM Race singlet
- 2011 CIHM Race sling bag
- 2011 CIHM Finisher's Medallion (or a 10k Achiever Medal)
- R.O.X. Runners' Briefing (Dec 3 and 4)
- 2011 CIHM Champions Party featuring a top band back-to-back with a rave party (Dec 10, Saturday night)
- 2011 CIHM Finisher's Certificate

Registration Facility:

- On-line - www.corregidor21.runningmate.ph
- Manual (late registration) - R.O.X. BHS, Nov 21 to Dec 4, 1pm to 8pm



DIRECTORY

{running/triathlon specialty tores}

A RUNNER'S CIRCLE

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

RUNCLUB DAVAO

Plaza del Carmen, Loyola St., Bo. Obrero, Davao City, 222.8.RUN (222-8786), RunClubdvo@gmail.com

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)

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 /09234430155; Ayala Center Cebu 032.412.6247 / 032.234.6003 / 0923.4195285; Marquee Mall, Pampanga 045.304.1375 / 045.304.1376

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Unit D JOGAR Bldg No.29 Fabian dela Rosa St., Cor. Katipunan Ave., Loyola Heights, QC 210.0864, 0905.2799540. Soleacademy.net

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)

THE NORTH FACE

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

WATCH REPUBLIC –

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

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SERRY ANTONIO "SKIP" PIZARRO, D.C.

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

{coaches}

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askarmand@gmail.com

LIT ONRUBIA

Chi Running, 0917.5376870,
lit.onrubia@forwardlean
running.com

NORMAN PASCUAL

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0918.3746110, tricoach
norman@yahoo.com

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saturwalkerjr@yahoo.com

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0917.5373368, jay.valencia@
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LIZA YAMBABO

Running, 0915.3335794;
hizal2marathon@yahoo.com

{health food}

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Greenbelt 5 729.6104;
Powerplant Mall 899.6519;
Rustan's Mkt 893.1714;
Shangri-La Plaza 635.0321

{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 Biscocho, G/F Vazquez-
Madrigal Bldg. Annapolis
St. Greenhills, SJ, 727.9987,
0918.9158536

RAUL N. YLANAN

Elite Multi-Sport Resources
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RUNRIO

703.1736, info@runrio.com

{therapy}

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910.4929-44, Market! Market!,
889.4425-30, Alabang Town
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Physical Therapist, St.
Luke's, Boni Global City,
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{track ovals}

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Marikina, 646.1635

MORO LORENZO SPORTS CENTER

Ateneo de Manila, Loyola
Heights, QC, 927.7726

RIZAL HIGH SCHOOL

Dr. Sixto Antonio Ave., Canio-
gan, Pasig City

RIZAL MEMORIAL SPORTS COMPLEX

P. Ocampo Sr. St., Malate Manila,
525.2171

UNIV. OF MAKATI

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PERSONAL RECORD



RUNNERS' WISH LIST

Andy Leuterio

TOP GEAR ON MY WISH LIST... I'm blessed to have enough sponsors that most of my equipment needs are spoken for already. Still, I wouldn't mind the following stuff for Christmas: Newton Isaacs, waterproof / sweatproof earphone for my iPod Shuffle, and several boxes of Gu (I'm always running out of these). I've been a good boy, Santa!

I WISH I COULD RUN...

...a 90-minute 21k in an Ironman 70.3.
...in Central Park. It looks so nice in the movies. Or the

Antartica Marathon. That would be cool.
... the perfect 10k in a standard-distance triathlon. That would be around 37-38". I'll get there soon.

Zinnia Villarín

TOP GEAR ON MY WISH LIST... CWX Sports Bra. I need more good quality bras for my active lifestyle.
I'D LIKE TO GIVE MY RUNNING FRIENDS... Any Newton shoe that they'd love to own. I'll allow them to choose their own pair!
I WISH I COULD RUN... with Newton brand ambassador and Ironman 2011 Champion Craig "Crowie"

L to R: Andy Leuterio, Zinnia Villarín, Arland Macasieb, Sen. Pia Cayetano, Mark Ellis, Doray Ellis, Mary Grace delos Santos

Alexander. If that happens, that would be one item off my bucket list.

Mary Grace delos Santos

TOP GEAR ON MY WISH LIST... a new pair of Newton running shoes and adidas tops
I WISH I COULD RUN... ...and qualify for the Boston Marathon and Olympics. Every runner dreams of running the prestigious Boston Marathon and Olympics and I can imagine if I qualified it would be one my most memorable sports achievements.



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Daniel Brienza, Timex Multisport Team.

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Website: <http://www.somatrading.com.ph>