

# THE Bull Runner

MAR-APR 2012

RUNNING MAGAZINE

.COM

FREE

TRAVEL ISSUE

## MIKA IMMONEN

CHAMPION BILLIARD  
PLAYER. THE ICEMAN.  
ON HIS LOVE FOR RUNNING  
& THE PHILIPPINES

## FAD DIETS

AND WHY THEY'RE  
BAD FOR YOU

## RUNNING IN GUAM

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THE GO

RUN GEAR FOR  
TRAVELLERS

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TIMEX RUN 2012

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SUBIC INTERNATIONAL MARATHON  
TODO RESPONDE RUN

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# RUN CALENDAR

JAN - MAR  
2012

## MARCH

4: RUN UNITED 1 2012  
Runrio Trilogy Leg 1,  
Bonifacio Global City,  
500m/3/5/10/21k. Visit  
www.runrio.com or call  
7031736



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

31: SALOMON XTRAIL  
PILIPINAS 2012, Tagaytay  
Highlands, Tagaytay City,  
6/12/24k. Visit www.  
salomonxtrailpilipinas.com



31: GOOD  
HOUSEKEEPING FAMILY  
FUN RUN 2012, Bonifacio  
Global City, 100m/1/3/5k.  
Call 4518888 local 1070  
09204529661

31: I RUN AND WALK  
FOR THE KIDS, Brookside  
Hills, Gate 3 Oval Park,  
3/6k. Call 6552862 or  
09163485232

## APRIL

1: 23rd YAKULT 10 MILER  
2012, CCP Complex, Pasay  
City, 3/5/16k. Register at  
selected Mizuno Outlets

1: DE LA SALLE GREEN  
& WHITE RUN, Bonifacio  
Global City, 3/5/10/16k.  
Call 9751317

8: BAGUIO 21K,  
Baguio City, 5/10/21k.  
Call 9222604201 or  
09267323756

14: OUTBREAK MANILA  
2012, Nuvali, Sta. Rosa,  
Laguna, 5K. Visit www.

outbreakmanila.com

15: TAKBO KO, BUHAY  
MO!!, Angono Rizal,  
3/5/10k. Call 09174838965  
or 09217333260

21: THE RUNNING DEAD  
2012, Filinvest, Alabang,  
7k Obstacle Course.  
Visit www.facebook.com/  
runningdead2012

21: MAYON 360  
ULTRAMARATHON 2012,  
Penaranda Park, Albay, 50  
Miles. Visit www.mayon360.  
com

21-22: THE NORTH  
FACE 100, Baguio City,  
11/22/50/100k for details,  
Visit The North Face  
Stores

## MAY

19: MEDI RUN, Bonifacio  
Global City, 100m/3/5/10k.  
Call 7538870

20: JOURNEY FOR HOPE:  
A RUN FOR PSORIASIS,  
Bonifacio Global City,  
3/5/10/16k. For details,  
Email run@psorphil.org

27: 1st TXTFIRE FIRE  
RUN: TAKBO LABAN SA  
SUNOG, SM Mall of Asia,  
3/5/10k. Call 09166888897  
or 9868888

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

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

**The Bull Runner**

ISSUE 17  
MAR-APR 2012

EDITOR-IN-CHIEF  
Jaymie Pizarro

ASSOCIATE EDITOR  
Jun Cruz

PHOTOGRAPHY  
Ben Chan  
Erwin Nolido

ADMINISTRATIVE  
MANAGER  
Macel Janeo

DESIGN & LAYOUT  
Jaymie Pizarro  
Isa Cruz  
Sandy Cariaga

CONTRIBUTORS  
Eric Nicole Salta  
Mitch Felipe Mendoza  
Armand Mendoza

CONSULTANT  
Janice Villanueva

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Magazine is published by  
JPizarro Design. For inquiries,  
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California International Marathon  
December 2011



**T**OP TWO ITEMS ON MY TO DO LIST THIS SUMMER?  
RUN AND TRAVEL. NOW, IF I COULD DO BOTH: RUN  
ON THE POWDERY SANDS OF BORACAY, THROUGH  
the trails of Camp John Hay in Baguio, or even on the flat and  
humid roads of Singapore, then that would be perfect.

Our cover runner, billiard world champ, Mika Immonen, has  
done a lot of traveling (and running) himself. In this issue, we  
present Mika the runner who ran his first marathon below four  
hours and discovered how running helped him win in billiards and  
other aspects of his life.

This issue is packed with info on running and travelling.  
I wrote about my experience in Guam, particularly my half  
marathon run at the Guam Ko'Ko' Road Race. We feature running  
gear and shoes that can take on hot or cool weather depending  
on where you find yourself this summer. We share strengthening  
exercises you can easily do at home or in a hotel. And, we also  
share common fad diets and why runners should avoid them.

Here's to a summer of endless roads for running or  
travelling. Soak up the sun and run to your heart's delight.

*JPizarro*

JAYMIE PIZARRO, THE BULL RUNNER

www.thebullrunner.com

For regular event updates, visit  
www.thebullrunner.com

For FREE event listing in our calendar and website,  
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PRESENTS

# THE Bull Runner NUVALI EVOLIVING DREAM MARATHON

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If you want to run, run a mile.  
If you want to experience another life, run a marathon.

EMIL ZATOPEK

On Sunday, 18 March 2012,  
600 runners will cross the finish line of their first  
or second marathon in NUVALI  
and their lives will change forever.

To the 3rd batch of TBR Dream Marathoners:  
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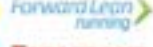
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# Your Running Checklist

MAR-APR 2012

**GO NORTH.** Pay the summer capital a visit and drop by these newly opened stores in Baguio City for your outdoor gear:



- **OUTDOOR KINETIX:** A new outdoor lifestyle for runners, triathletes, cyclists and other outdoor aficionados. Outdoor Kinetix is located at Burnham Park, beside the City Library (near Kisad Road) Abad Santos Drive, Burnham Park, Baguio City, 09175855350.

- **R.O.X. BAGUIO:** The biggest outdoor sports and recreation hub in Southeast Asia is now open in Baguio. Visit R.O.X. at Cluster C, Ayala Technohub, Camp John Hay, Baguio City, (074) 2447593.



**3RD SECONDWIND.** Manila's first exclusive running store opens its 3rd branch in Greenhills. Visit Secondwind at Unit GS-107, G-Strip, Greenhills Shopping Center, Greenhills, San Juan (near Life Cycle Bike shop).

**DONATE A SINGLET & GET A DISCOUNT.** Bring your old running singlet (sleeveless or shirt-type race apparel in good condition) to RUNNR and get P1,000 off your purchase of regular-priced shoes worth P4,995 and up. All collected running singlets will be donated to the communities of Gawad Kalinga's Paradise Heights Smokey Mountain. Participating RUNNR stores: BHS, Trinoma, Alabang Town Center, Ayala Center Cebu and RUNNR corners in Toby's Arena Shangri-la, SM MOA, and Abreeza Davao. Promo runs until April 1, 2012. Visit [www.runnr.com.ph](http://www.runnr.com.ph).



**VISIT A CLINIC.** Join Run United's run clinics every Tuesday and Thursday at Bonifacio Global City. The run clinics are free only for registered Run United participants. For more information, visit [www.unilabactivehealth.com](http://www.unilabactivehealth.com)

**RUN**  
united

# COOL AS ICE

Billiards world champion and marathoner **MIKA IMMONEN** lives up to his calm and composed moniker even on the run

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

EVERYONE KNOWS THE KIND OF POOL MASTER MIKA IMMOMEN IS, WHAT WITH HIS LIST OF NOTABLE ACHIEVEMENTS WHICH INCLUDE THE US OPEN 9-BALL CHAMPIONSHIPS, INTERNATIONAL CHALLENGE OF CHAMPIONS, AND 10-BALL CHAMPIONSHIPS TO NAME A FEW IN A CAREER THAT SPANS MORE THAN A DECADE. HE'S BEEN A FREQUENT TRAVELER TO MANILA AS WELL IN WHICH HE "LOST COUNT AT MY 25TH TIME" BUT WHAT MOST FANS MIGHT NOT BE AWARE OF IS THAT ONE OF THE GREATEST POOL PLAYERS TO HAVE GRACED THE GAME IS ALSO AN AVID AND EXCELLENT RUNNER.

In fact, for all the accolades this Billiards Digest Player of the Decade has deservedly received, parts of his prolific success are rooted to what running has provided him. "I started running when I was taking care of a friend's dog [a Golden Retriever]. My friend went away for the holidays and left me keys to his apartment. Whenever I took this dog to the park and ran with it, I noticed very quickly that I couldn't keep up. I was getting shortness of breath and I was thinking to myself 'This can't be even happening' because I used to be so good at sports."

Like most kids, Immonen grew up being active and playing sports like basketball; he used to run 3,200-meter sprints when he was 12 but it was in the tactically driven sport of pool where he naturally excelled. "It was a cold winter day [in Helsinki where he grew up until he was 15] and we were about to go play hockey when we found this new pool room," he says, "but when I fell in love with pool, all the sports were kind of left behind. I focused hardcore on pool and then [got into] a habit of smoking and stuff like that."

It wasn't until that doggy moment that he decided to do a compelling life turnaround. "I quit smoking right there and decided to start running." From his steely resolve to change his ways that would enable him to live healthier as well as help his professional career, Immonen sought to fuel this fire even more by running a marathon. "My dad was a runner and he finished a couple of marathons and I had always had a dream to run in one."

Come Dublin in 1998 and Immonen is set for his first ever marathon. "I decided to do it in 1998 because I had a bad spring season. I

was thinking I got to do something drastic to shift my focus and get something started so I thought I'm gonna start training for a marathon now." His six-month preparation (he started training in April for the October race) included reading basic marathon handbooks and running outdoors and on the treadmill even in the middle of pool competitions. "I didn't do any running races," he says, also sharing that on the plane to Dublin, a guy he sat next with couldn't believe this little info. "I'm a competitor in pool and I've felt like I've done my fair share of competitions and this is just an internal competition with myself and I'm going to do it no matter what. Just the lack of running races isn't going to faze me."

But just under four hours after the marathon started, Immonen, with his athleticism and mental prowess, demonstrated to himself and to his doubters his unparalleled brand of determination, which went above and beyond his expectations. "I finished in 3:59:13. I hit a wall around 35 and I was struggling but the people I guess I helped early on, kind of like pushed me to go, and all the people on the street and the little kids handing juice and cheering me on got me going."

"They say that the four-hour marathon is one of the toughest because you're running fast but you're running for a very long time. It's a brisk run but it's closer to jogging," Immonen shares. Backed by a renewed vigor from all the earnest running and marathon training he has done, Immonen's pool game translated impressively and started winning more.

"In 1998 I finished third in the US Open which was my highest finish and then I just found I was getting mentally stronger and when I put all those hours on the road and the grind, I felt like pool was just pleasant. Of course there was pressure but it was just different," he says.

## THE ICEMAN'S FAVORITES

**PLACE TO RUN** New York's Central Park is a special place for me to run because that's where I did most of my training for the marathon.

**RUNNING SHOE** I ran my marathon in Asics. I lost a pair in New York and I when I came to Manila I had to buy something and I tried the Adidas and it turned out to be a pretty good shoe for the road.

**RUNNING ACCESSORY** an iPod

**DISTANCE** 5K but usually I keep going so I end up running 6K or 7K

**PRE-RUN MEAL** If anything I might eat a banana or drink Gatorade but usually just water.

**POST-RUN MEAL** Cereal with bananas and berries

**RUNNING BUDDY** None. It's kind of impossible

**POWER SONG** One good workout track I had was, oddly enough, from Green Day.

**CROSS-TRAINING ACTIVITY** Rowing

**DREAM RACE** Of course it would be nice, if I become a serious runner, the Boston Marathon.

"After the marathon I noticed a significant improvement in my game. I started really breaking through, started winning tournaments and in 1999 I won a few tournaments and beat top guys like Efren and Bustamante." His momentum never wavered, reaching the number one ranking in 2000 and winning the world championships in 2001."

With such evident results afforded to him by the sport and with much more glory this champion is capable of achieving, it's no wonder Immonen simply appreciates the *joie de vivre* of running. "Running is something I usually do first thing I wake up even before breakfast. My average is like half an hour but sometimes I do longer. I haven't done really long runs lately especially in the Philippines, in the day time it's already pretty hot."



"It's sort of like meditation to me. You get to clean your mind and get the right thought processes," he says when asked about the benefits of running. It's also made him a better pool player. "During the later days of the competition, I don't get tired. My body is accustomed to running." For Immonen, running and pool goes hand-in-hand, complementing the other to make him a better athlete. While running's intense nature keeps him in great physical shape, billiards sharpens his finesse and mental composure—an effective combo that bodes well for his next race. "I want to do the New York Marathon but I think I got a little bit too much mass right now and I want to be lean and lighter." Knowing Immonen though, it won't take long for him to amaze everyone—including himself. ●



**“My dad was a runner and he finished a couple of marathons and I had always had a dream to run in one.”**



# RUNNING ALL OUT!

## READY? GET SET...

Running may just be today's most popular sport. That may be attributed to two things, a changing mindset on health and lifestyle and the relative ease of getting into the sport.

As one running coach quips, "Almost anyone can get into running. If you're in relative good health, all you need is a pair of running shoes and you're all set."

And judging by the increasing number of evening runners we see, and by the throngs of participants in the numerous running events staged almost every weekend, we can confidently say, running's popularity is at an all-time high.

## GOING ALL OUT.

But sometimes, as with any aspect of their lives, most active people tend to go all out – pushing themselves to their limits each time. This holds true in anything they do, be it work or play. This tends to lead to a depletion of energy and lowered immunity, which in turn, leads to susceptibility to sickness. As some experts would say, "Your body can only take so much. If your activity pushes your body to the limit, it will take its toll on you – perhaps you might get sick". That advice applies equally well to the sport of running. So it will be wise for the runner to be mindful of overtraining and to supplement exercise with enough rest, a good diet and supplements like vitamins. Coach Rio advises, "Don't neglect your vitamins, it helps you maintain your energy reserves and guards against lowered immunity that may lead to burn-out and sickness. Me, I take Enervon daily."

## SEE HOW THEY RUN.

Here's a set of pro tips from some of the country's premiere running coaches. Take heed, runners!

### 1. RUN STRESS-FREE -

Run with a clear mind; focus on the run and nothing else. For instance, run in the morning instead of the afternoon or evening. When you run in the morning, you run relatively stress-free since you have not subjected yourself to your regular day at work yet. A great bonus that comes with running in the morning is that it energizes you the whole day.

### 2. SET GOALS -

Don't expect instant results. Skills and running times (and your weight) don't improve that quickly, so set long-term goals. Pin a "goal-weight" and "goal-time" at the end of six months or a year instead of a few weeks. And as in anything, determination and perseverance are key ingredients to becoming successful. "Todo dapat ang dedication sa training," one coach advises.

### 3. TAKE YOUR VITAMINS -

Runners require more minerals and vitamins than the average person thanks to the stresses of running. Running also produces damaging free radicals. Vitamins and minerals can help mop them up. Running requires a tremendous amount of energy so pick a multivitamin that gives you energy boosts while guarding against possible sickness.



# 6 STRENGTH EXERCISES FOR RUNNERS ON THE GO

WRITTEN & DEMONSTRATED BY ARMAND MENDOZA, PTRP

Integrating strength and conditioning training to your regular exercise regimen helps a runner develop a more balanced and energy efficient body that is less prone to injury and delays overall fatigue. Moreover, studies have shown that strength training enhances running posture, dynamic stability and directly helps raise total aerobic capacity (endurance). Hence, runners who are keen on improving their running performance should always find time to squeeze in resistance or strength training exercises at least twice a week on non-consecutive days. Here are some easy and ingenious ways you can do your run-boosting strength program even when you're travelling or just at home.



## SHOULDER-WIDTH PUSH-UPS (1 MINUTE)

**HOW:** Go to plank position (on hands and toes/knees). Inhale as you bend your elbows to lower your body and exhale as you return up by extending your elbows. Keep your arms close to the body so your elbows point back towards the feet. Maintain torso and shoulder stability all throughout the exercise.

**BENEFIT:** Develops upper-body strength and core stability



## BOTTLE ROWS (1 MINUTE)

**HOW:** Go on a bent-forward position with knees slightly bent. Pull your arms towards your body in a rowing motion as you exhale.

**BENEFIT:** Improved upper-body strength and low-back stability



## SINGLE-LEG HINGE (1 MINUTE)

**HOW:** From standing, swing one leg straight back as you hinge on the hip. Raise your arms towards your head for added resistance to your shoulders and back extensors. Repeat on the other leg.

**BENEFIT:** Increases leg strength, core stability, and balance



## PLANK TWISTS (1 MINUTE)

**HOW:** Plank on elbows. Rotate your torso and swing one arm up towards the ceiling and then slowly return to plank position. Repeat on the other side.

**BENEFIT:** Enhances dynamic full-body stability



## BICYCLES (1-2 MINUTES)

**HOW:** Supine position with feet up and knees bent. Twist your upper body to one side as you exhale and simultaneously lengthen the opposite leg. Repeat on the other side.

**BENEFIT:** Develops abdominal strength and rotational mobility





**ARMAND MENDOZA, PTRP**

**WHAT I DO:** I'm a certified personal trainer, weight management coach, and running mentor. Currently, I work as a resident Stott Pilates and Redcord Instructor for B-Infinity Studios at Bonifacio Global City in Taguig. On my spare time, I also write for several magazines like Multisport Magazine, Southern/Northern Living, and Soul BGC. Furthermore, I'm also the designated weight loss & nutrition adviser for Men's Health Philippines.

**TYPICAL DAY:** Running with friends, training clients, and teaching group classes for most of my waking hours. When the dust settles, I'm usually the designated cook at home.

**RUNNING START:** Around 2005, I decided to run with my wife one Sunday morning around Salcedo village in Makati due to my increasingly boring relationship with the treadmill. I realized that time flies faster when you're running outdoors and it eventually refreshed my love for running. Weeks after that, I joined several 10km races with my wife. Eventually, we trained and finished full-marathons tagging along several clients and friends who enjoyed the experience as well.

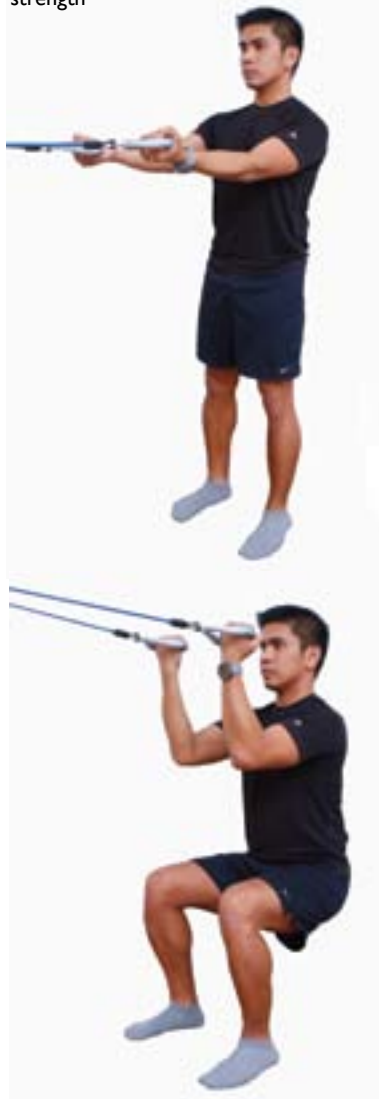
**MEMORABLE RACE:** Hong Kong Marathon 2007: You never forget your first!

**STAYING FIT BESIDES RUNNING:** I do Stott-pilates and Redcord suspension training. Both programs help me develop balanced strength, improved running technique, and functional stability.

**RUBBER-TUBING: SQUAT AND CURL (1 MINUTE)**

**HOW:** Bring both arms forward, then hold on rubber tubing-grips with palms facing up. Bend your arms as you go for a squat position with your legs, then return to starting position.

**BENEFIT:** Augments arm and leg strength



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## GEAR ON THE GO!

One of the best ways to explore a new city is on your feet...literally. We've gathered running gear that makes great company on your runs within the country or abroad.

**IFITNESS HYDRATION BELT** can hold two 6oz bottles, gels and your race number. It comes with a water resistant pouch that will keep all your stuff dry while running. TOBY'S SPORTS, RUNNR P1,435



**BROOKS EQUILIBRIUM SS TRAINING TEE** is a high performance top made of soft, lightweight, quick-dry fabric that prevents chafing. Perfect for all weather running. RUNNR, SECONDWIND TBA



**CW-X MEN'S COMPRESSION SHORTS** offers maximum support for activities with linear movement. It provides a suspension system for your hamstring reducing workload. RUNNR P3,495

**CEP CALF COMPRESSION SLEEVES** offers unmatched compression to your exhausted calves for speedy recovery while on the go. RUNNR, TOBY'S SPORTS P2,250



**SAUCONY KINVARA 2** is a super light shoe with a flexible midsole made from durable foam. It is defined as the next generation of minimalist trainers built for everyday use. RIOVANA, RUNNR, SECONDWIND P4,395

**NEWTON QUICK CHANGE MULTI PURPOSE BAG** packs everything keeping your gears organized and readily accessible wherever you go. R.O.X. P6,790



**OAKLEY FAST JACKET XL** has the switch-lock technology that gives you the ability to change lenses easily. It has a lightweight frame that allows for a comfortable all-day fit. G-FORCETBA

**NIKE MILER TRAINING TOP** is made of UV-protective fabric to protection from the sun and sweat wicking power for long lasting comfort on the road, gym or wherever you choose to run. RIOVANA, NIKE PARK P1,695



**110% CLUTCH FULL COMPRESSION TIGHTS** training and recovery pants that have pockets which allow you to easily slip in thermal ice sheets for faster recovery of your tired muscles. A convenient, mess-free way for ice therapy while on the move. (Thermal ice bag included) STARTING LINE. P10,500

**NIKE LUNAR ECLIPSE +2** offers a perfect customized fit for runners. Its dynamic support system tailors the shoe perfectly to your foot and adapts to every stride for unparalleled comfort. Allows a natural, effortless feel to your run. NIKE PARK, RIOVANA, SECONDWIND, RUNNR P6,495





## TOP 5 FAD DIETS AND WHY THEY WON'T WORK FOR RUNNERS

MITCH FELIPE-MENDOZA, MA, PTRP gives you the low down on the popular diets in town and why you, as a runner, should avoid them.

It is impossible to run efficiently, sustain the activity and achieve your personal best while following a fad diet that lacks nutrients and calories. I personally love to eat carbs and I always promote gradual weight loss and the runner's eating plan, that contain the right amount of calories and nutrients depending on an individual's activity level, fitness goals, current weight and lifestyle.

However, most runners trying to lose weight believe that the best way to achieve a faster weight loss is to burn calories from running and to follow a fad diet. Here are some features and effects of the most common fad diets tried by dieters, even runners, who are trying to lose weight.

### LOW CARB, LOW CALORIE (SOUTH BEACH)

**WHAT IS IT?** This diet has several phases, delivers faster weight loss results and then gradually re-introduces the nutrients during the process after two weeks of not eating complex carbohydrates like rice, pasta and breads.

#### THE EFFECTS

- Quick weight loss will be experienced during

the first two weeks but mostly because of lean weight loss (muscles and water). You will not have much energy to perform your usual physical activities. The good thing about this diet is the final phase when you can eat with almost complete nutrients (with carbs). This diet can educate dieters on how to choose and create your own healthy meals.

- If you follow the first phase, you won't be able to last long in your run training because you will lack energy from carbohydrates. You will experience dizziness, headache, and fatigue. During the run, you might experience cramps due to lack of carbs. After the run, you will not recover efficiently because faster recovery is always a product of eating a post-exercise meal 30 to 60 minutes after the run consisting of carbohydrates, protein and fat, like a sandwich or a rice meal.

### HIGH PROTEIN, LOW-CARB (ATKINS)

**WHAT IS IT?** This diet encourages dieters to eat more calories from fat and protein and, like South Beach, this diet does not promote carbohydrates. This will allow one to include carbs but to as little

as 20 grams per day, just equivalent to a slice of bread.

#### THE EFFECTS

- You will lose weight easily due to water and muscle loss and enjoy your favorite fatty and high-protein foods like steak, bacon and eggs without restrictions, but this very unbalanced nutrient composition causes one to become susceptible to health problems due to low vitamins, minerals, fiber and high cholesterol, high protein and high fat intake.
- Most people on Atkins diet report major mood swings and super low energy during the day.
- High-protein intake will affect your bone health by decreasing your calcium level and will also increase your uric acid. This causes joint pains and development of gout, a form of arthritis.

### VERY LOW- CALORIE DIET (LIQUID DIETS, FASTING)

**WHAT IS IT?** The amount of calories you consume from this diet is below the calories you need per day in order to survive. This is below 1,000 calories, below the minimum requirement of a healthy diet, which is 1,200 calories. Obese dieters attempting this diet should be medically supervised by weight loss specialists for safety reasons.

#### THE EFFECTS

Runners should not attempt this type of diet because it contains very low calories and unbalanced nutrient composition that can negatively affect one's performance, metabolism, health, and even mental and emotional state.

### MEAL REPLACEMENTS

**WHAT IS IT?** By the name itself, regular intake of common food choices will be replaced by nutrition-enhanced shakes, bars, or drinks in an effort to provide ample nutrients in controlled portions to manage calorie intake. Intake of meal replacement food may be subjected to all meals of the day or only on specific meals like breakfast, lunch, or dinner.

#### THE EFFECTS

With proper administration, meal replacements can provide sufficient nutrition for runners in terms of fuel for energy along with ample protein,

vitamins and mineral provisions when used as supplements to the regular meals. But, relying on these products alone to replace the usual meals to control weight will negatively affect a runner's performance due to lack of nutrients, vitamins and minerals. In addition, individuals who use meal replacements on a long-term basis are subject to very restricted variety of foods leading to food monotony and food fatigue, which can ultimately lead to increased cravings and overeating.

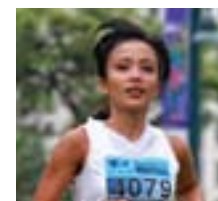
### STRICT VEGAN DIET

**WHAT IS IT?** Consumption of non-animal based food items, avoiding meat, fish and poultry products. Pure vegans are restricted to eating grains, fruits, and vegetables. Protein sources are restricted to lentil & nuts/seeds based products, which include beans, peas, nuts (almonds, cashews, walnuts) and seeds (watermelon, sunflower, squash).

#### THE EFFECTS

The vegan diet, if done properly can be a healthy choice for most healthy individuals or even for athletes trying to reduce meat-based diet complications like elevated cholesterol and hypertension. But if used for weight loss, without proper nutrition guidance, this can lead to health problems that can affect running performance.

Some athletes trying this diet have been noted to be at risk of iron-deficiency, which can deteriorate endurance and athletic performance. Protein sources for vegans are usually high in uric acid like beans and nuts, so individuals who are prone to gout and arthritis may have limited choices for muscle-building food sources..



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.



THE Bull Runner 

# RUN AFTER YOUR DREAM.

Gatorade blazes with you as you conquer your first 42kms in The Bull Runner Dream Marathon.

Sunday, March 18, 2012, 2:00am, NUVALI, Sta. Rosa, Laguna





Piolo with Coach Rio leading the 10k pack

**January 22, 2012, Bonifacio Global City, 5/10/16k**

More than 6,000 runners joined actor and heartthrob Piolo Pascual at the Timex Run



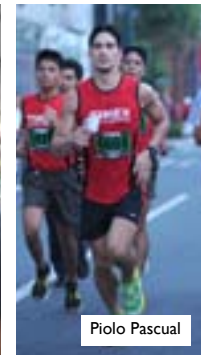
Runners with their freebies from the Timex Activity Booth



Anthony Pangilinan with son Donny, Coach Rio, Coach Ani and Dan Brown with newborn son Dash, Maricel Pangilinan with baby girl Solana, Piolo Pascual, Ella Pangilinan and Miriam Quiambao



Tessa Prieto Valdes with Timex GM Avinash Uttamchandani and Timex Marketing Director Gemma Pagsibigan



Piolo Pascual



Top 16k female finishers



Many conquered the Skyway!

**February 5, 2012 Filinvest City, Alabang, Muntinlupa City, 3/5/16/21/42k**

On its 5th year, Condura continues to be one of the most anticipated races of the year. The only race which takes runners on the Skyway, this time Condura started from the South. This 2012, the Condura Run raised funds to help save the mangroves.



The Running Shield, Patrick Concepcion



Senator Pia Cayetano



The Soleus Runners basking in the break of dawn.



Ton Concepcion, Condura Skyway Marathon Chief Organizer, doing final course inspection.



Happy runners showing off their beautiful medals



Fernando Zobel de Ayala



SIM Scenic View

**January 21-22, Remy Field, SBMA, 3/5/10/21/42k**

Nearly 4,000 runners set foot at the luscious greens of SBMA to help raise funds to support the community transformation programs of Christian Officers' Reform the Police Service (CORPS) and the DILAAB Movement.



Top 3 Female 21K: 1st, Monica Torres; 2nd, Jessamae Cortez; 3rd, Aileen Domilos with Father Melo, Maan Oriondo, and Gen Sam Tucay



3K & 5k Starters



Larry Martin, Ret. Gen Sam Tucay and his daughter

Awarding of check to beneficiary DILAAB Movement Foundation represented by Father Melo with Eric Imperio of eXtribe Inc. and founder of SIM Ret.Gen. Sam Tucay



KSWISS

**January 14, 2012, Bonifacio Global City, 3/5/10k**

Leading race organizers, personalities and runners gathered in this event to raise funds for Sendong victims & cancer patient Baby Rafael.



Awarding of Top 3 10K finishers



Michelle Estuar warming up before the 5k start



Awarding of proceeds to Baby Rafael's father.



Runners enjoying the photo ops





TUMON BAY



## ROAM & RUN IN GUAM

**JAYMIE PIZARRO** shares her brief escape to the island of Guam for a rich experience in culture, adventure, and road running

I woke up to a new day, stepped out of my hotel room balcony overlooking the pristine view of the calm sea and clear sunrise, took a deep breath, and felt fortunate to be invited by the Guam Visitor's Bureau to tour the island and participate in one of the country's most anticipated annual races: The 6th Guam Ko'Ko' Road Race.

### WHERE AMERICA'S DAY BEGINS

Because of its location, west of the International Date Line, Guam is the first to experience the new day in the U.S. hence Guam is "where America's Day begins." Guam is not a country;

it is an island territory of the United States that is steeped with a rich cultural heritage and national pride. The heart of Guam can be found in its people, the Chamorros, the oldest civilization in Micronesia, which has deep-rooted respect for family, a strong Catholic faith, and love for language, arts & crafts, and village fiestas.

A Filipino tourist like me felt very much at home in Guam with so many evident similarities between our cultures. As if that wasn't enough, shortly after I arrived at the airport, I discovered that there were so many Filipinos working here. Out of the 175,000 population

of Guam, the second largest ethnic group next to the Chamorros are Filipinos!

### ADVENTURES IN GUAM

Guam is 48 km long and 6 to 19 km wide (Yes, it's just a little bit longer than a marathon!) Despite its size, it has become the tropical destination of choice for tourists from Asia, the U.S. and Europe. Guam has a rich Spanish influence and World War II history, plus it has numerous activities and adventures for the entire family.

#### • WATER SPORTS AND ACTIVITIES.

Tumon Bay is where most hotels are located and provides the best stretch of white sand beaches on the whole island. All of Tumon Bay is protected by a natural reef that stretches out about 1 mile from the shore making the bay perfect for swimming, wind surfing, snorkeling,

and jet skiing. There are theme parks and banana boat rides for children.

• **GOLF.** Guam is also a golfer's paradise. They've got seven world-class golf courses. The weather is picture perfect almost all year round so playing a daily round of golf in a different resort for each day of the week is very doable.

• **TOURIST ATTRACTIONS AND LANDMARKS.** One of the most popular tourist attractions is Two Lovers' Point, which overlooks the glimmering Philippine sea and is the site of an ancient Chamorro legend of love and tragedy. Guam also preserved World War II historical landmarks throughout the island for tourists to visit and learn more about the past.

• **SHOPPING.** We should not discount one of the biggest adventures in travelling: shopping! Guam's unique duty free status makes it a popular shopping destination for tourists. Guam also has the world's biggest Kmart, which is open 24 hours.



Big name brands at Duty Free prices



Guam is a golfer's paradise



Love letters left by tourists at Two Lovers Point



Japanese tourists enjoy the sun and kayaking



Local vendors sell shells, beads, and arts & crafts at the Festival

## WHERE TO STAY

Hotels in Guam



### SHERATON LAGUNA GUAM RESORT

470 Farenholt Avenue, Tamuning, Guam  
www.Sheraton.com/guam

#### FEATURES:

- 311 guest rooms and suites
- State of the art, 24-hour fitness center
- Kids' Club
- a selection of 2 restaurants, 2 lounges, 1 trendy bar and 24-hour room service
- Angsana Spa which offers complete spa services from body massages to facials
- Largest club lounge featuring complimentary continental and Japanese style breakfast, evening cocktails, 42-inch plasma TV, and massage chairs



### PACIFIC ISLANDS CLUB (PIC)

210 Pale San Vitores Road, Tumon Bay, Guam  
www.picresorts.com

#### FEATURES:

- 781 guest rooms and suites
- Guests enjoy free unlimited access to sports, lessons, and rental equipment
- Kids' Club
- a selection of 5 restaurants offering international buffet, French-Asian fusion, American and Japanese cuisine, and cook-your-own barbecue
- Jiivana Spa which offers a wide range of services including detoxification programs and yoga classes



### THE 6TH ANNUAL GUAM KO'KO' ROAD RACE

The highlight of my trip was the Guam Ko'Ko' Road Race. The annual race aims to raise awareness on the plight of Guam's territorial bird, the Guam rail or ko'ko'. This is one of the country's most popular races organized by the Guam Visitors Bureau.

The 21k race was open to solo runners and groups of 4 runners for the Ediken Relay. There were a total 1,700 participants from all over the world.

From our group, I was the only one participating in the race, which started in the head office of Guam Visitor's Bureau. At the assembly area, I stood alone and enjoyed observing the hustle and bustle of runners moving to and fro. There were various groups in uniforms, a couple of hardcore looking couples, and a large number of Japanese participants. In fact, I almost felt like I was in Japan, not Guam. There was a lot of chatter and laughter, camera flashes, and a lot of dancing as the runners gamely followed the body attack warm up led by fitness professionals. The atmosphere was festive and fun and I immersed myself in the moment.

Before we knew it, the race started. We were off. Running alongside Japanese can be very intimidating. Their quick, effortless strides makes one feel slow and inefficient. As I huffed and puffed up a long ascent, several Japanese--



My Guam Ko'Ko' Road Race Shirt & Bib



Media from all over the world together with the Guam Visitors' Bureau



Hanging out with an all-female Japanese relay team before the race



Me with Japanese coach and his assistant for the pre-race clinic

in whimsical and oh-so heavy costumes---were overtaking me!

Thankfully, the race route was wonderful. The course took us through the flatter roads of the city making its way through a residential village and onto the main road, Marine Corps Drive and the island capital of Hagatna and Anigua. A portion of the course offered runners gentle rolling hills which were just enough to add spice to the

run. It was picture perfect. We ran long stretches of road by the beach while passing historical landmarks along well-paved, wide, and safe roads. I particularly enjoyed the run towards the turnaround point where the clear view of the sun and sea was a sight to behold at dawn. If only for that, I thought, I would love to run Guam again.

*The Guam Ko'Ko' race takes place every October. I highly recommend this race*

*to everyone. Before you land in Guam, practice saying "Hafa Adai", pronounced as "half a day." It means "hello!" in Chamorro, Guam's native language. ●*

#### LEARN MORE ABOUT GUAM & THE GUAM KO'KO' ROAD RACE:

e: [info@visitguam.org](mailto:info@visitguam.org)  
w: [www.visitguam.org](http://www.visitguam.org)  
w: [www.guamkokoroadrace.com](http://www.guamkokoroadrace.com)



# RUNNING: It's more fun in the Philippines

We asked runners to tell us where in the Philippines is their **favorite place** to run. Here's what they said:



## Joey Marcelo

Whenever we are preparing for a Marathon or just want to get out of Metro Manila, our usual training route is from *Sta. Rosa Laguna to Tagaytay*. We usually park at Paseo de Sta. Rosa and run all the way to Royale Tagaytay for a 35km run. There is usually a vehicle following us for our hydration and just in case a runner decides to stop running within the route. The beauty of this is we finish every run with the cool breeze of Tagaytay plus a sumptuous breakfast and massage at Royale Tagaytay.

## Merl Magtangob

My favorite place to run is *Bonifacio Global City*. It has a tree-lined jogging & running area for exercise enthusiasts and it has the best places for running like Bonifacio High Street, Mckinley Hill, Heritage Park, Libingan ng

mga Bayani, The Manila American Cemetery and Memorial, Forbeswood Heights, Philippine Army Jogging Lane, and more. It's also a great place for LSD training because you'll easily find 25km running its big loop with down and uphill routes.

## Michelle Logan

*Baguio City* has to be the best place to run in The Philippines. The cooler weather allows for running at anytime of the day, the scenery is breath-taking and the hill training is priceless. Oh, and the Baguio running community are some of the coolest people I know!



## Setsu Palay

Definitely in my province, of course, in *Puerto Princesa, Palawan*. It's totally clean, smog-free, some roads are quite challenging (especially the zigzag roads going to Sabang beach going to the

Underground River... or even the National Highway too) but smoothly paved, has lots of breathtaking sights to see, and very close to nature. It's so awesome to run in a city within a forest!



## Rain Ordonez

For those hard-core ultrarunners out there who really want to push themselves to the limit, the best local destination or province(s) that I would recommend would be the *Bataan Death March 160 (BDM 160) route from Bataan to Tarlac*. The panoramic landscapes are breathtaking, especially when you reach the Grand Obelisk, but it also has everything your mother wouldn't allow you to do. Crazy I tell you! It will test every inch of your body and mind and will strip you down to the core... Definitely you will feel pain, but it will be the best pain you will ever feel in your whole life.



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GPS

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Daniel Brienza, Timex Multisport Team



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