

THE Bull Runner

JAN-FEB 2012

RUNNING MAGAZINE

.COM

FREE

NEW YEAR ISSUE

CLINTON HESS

UNILAB'S RUNNING CEO
AT THE TOP OF
HIS GAME

LOSE WEIGHT
10 FAT-FIGHTING
FOODS TO SHED
HOLIDAY POUNDS

RUNNING IN NEW YORK

RIZA MANTARING &
RICO MANUEL RUN
THE ING NYC MARATHON

NEW GEAR
FOR 2012

RED CORD
FOR RUNNERS

RUN UNITED 3
ADOBO RUN AFTER DARK
RUN BGC
CORREGIDOR INT'L MARATHON
ENERGIZER RACE



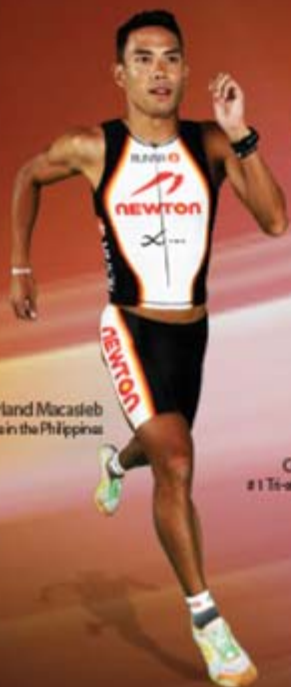
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thebullrunner.com



Technology Proven by Champions



Arland Macasieb
#1 Triathlete in the Philippines



Craig Alexander
#1 Triathlete in the World

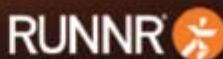


Mary Grace delos Santos
#1 Female Marathoner
in the Philippines

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Trinoma | Bonifacio High Street
Alabang Town Center | Ayala Cebu
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RUN CALENDAR

JAN - MAR
2012

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

15: GO NATURAL RUN, Bonifacio Global City, 5/10/21k. Call 7031736 or visit www.runrio.com

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

22: TIMEX RUN, Bonifacio Global City, 5/10/16k. Call 7031736 or visit www.runrio.com



22: BLOOD RUSH, U.P. Academic Oval,

Q.C., 2.2/6.6/11k. Call 9175038464 or 09228851347

28: RUN TO SUPPORT OUR TROOPS, Camp Aguinaldo, Q.C., 3/5/10k. Call 09177306585

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

29: GRACE TO FINISH RUN, Cuenca Park, Ayala Alabang, 3/5/10k. Call 09175755272

29: NO SPEED LIMIT, ADMU Grounds, Katipunan, Q.C., 3/5/10/15k. Call 09176919500 or visit <http://ateneospeed.org/nsf>

FEBRUARY

5: CONDURA SKYWAY MARATHON, Filinvest Corporate City, 3/5/10/16/21/42k. Visit www.conduraskywaymarathon.com



12: RACE FOR THE ORPHANS, Camp Aguinaldo, Q.C., 5/10k. Call 6362847

12: RUN FOR LOVE CDO (2nd IBP RUN), Kagawasan Kiosk, Divisoria, CDO, 3/5/10/21k. Call 09177013000

19: 1,4,3 GO! 2. SM Mall of Asia, Manila, 3/5/10k. Call 09154979092 or 09173244084

19: KAAMULAN 2012 HALF MARATHON, Malaybalay City, Bukidnon, 2/5/10/21k. Call 9058384638

19: PDA - PILIPINAS DARATING AKO, Cuneta Astrodome, Pasay City, 3/5/10k. Call 09178111253 or 09063612971

26: RENEW 2012, Filinvest Corporate City, 3/5/10/21k. Call 7031736 or visit www.runrio.com

26: "LOVE A TREE" TANAY TRAIL MARATHON, Tanay, Rizal, 10/21k. Call 5321645, 5710524

26: 2nd KITANGLAD RUGGED MOUNTAIN RACE, Impasugong, Bukidnon, 21k. Visit www.kmrph.org

MARCH

4: RUN UNITED 1 2012 Runrio Trilogy Leg 1, SM Mall of Asia, 500m/3/5/10/21k, visit www.runrio.com or call 7031736

11: JANXP 2 BAGUIO 33 DUATHLON, Burham Park, Baguio City, 5-Run/25-Bike/3K Run. Call 09222604201 or (074)4241869

18: THE BULLRUNNER DREAM MARATHON, NUVALI, Laguna, 42K, Registration is closed, thebullrunner.com



25: PBA RUN WITH THE FANS, Frontera Verde Tiendesitas, Pasig City, 3/5/10/15k. Call 09053050682 or 09204529661

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

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

New Year, New Life Begins in NUVALI

It's a brand new year! Have you drawn up your new year's resolution? Well, why not take on the healthy challenge? With today's stressful worklife, unhealthy food choices, and sedentary lifestyle, we become unhealthy without even trying.

The trick to being fit and healthy is to make changes in your lifestyle. The right perspective and preparation is key to an enjoyable transformation. This year resolve to be fit and healthy at all cost. With these tips, you will be well on your way to a more wholesome lifestyle:

TIPS TO A HEALTHY & ACTIVE LIFESTYLE

1. REST AND REJUVENATE - Getting enough rest enables you to work and pursue your passions vigorously. It rejuvenates your body, mind, and attitude. Find a peaceful place where you can relax your mind, where you can breathe in fresh and clean air. You can think clearer, feel happier, and enjoy more positive energy.
2. GOOD FOOD - Good nutrition gives you more energy and makes you feel better. Stick to healthy fats, fruits and vegetables, and lean protein for your meals. There's an old saying that we are what we eat. Choose food that will help your body to become stronger and more energetic.
3. EXERCISE - Living an active lifestyle means that you have to sweat it out. Participating in sports and outdoor activities such as biking, hiking, and running allows you to release that energy in you.

There is one place that inspires healthy and active lifestyle South of Manila where rest and rejuvenation beckons in its serene views and landscapes, where good food is accessible in the careful selection of eating places and where exercise is made fun through various sports and recreational events

Experience the positive energy of NUVALI and discover a whole new you this new year!

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

NUVALI – where people and nature thrive.

ADVERTORIAL



Photo by Dennis Dumelod



Photo by Florenano Angelo



Photo by Soliver Villahermosa



For regular event updates, visit www.thebullrunner.com

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

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California International Marathon
December 2011



WHAT RUNNING GOALS HAVE YOU SET FOR 2012? IF YOU'RE LIKE ME, THE LIST PROBABLY TOOK LONGER TO WRITE THAN A 5K RUN! WELL, THE more goals we have, the more challenges and adventures we can look forward to this year, right?

Our cover runner, Clinton Hess, is no stranger to achieving goals and success. As the CEO of Unilab, we take a peek into his busy life and learn how he effortlessly manages his schedule and blends his passion for family, work, and sports into a single vision.

This issue is packed with corporate executives who find the time to run despite their heavy workload. We also feature Riza Mantaring, CEO of Sun Life Financial Phils., and Rico Manuel, AVP of Ayala Land, who both finished the ING New York City Marathon last December.

For the new year, we've prepared a list of the new must-have running gear and shoes. We also share the top 10 foods that you can eat to shed off those stubborn holiday pounds. If you're looking for a new cross-training activity, we feature Red Cord in our training section to help strengthen and stretch those muscles.

Here's to a brand new year of injury-free, safe, and fun-filled running adventures for all of us! May all roads lead to the achievement of our endless list of running goals!

JAYMIE PIZARRO, THE BULL RUNNER

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ULAH 2012 Calendar of Activities



Q1

Q2

Q3

Q4

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

TBRDM



March 18

RUN United



March 4



June 17



Sept 16



Oct 28

Tri United



April 14-15
Batangas (TBC)



June 30 – July 1
Bataan (TBC)



Nov 10-11
AAVI

Your Running Checklist

JAN-FEB 2012

GO SHOPPING. Drop by these recently opened stores and branches in the metro for your running fix!

- **RIOVANA:** G/F Active Fun Bldg. 9th Ave cor 28th St.

BGC, Unit 305 Regis Ctr. Bldg., 327 Katipunan Ave. Loyola Heights QC, and soon to open at SM Mall of Asia

- **RUNNR:** 2/L Alabang Town Center
- **G-STOP:** the Philippines' first multi-brand, multi-merchandise active and sporting lifestyle store for women at G/F Town Plaza of Alabang Town Center and soon to open at the Bridgeway Shops of Greenhills Shopping Center.



READ A BOOK. Sen. Pia Cayetano released her memoir entitled "My Daily Race," a collection of blog posts and essays about her life as a multi-tasking senator, triathlete and mother.

"My Daily Race" is now available at National Bookstore, Powerbook and Fully Booked.



TBR INBOX

"Reborn." This is how I describe myself today in view of running and after completing my first-ever 10K run at We Run Manila.

I could not really imagine seeing myself back on track again after almost completely retiring when I get married a year and a half ago. I was just a regular 5K runner then and I do run just for the sake of having another activity than work and an environment other than the office.

But everything has changed when God gave to us Caleb (our first child diagnosed with Down Syndrome) May of this year. After a period of adjustment and an unsolicited advise from a friend, "If their is someone in the family who should be physically strong at all times it should be the breadwinners, and it should be us," I felt a greater need to be healthy and fit for my son and for my wife. I determined to change from thereon.

I decided to run 5k twice each week and have actually registered myself in the upcoming fun run this November and December. Just in time also as I did my regular run at Boni High Street last Saturday that I grabbed a free copy of the TBR Magazine. I didn't have an idea before that there was indeed a magazine exclusively for running. I read it twice from cover to cover that day and it did inspired me a lot (the stories, the tips, the gadgets, everything on it).

Now I can say I've never been this equipped before and can confidently say that I'm fully ready to experience this second life in running. I have now the right view, the right inspiration, and the right tools and could not ask for more.

- Glenn G. Nolasco

CONGRATULATIONS, GLENN!
You won a pair of Nike Running Shoes for your letter.

A Different Kind of Runner

When CLINTON HESS first put on a pair of running shoes, he had no idea it would take him—and Unilab—to great lengths.

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

CLINTON HESS MAY BE THE CORPORATE MAN'S MAN, THE REAL CLASS ACT AT LEADING A COMPANY TO ITS FULLEST

potential, but take him out to the road and he shows a different side, a kind of personality and work ethic that's also worthy of praise. For someone at the top of his game, Hess is as low-key and simple as any unassuming father and friend can get. Except maybe when it comes to his passion, in which he truly thrives in and cares for very much in that he's guided an active lifestyle movement to inspiring stretches.

His role may be larger than life but Hess is genuinely relatable. At 40, happily married to wife Jacqueline, and fondly fulfilling his part as dad to kids Andrea, 6, and Christian, 5, Hess, after returning from the US where he grew up and completed his education, found his foothold in Unilab where he held "various roles and responsibilities through the years." And in 2009, he became President and CEO, and around a month before, a runner.

"I got into running by accident," he says. "At the time, I was a lot heavier, I was struggling away in my home gym when we had a power

“I am a runner who moonlights as a triathlete.”



problem. It couldn't be fixed, so I put on a pair of running shoes and went out to the street. I could only run for 10 minutes straight, but after 30 minutes of run-walks, I felt really good. Running was an epiphany, an experience I won't forget," he acknowledges, adding that running has provided him an efficient workout regimen and a serene time to relax and self-introspect.

While admittedly not naturally athletic, Hess immersed himself in wrestling, football, squash, and tennis in his high school days in the US. After getting comfortable with running, shedding off 25 lbs and logging in up to 75km a week, he stepped things up a notch unintentionally. "I decided one day to visit BikeKing and buy a road bike. I started mixing running and biking. I started first with a duathlon as I was proficient with both run/bike and bike/run, then later started triathlon," even teasing, "I am a runner who moonlights as a triathlete." Though he is equally fanatical about both, running remains his strength. And not just on the road but also on the science behind running shoes, working as a machine operator at his first job in a

factory that produced inner soles for Reebok as well as moving into quality control and design development later on.

"It's probably the reason why I have a good understanding of running shoes and their designs, and am particular about my shoes. I test a lot of different models, and only race in the best," he shares. "A good shoe can be the difference between injury and a PR, so don't take your feet for granted, treat them well."

Given Hess' understanding of the sport, it's no surprise to see him get involved in the Unilab Active Health (ULAH) campaign, which has increasingly influenced and drawn people to participate in their organized events such as the RunUnited, BikeUnited, and TriUnited series. But what really grabs people about ULAH is its noble intent. "It's about helping normal, everyday people find health and happiness in an active lifestyle. It's about aspiring to improve one's self, and finding inspiration to achieve one's goals with the help of friends, family, and others who share



Q&A WITH CLINTON

I WAS ONCE A... machine operator in a factory that produced inner soles primarily for Reebok, and I went on to do quality control and design development before returning home to Manila.

I HAVE BEEN RUNNING SINCE... 2009

MY BEST RUNNING BUDDY IS... my Fuelbelt. I haven't raced without it

THE SINGLE BEST THING THAT RUNNING HAS BLESSED ME WITH IS... the knowledge that I can still learn and have fun in new sports at any age, and 30lbs of weight loss isn't bad too

MY FAVORITE PAIR OF RUNNING SHOES... are Zoot TT 4.0's for long distance running and triathlon, NB 890's for mid-distance 5/10k racing.

BEST TIME OF DAY TO TRAIN IS... dawn. It's wonderful to start a day the right way.

BEST CITY I'VE RUN IN... Metro Manila! There's no place like home...

MY POWER SONG IS... Crazy Train by Ozzy

ASIDE FROM RUNNING, I'VE DABBLED IN THESE SPORTS... Duathlon/Triathlon, Wrestling, Squash, Soccer, Tennis, Golf, Badminton

MY NEXT BIG GOAL IN RUNNING IS... Sub-2 for 21k

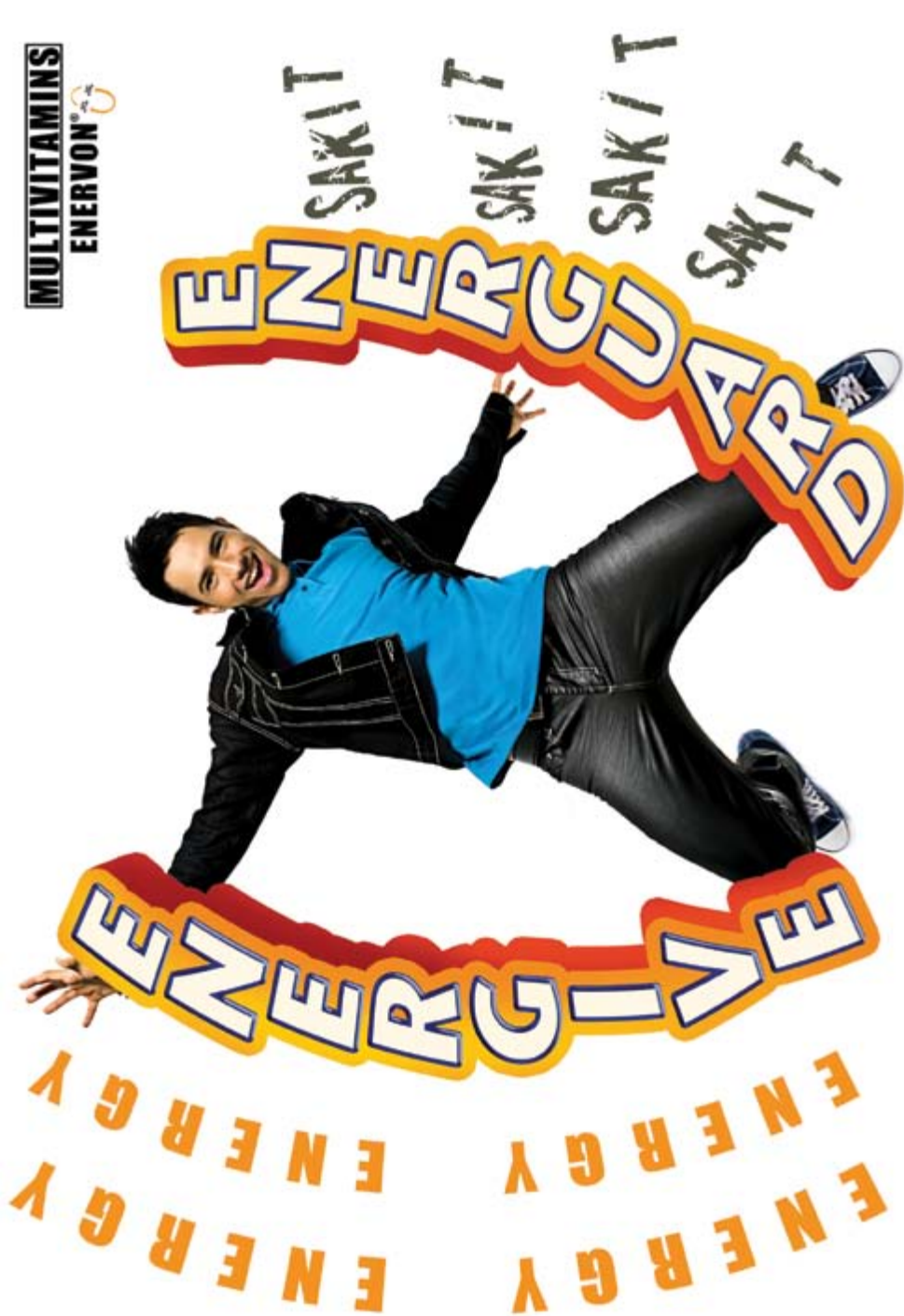
similar aspirations. Whether it's your first time to run 5k, your attempt to PR a race category, or simply have fun with friends and family, Unilab Active Health is there to assist you along the way," Hess says.

In other words, Hess and Unilab are reflections of how anyone and any corporation can get themselves to a point where profession and passion meets in the middle, showing runners, whether recreational or competitive, and working professionals the idea that a healthy balance is possible. "I have many responsibilities in the office and at home, so I have to make time for my training and health. Likewise, I have to train three sports simultaneously and manage that while overseeing our operations across Asia. It's particularly complex but manageable," he says. His current list of goals? Losing weight to

prepare for the 2012 race calendar, breaking 50 minutes in 10k and 2:00 in 21K, and improving on his triathlon results.

As for ULAH, 2012 seems to have stepped fully into the world they have created. The TriUnited will expand to three race series and the main RunUnited series will expand to four races. "You will see the same RunUnited 1, 2, and 3, but this year we are working with RunRio on a new finale... an international-quality marathon here in Manila," he excitedly shares.

And that's just the tip of the iceberg since he still aims for Unilab to be the best healthcare company in Asia, but considering the confidence and conviction Hess and Unilab have exhorted and projected to the community through the years, there's a great chance that recognition might come knocking on their door soon enough. •



MULTIVITAMINS
ENERVON

REDCORD FOR RUNNERS

WRITTEN & DEMONSTRATED BY MARILEN CONCEPCION OF b+b

Redcord is a scientific exercise program. It is used for functional training, to correct imbalances, for rehabilitation by neuromuscular re-education, and to improve sports performance. It is a progressive workout that increases core strength, aids in balance, coordination and muscular strength. Runner and Redcord instructor MARILEN CONCEPCION shares five Redcord exercises that will help runners improve their performance.



PRONE PLANK ON MULTI SUSPENSION & PRONE HIP FLEXION ON MULTI SUSPENSION

HOW: Place hands on the powergrips and the legs on the wide sling. Keep the legs adducted and hands under the shoulders for a "push-up" position, abdominals and glutes engaged. On the exhale breath, draw the knees to the chest, lifting the pelvis. On the inhale breath, return to plank position.

BENEFIT: Primarily for strengthening the abdomen and lower back thru neuromuscular control. Focuses on shoulder and hip stability and mobility of hip flexors. Helps runners in core stability and the upward or pulling motion of the thighs when running.



SIDE PLANK & SIDE PLANK WITH LEG ABDUCTION

HOW: Plant the elbow underneath the shoulder while both legs are on the sling, facing one side. Lift pelvis by drawing the abdominals in, engaging the glutes, inner thighs, and stabilizing the shoulders. Lift top leg, and lower, maintaining a long line from top of the head to the heels. Lower pelvis with control.

BENEFIT: For strengthening the abdomen and lower back thru the lateral myofascial chains and neuromuscular control. Focuses on the gluteal muscles, particularly the glute medius, which is very important for stabilizing the hips while running.



SUPINE PLANK, SUPINE KNEE FLEXION & SUPINE CYCLING MOTION

HOW: Start with the pelvis in line with the head while feet are on the straps. Engage abdominals and glutes and lift the pelvis for the supine plank position. On an exhale breath, draw the heels to the sit-bones flexing the hips and knees. Return to supine plank. On the next exhale breath, draw one heel in, and alternate with the other. On the last count, return to supine plank and lower pelvis to the floor.

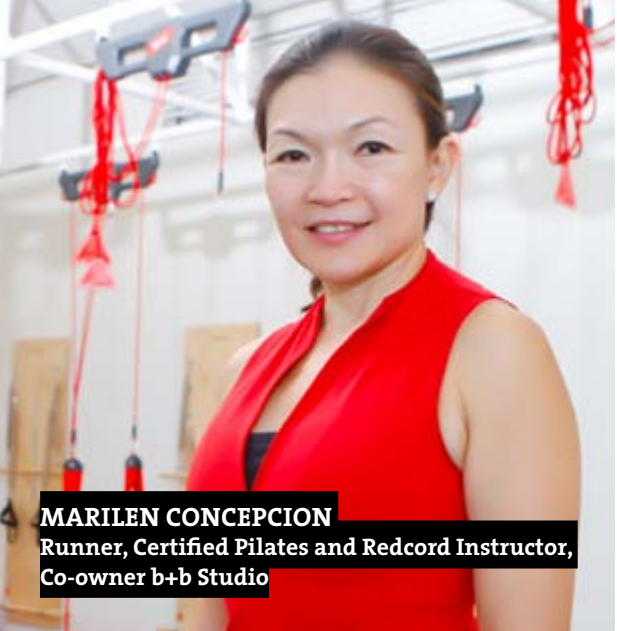
BENEFIT: Primarily for strengthening the abdomen, middle and lower back (posterior sling), thru neuromuscular control. Focuses on shoulder and hip stability, and hip extensors such as the glutes and hamstrings. Helps runners in core stability and in the downward and pushing-back motion of the legs.



SIDE PLANK & ADDUCTING PLANK

HOW: Position as in the Side Plank with abduction, but leave the bottom leg on the floor. Initiate the movement by lifting the bottom leg to the top leg, then with abdominals and glutes engaged, press the top leg on the strap and lift the pelvis to a side plank. Lower the bottom leg and lift, keep stabilizing the shoulders and maintain abdominals contracted. Lower pelvis and bottom leg to return.

BENEFIT: For strengthening the abdomen and lower back, thru neuromuscular control. Focuses on hip adductors. Helps prevent Iliotibial Band Syndrome (ITBS).



MARILEN CONCEPCION
 Runner, Certified Pilates and Redcord Instructor,
 Co-owner b+b Studio

GETTING STARTED: I was invited by my friend to join the 3k fun run of De La Salle Alumni, and got hooked. I joined 5k races and 10k races soon after.

RACES TO REMEMBER: My first 5k race is most memorable. It was my first official race and I was supported by a co-instructor all the way. She took care of me and taught me how to enjoy a race. The next memorable was my first full marathon because it was tough! I ran in darkness, I wanted to quit, but I knew my coach was waiting for me at the 22nd km, and pushed myself to get to her. She ran all the way with me to the finish, and I felt all my hard work was so worth it!

ON PILATES & REDCORD: Pilates has kept me balanced and my muscles lengthened. Combined with Redcord, my whole body has become stronger. It is the best combination for me.

RUNNING TIP: Develop core strength, as it is from the core that all movement starts from.

ABOUT b+b STUDIO: b+b offers Private and Group Classes in Stott Pilates and Redcord Training.

ADDRESS: b+b studio, Bonifacio Technology Center, 31st St. cor. 2nd Ave., BGC and b+b Infinity, Infinity Tower, 26th St. BGC.
 PHONE: +639178992639, +6328151009, +639178653878, +6324786691. EMAIL: bbstudiopilates@yahoo.com. WEBSITE: bbstudiomanila.com. FACEBOOK PAGE: Redcord Training Manila, b+bstudiomanila

FORWARD LUNGE
HOW: Place one foot on the sling in front while in a standing position, you may hold the ropes or bring arms out to the sides, slowly lunge forward flexing the knee at the back, keeping your weight at the center with the torso upright. Return to start.
BENEFIT: Challenges the neuromuscular control and stability of the hip and knee region by providing an unstable surface on the forward stepping leg.



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SPIBELT is sleek, expandable compartment covered with rubber coated material. Spi belt does not bounce, ride or shift while on the go. Great companion for heavy sweaters. spibelt.ph P1,190



NIKE STORMFLY JACKET features protective fabric and reflective panels providing ventilation and visibility to get you going all throughout this new year. Available in various colors. NIKE PARK P4,795



SOLEUS GPS 1.0 WATCH is a GPS watch that features all basic information a runner needs on his runs. It's water-resistant and has long battery life span. TIMESTUDIO, RIOVANA P6,150



SPORTLEGS is a supplement capsule that prevents lactate acid build up for better performance, faster recovery, and reduced next-day soreness. STARTING LINE P2,400



BROOKS PURE CADENCE gives runners the feel of a natural foot strike with a lightweight, breathable shoe. The mid sole band prevents overpronation. RUNNR, SECONDWIND P4,995

ZOOT ULTRA KANE 2.0 provides premium cushioning and motion stability but lightweight and comfortable training shoe. RIOVANA, SECONDWIND, P7,000



SKECHERS GORUN a minimalist shoe that allows you the feel of barefoot running movement and lets your foot function as naturally as possible. RUNNR P4,095

INOV-8 ROAD-X 255 is designed for all runners from newbies to veterans. Feels light as a feather and shaped to fit the natural curve of your foot. AKT!V STORES, TOBY'S SPORTS, THE STARTING LINE P5,225



ASICS GEL KINSEI 4 gives runners a high level of cushioning without compromising support. Lighter than its predecessor Kinsei 3. Perfect shoe to start your training for the new year. RIOVANA, RUNNR P10,300

SHOES

**If it's for
my country,
winning is the
only option.**

Chieffy Caligdong
Co-Captain
Phil. National Football Team

That's why.





LOSE WEIGHT THIS NEW YEAR

The holidays are over, but all the partying (despite the running) has left lasting results on your belly. **MITCH FELIPE-MENDOZA** shares her top 10 picks for fat-fighting foods to help shed pounds as the new year rolls in.

steamed rice for lunch when at work and you will have enough energy for your afternoon or evening run. **CALORIE COUNT: 150-200**

WHOLE WHEAT PASTA WITH SEAFOOD

One of latest global nutritional recommendations is to eat more seafoods on most days of the week and to limit the intake of red meats. Saute garlic, shrimp, squid and fish with a tablespoon of olive oil and top it over a cup of whole-wheat pasta. His is perfect for a guilt-free carbo-loading week. **CALORIE COUNT: 400-500**

BROWN RICE WITH VEGGIES & CHICKEN

At night, you can still eat rice, but try to choose brown rice and limit your intake to ½ or 1 cup, just add more vegetables so you get fuller. For protein, choose a serving (palm-sized) grilled, boiled, baked or roasted skinless chicken. **CALORIE COUNT: 400-500**

CORN, CARROTS AND PEAS COMBO, WITH LOW-FAT BUTTER

This is already a complete meal for a vegetarian runner since this tasty dish contains carbs from corn and carrots, protein from peas and fat from low-fat butter. You can also add tofu for more protein so you get better recovery. **CALORIE COUNT: 200-300**

SALAD GREENS

Do you find it difficult to incorporate vegetables to your busy day? Then prepare your own salad using three to five cups of vegetable greens with tomatoes and a tablespoon of prepared low-fat dressing of your choice. Eat this with your lunch and dinner meals and you can already complete your vegetable requirement for the day. **CALORIE COUNT: 150 TO 200**

SNACK

WHOLE-GRAIN BREAD WITH A TABLESPOON OF PEANUT BUTTER

You can prepare this in just less than a minute and you can bring this wherever you go during the day, either as a breakfast or as your pre-or post-workout food. This complete food snack already contains enough calories from carbs, protein and fat to keep your body going. **CALORIE COUNT: 200-300**

WHOLE WHEAT CRACKERS OR SNACK BARS

Crackers or bars are the most handy and readily available foods that you can always have for a snack or as a pre-or post-workout food. Most nutritious snack bars contain nuts or/and seeds for a more satisfying taste. **CALORIE COUNT: 100-200**

YOGURT OR NON-FAT MILK WITH ANY FRUIT

Do you crave for something sweets especially at night after a hard run training day? You can still have a cup of sweet fruit/(banana/apple/mango/papaya/melon/orange, etc.) combined with low-fat yogurt or milk. You can satisfy your sweet cravings with your choice of shake, made up of natural ingredients, with more vitamins, minerals, and lower in fat and calories. **CALORIE COUNT: 200-250**



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.

5 THINGS TO CONSIDER WHEN CHOOSING FOODS FOR WEIGHT LOSS...

1 CALORIES AND SERVING

SIZE: Should be sufficient enough to sustain your nutritional and performance needs, but portion should still be controlled to achieve weight loss, preferably less than 300 calories for a snack and less than 500 calories for a main meal. When eating out, limit your total calorie intake to less than 700 calories.

2 QUALITY OF NUTRIENTS:

Should contain adequate nutrients like carbohydrates for the needed energy, protein for muscle repair and recovery and just the right amount of fat to avoid weight gain

3 SATIETY FACTOR:

Should contain the right balance of nutrients and the right amount of calories. It should also have a lower glycemic index and should contain enough fiber so you can get fuller faster

4 SATISFACTION FACTOR:

Should have a satisfying taste so you won't feel deprived and look for more

5 CONVENIENCE FACTOR:

Should be readily available and easy to prepare, for your own lifestyle.

Here are the recommended foods for runners who are trying to drop some pounds after the holiday season:

BREAKFAST

OATMEAL WITH BANANA & NON-FAT MILK

Banana is still the best fruit for runners for its potassium content. It is also good for weight loss since you can have it as a snack and always be combined with healthy breakfast foods like oatmeal to add some taste and to give you more fullness. **CALORIE COUNT: 250-300**

VEGETABLE OMELETTE

Combine a piece of egg with mushrooms, bell pepper, onion, spinach and low-fat cheese. Eat this satisfying nutrient-packed recipe with a toast or brown rice after a morning run training or race and you will not ask for more. **CALORIE COUNT: 200-300**

LUNCH OR DINNER

CANNED SARDINES OR TUNA

A small can of tuna or sardines contains lesser calories than any meat viands and can be prepared easily. Just top it over a cup of

EVENTS

RUN UNITED 3:
RUNRIO TRILogy, LEG 3



Nov 13, 2011, SM Mall of Asia, 500m/3/5/10/15/21/32k
The much-awaited last leg of the 2012 Runrio Trilogy was held in SM Mall of Asia with more than 14,000 runners participating. Unilab Active Health continues its advocacy in promoting health and wellness for the whole family through running among others.



500m female winners flanked by Unilab executives Lester Castillo, Alex Panlilio, Perkin So, & Coach Rio



Little runner



VP for Marketing, Alex Panlilio, awards the check for HERO Foundation



Ed Inocentes



Fun written all over the faces of 32k runners before the race

RUN BGC 2012

November 27, 2011, Bonifacio Global City, 3/5/10k. On its second year, RUN BGC treated the loyal runners of BGC with flag football event along the 5 and 10k route and a lucky raffle winner to an exciting trip to Australia for two.



Nestle Executive Andrew Neri joins the run



BGC Executives Ayin Fabian and Lourdes Reyes



A lucky runner wins a trip for 2 to Australia



Foreigners joined the Pinoy running community

ADOBO RUN
AFTER DARK

October 29, 2011, Aseana City Macapagal Blvd., Pasay City, 3/5/15k. A one-of-a kind night run, the 2nd edition Adobo Run After Dark 2011 offered lots of surprises including an after-run party with live music, fireworks display and a parade of runners in fantasy costumes.



Contenders for the Best Costume award gather up on-stage



Phiten 15K event top female winner with Adobo Magazine Editor-In-Chief and President Angel Guerrero and Event hosts DJs Chris and Chloe



Best Costume 1st runner-up awardee

2nd CORREGIDOR INT'L MARATHON

Dec 10, 2011, Corregidor Island, 10/21k. Runners established their "greatness" in one of the toughest out-of-town races in the country



Proud 21K CIHM Finishers with Race Director Edward Kho



CIHM 2011 Finishers pose for posterity

ENERGIZER NIGHT RACE

Nov. 5, 2011, Bonifacio High Street, 3/5/10k. Over 5,000 runners put on their Energizer Headlights to run the the Energizer Philippines Night Race.



RIOVANA OPENING



Coach Rio and Marc Nelson gives Riovana a thumbs-up

November, BHS and Katipunan. Riovana, a new running specialty store owned by popular race organizer Coach Rio dela Cruz, successively opened two stores last November. The stores offer a wide range of running brands, gait analysis and sole healing where doctors, physical therapists and elite runners offer their services.



Running shoes, apparel and running gadgets await running enthusiasts at Riovana



Venus Raj with runner Mariel Cruz and her children, Sofia, Mikka, and Bea

Hot as Fire, Bright as Light: The adobo Run After Dark '11



Running full tilt



MyPhone 3k costumed runners storm the stage



No Sweat: the fastest runner of the Phiten 15k run is all smiles



Ebe Dancel gets the crowd jamming



The adobo Run After Dark 2011's extraordinary stage courtesy of Video Sonic



Ilic Diaz: A scouter for light

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KSWISS

EMPIRE STATE OF MIND

Corporate executives **RIZA MANTARING** and **RICO MANUEL** share their thoughts on training, running, and successfully finishing the biggest marathon in the world: **ING New York City Marathon 2011**

RIZA MANTARING

President & CEO, Sun Life Financial Phils.

NYCM time: 4:48:54

ON TRAINING FOR NYCM. I had a relatively light and low-mileage training program, peaking at 48 km in one week. I didn't have much time to train, so I would train only 3 days a week. I would do a short, easy run on Tuesdays, either tempo or speedwork on Thursdays, and a long, slow run on Sundays. I live in a very hilly area, so almost every training day could be called hill training. I tried to ensure I kept to my program even during numerous trips overseas. I ran 26km the morning after a 23 hr flight from Manila to Boston, and 32km the next weekend,

after a day-long flight from Boston to San Francisco. Food didn't go down very well after those runs, but I was fine by evening! I also trained very early in the morning as you're more likely to miss a run at the end of the day with meetings, work pressure, and social events. Jojo Macalintal and Lit Onrubia both helped me with developing proper form when I first started running, but over time I learned to make and adjust my own program. I knew it would still have been better to get coached but I just didn't have the time and my schedule was unpredictable. I was supposed to do strength training on off days but ended up skipping those due to lack of time, but that's something on which I will try to work harder.



Riza crosses the finish line at Central Park

route was lined by crowds, I'd always thought it was an exaggeration. But seeing all those people the entire 42k, the bands, rappers, singers, cowbells, vuvuzelas, all cheering you on – that was really something else! Of course, I also liked the location – we watched Wicked on Broadway, visited the World Trade Center area, got reacquainted with places we hadn't been to in years. I

RACE HIGHLIGHT. It had to be the finish! So many things happened and at one point I wasn't even sure I could actually run it, so crossing that finish line after all I went through before the race was extremely gratifying.

BEST PART OF NYCM. It was a really fun race. When people would say the entire

was also very impressed by how organized it was considering that over 47,000 people participated.

ON MOTIVATION. At the beginning, I just thought it would be fun. I also decided I wanted to do one marathon a year. But my dad passed away 3 weeks before the marathon, so I decided to run it for him.

ON LESSONS LEARNED.

My training was going very well, I was on pace to do a 4:30. But when my dad passed away, I missed so many training days just when I was supposed to be peaking. Then, a week before the race, when I arrived in San Francisco I got sick. I got well enough to do a short run the Saturday before the race, but I was slow and sluggish! Still, I decided that I was going to run no matter what. The first 10 miles, I often felt a bit faint and nauseous and many times I wondered if I'd actually finish, but I felt better after 10 miles. I wish that I'd been able to finish my training properly. But, things happen for a reason and when adversity strikes, I guess you take what you can out of it and use the lessons you learn. I always say: you have to play the cards you're dealt. I liked what was mentioned on thebullrunner.com: When you finish a marathon, you have no right to complain no matter what you had to deal with!

EMPIRE STATE OF MIND

Riza and Rico share their tips for running NYC Marathon

RIZA: Enjoy the run, both in training leading up to it and actually running it. I think I stress myself out as a race approaches, from focusing on how I will run it, my target time, training, etc. so that many days I end up not feeling too good. I think most people will do much better if they just relax and enjoy their runs!

RICO: Don't take acclimatization, nutrition and

hydration for granted. All the months of hard training you did could be wasted if, on race day, you get there jetlagged, hungry and/or dehydrated.

Having said that, my second tip would be to "Enjoy the race". Don't be too focused on time, pace, etc. Just run the course and enjoy yourself.



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MY STORY



RICO MANUEL
AVP and Chief Risk Officer,
Ayala Land Inc.
NYCM time: 5:12:36

ON TRAINING. I used a hybrid of three programs. First was Coach Jim Lafferty's Program from TBR Dream Marathon. Then, during the early parts of training, I found a "Break 4 or Bust" Runners' World Training Program which I tweaked to a "break 5:30" program. Lastly, in the latter parts of training, I was able to connect with two Gene's: Dr. Gene Tiongco and Ironman Gene Tamesis. I called this the "Bahala na yung barkada" program. Basically, I just called them every weekend and said, "How long this week *pare*?"

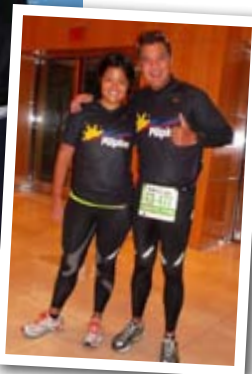
And where? 4:30am at the Fort? Or, 32k at the Manila Marathon?" In essence, what they did, as long as it was longer than the baseline, was what I did too.

RACE HIGHLIGHT. It was somewhere around Mile 17-22, just after the Queensborough bridge, as we were running up 1st Ave. I knew my wife and our friends would be there cheering. The anticipation of seeing them paired with the energy of the crowd as we made the turn

off the relatively quiet bridge just powered me straight up 1st Ave. at the most critical part of the race. It only got better when I saw them there cheering for me, holding up a "Go Rico" sign. At that point, I knew I could finish strong.

MOTIVATION. I ran this race so I could "virtually" train and run with my sister Karinna. She's my running (and cool gear) idol. She ran NYCM first in 2009, which is why I took up running in the first place, and then ran it again with me in 2011.

It was nice to exchange training notes with her, even though she still lived in NYC while I was back in Manila. She also ran the Athens Marathon a week after NYCM.



Rico & Karinna before the marathon

WHAT I LIKED MOST ABOUT NYCM. The best part of NYCM is that, even with all the hype and build-up, even when you raise your expectations about the marathon to unrealistic levels, when you actually run it, the experience is so much better. There was no point at all where the race was a disappointment. ●

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RIOVANA – G/F Active Fun Bldg, 9th Ave cor 28th St. BGC; Unit 305 Regis Ctr. Bldg., 327 Katipunan Ave. Loyola Heights QC. SM Mall of Asia – soon to open.

RUNCLUB DAVAO –

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

RUNNR – B3 Bonifacio High Street, 403.1787; 2/L Alabang Town Center; 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

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THE STARTING LINE – West Gate Center, Alabang Muntinlupa, 828.7679

{stores}

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

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KSWISS – Glorietta

501.3780; Alabang Town Ctr. 478.9772; Marquee Mall 045.304.0530

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

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

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(049) 536.0094; Limketkai Mall, CDO, (088) 856.6681

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THE NORTH FACE –

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DR. EDGAR MICHAEL EUFEMIO –

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– Makati Med 892.1541-43; Asian Hospital, 771-0585/ 86

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ERRATUM:

In TBR Mag - Nov/Dec 2011 issue, Gear Section, we erroneously printed "Sports Optic Pivlock V90" when the product is the "Smith Optic Pivlock V90."

To add, we failed to mention that all photos of Arland Macasieb on the cover and inside pages were provided by Newton and not taken by Ben Chan of Black-sheep Manila.

RUNNING 2012

We asked the SNAIL RUNNERS of Alabang for the one thing they were looking forward to in running this new year. Here's what they said:



Leo Tugade

To stay fit and healthy so I may finish my races strong and injury free. This year I will attempt to run my longest race ever, the BDM 160K, 2-3 marathons and more ultra marathons on the 2nd half.

Rodella Perez

I look forward to running my first marathon this 2012 at the TBR Dream Marathon. It was definitely a dream to make the list! Aside from the running tips, you get to make more friends through the Bull Session and learn about more ways to improve your health through the Bull Circle and the Weight Management Program.

Arlene Cheryl Calleja

I plan to join 2-3 marathons and a couple of ultras this year, and I hope to improve on my previous finish times. The one



Paolo Martin Lalas

Running my first marathon at The Bull Runner Dream Marathon this March 2012! I've only started running continuously from August 2010, did mostly 21 kms and completed a 32km in 2011; in 2012, its about time I experience the ecstasy - or pain - of completing a full marathon.

Celma Hitalia

A stonger finish in the forthcoming 2012 Condura Skyway Marathon with a goal of breaking my 42k PR of 4:17. Another goal is to finish the run leg of the 70.3 IronMan this year in less than 2 hours.



And to volunteer again as TBR Dream Chaser to help my Snail Runners teammates and other runners become certified marathoners.

Jessie Agoo

Last year, I trained hard for the T2N Ultramarathon (Tagaytay to Nasugbo). Unfortunately, I was not able to make it to the race day due to injuries I sustained when we tried to simulate the race exactly from the starting point to the finish line. As advised by the Doctor, I rested from running for several months. I am now back on the roads and I am looking forward to do at least one ultramarathon this 2012, perhaps T2N with a vengeance.



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