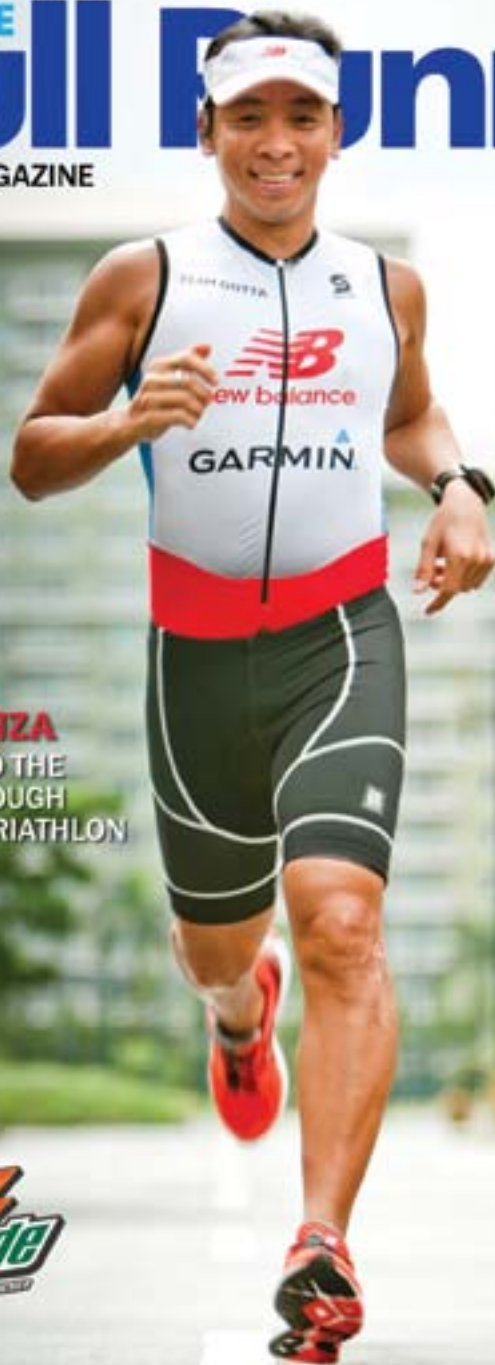


THE Bull Runner

RUNNING MAGAZINE

JUL-AUG 2012

.COM



TRIATHLON
ISSUE

KIM ATIENZA
LIVING LIFE TO THE
FULLEST THROUGH
RUNNING & TRIATHLON



a publication of



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- Reduces injury risk.
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RUN CALENDAR

JUL - SEP
2012

JULY

1: 2nd VALLEY TRAIL CHALLENGE, Nuvali, Sta. Rosa Laguna, 25/50k. Call 5674786, 09178030664

1: MILO MARATHON, BAGUIO LEG, Baguio City, 3/5/10/21k. Call 09165996137

1: PHILIPPINE ROAD RACING GRAND PRIX LEG 2, Raja Sulayman Park, Manila, 1mile/3/5/10/21k. Call 5267092

8: MILO MARATHON, DAGUPAN LEG, Dagupan City, 3/5/10/21k. Call 09175655214

15: MANILA BAY CLEAN-UP RUN 2012, CCP Complex, Manila, 3/5/10/15k. Call 09215927956

21: RUN FOR LIGHT, Bonifacio Global City, 3/5/10k. Call 09158329370, 09175823604

22: KELLOGG'S RUN FOR A HEALTHY FILIPINA, McKinley Hill, Taguig City, 3/5/10/16k. Call 09278756671

22: BMAP THE GREAT BANK RUN 2012, Filinvest, Alabang, 3/5/10k. Call 09278756671, 6371116

22: MILO MARATHON, ANGELES LEG, Angeles City, 3/5/10/21k. Call 09195926306

22: 1st PNCGEPAI TAKBO

PARA SA KINABUKASAN, Bonifacio Global City, 3/5/10k. Call 8877169, 3306736

28: OUTBREAK BGC, Bonifacio Global City, 5k. Register at RUNNR or Toby's Sports

28: LET'S RUN FOR THE ORPHANS 2012, San Carlos Seminary, EDSA Makati City, 500m/3/5k. Call (632)7287316

29: MILO MARATHON ELIMINATIONS, Manila, SM Mall of Asia, 3/5/10/21/42k. Visit www.runrio.com or call 7031736

AUGUST

4: A BETTER RUN FOR THE VETERANS, Alabang, Muntinlupa City, 1/3/5/10k. Call 09278982534, 09499597956

5: 3RD INTRAMUROS RUN BY THE MAPUANS, Intramuros, Manila, 3/6k. Call 09173017990, 09273142565

12: REXONA RUN 2012, SM Mall of Asia, 5/21k Individual and Relay. Call 09165709220, 09297178164, 7031736

12: REGENT FUN RUN 2012, Bonifacio Global City, 100m/3/5/10/16k. Call 6415388

12: Pick UP the Pace: THE DGE 75th ANNIVERSARY FUN RUN, UP Diliman,

Quezon City, 3/5/10k. Call 09175296020, 09178538065

19: TIMEX RUN CEBU, Cebu City Sports Center, 5/10/16K. Cal (032) 2547786, 09282439643, 09165709220

19: KAGAY-AN FESTIVAL MARATHON, Cagayan de Oro City, 3/5/10/21/42k. Call 09177060248

19: MILO MARATHON, NAGA LEG, Naga City, 3/5/10/21k. Call (054) 473 5988, (054) 473 1700

26: TIMEX RUN DAVAO, M. Roxas Ave., Davao City, 5/10/16k. Call 09274299516, 09165709220

26: TIKTAKBO FIT 'n FIVE, UP Diliman, Quezon City, 250m/3/5/15k. Call 09177335318, 09066198277

SEPTEMBER

1: SYNERGY RUN 2012 - NURSE CORPS, AFP RUN FOR A CAUSE, Camp Aguinaldo Grounds, Quezon City, 1.5/3/5/10k. Call 09062694620, 9211796

1: LAKAD RUN FOR KIDNEY CARE, UP Diliman, Quezon City, 3/5/10k. Call 5714175 to 76, 09178486243

2: MILO MARATHON, SAN PABLO LEG, San

Pablo City, 3/5/10/21k. Call 09393872628, 09081614674

2: NATURE'S TRAIL DISCOVERY RUN, Tanay Adventure Camp, Tanay, Rizal, 10/21k. Visit www.pimcosportsevents.com

8: CAGAYAN DE ORO-DAHILAYAN TRAIL ULTRA MARATHON, Cagayan de Oro City, 57/80k. Call 09177060248

9: BOHOL MARATHON 2012, Bohol Beach Club, Panglao Island, 5/21/42k. visit www.boholmarathon2012.com

16: RUN UNITED 3 2012, SM Mall of Asia, 500m/3/5/10/21/32k. Call 09165709220, 09297178164, 7031736

16: MILO MARATHON, BATANGAS LEG, Batangas City, 3/5/10/21k. Call (043) 7842503, (043) 7842501, (043) 784 2502

23: MILO MARATHON, PUERTO PRINCESA LEG, Puerto Princesa City, 3/5/10/21k. Call (048) 4341721, 09175523555

30: MILO MARATHON, TAGBILARAN LEG, Tagbilaran City, 3/5/10/21k. Call 09209704962

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

Bull Runner

ISSUE 19 JULY-AUG 2012

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My first long distance triathlon,
Tri United 2, last July 1, 2012
at Laiya, Batangas
(photo courtesy of Noel Miano)



A FRIEND ONCE TOLD ME THAT RUNNERS MUST LEARN TO LOVE ALL THE OTHER ACTIVITIES THAT COMES WITH RUNNING, such as cross training, strength training, core and balance workouts, and proper nutrition. We become better runners tomorrow primarily through running, but also with the help of a balanced and complete workout program.

Through the years, I learned to love swimming and, during the past few months, biking, which has inevitably left me with a newfound inclination towards triathlon.

Our theme for this issue is Triathlon for Runners. We didn't need to look far for our cover, Kuya Kim Atienza, who is now a regular sight at running and triathlon events. His impressive performance at races only highlights the equally inspiring changes he made in his life after a stroke.

We are fortunate to have Coach Dan and Ani Brown provide you with a Runner's Guide to Triathlon and three-time defending Ironman 70.3 Philippines Elite Champion, Monica Torres, share her many firsts in the world of triathlon.

Of course, we bring you the freshest triathlon gear and accessories in the market along with the awesome running events the past weeks.

Whether you run only, or you combine it with other activities to ultimately become a better runner or triathlete, may you continue to try (or Tri!) to become better and stronger than you were yesterday!

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,
email complete details to tbrrmag@thebullrunner.com

Your Running Checklist JUL-AUG 2012

DISCOVER DUATHLON. For runners who wish to try cycling or duathlon races, the 2nd leg of "DISCOVer Duathlon," a run-bike clinic will be held on July 18, 2012, Wednesday, 7pm at SM Mall of Asia. The clinic will cover everything duathlon, from gear and proper workouts to tips on the course and in the transition areas. Choosing, handling and fitting of other equipment such as protective gear and bicycles will also be discussed in the clinic. To join, you may visit 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

KELLOGG'S RUN FOR A HEALTHY FILIPINA. Join Kellogg's for a fun and wholesome 3k, 5k, 10k, or 16k run at McKinley Hill on July 22, 2012. You may register at Toby's - Shangri La, Glorietta 4, SM Mall of Asia or Runnr - Trinoma or Bonifacio High Street. Online registration is also available at www.race.proactive.ph. For the early birds, you may even get a free sample of Kellogg's Special K Cereal!



DROP BY A PARK. In the heart of Metro Manila lies a hidden oasis in Bonifacio Global City's recently opened Track 30th fitness park. The park has a meditation garden, exercise lawn, and last but not the least, a jogging path. Perfect for runners who yearn for a safe and secure area to run while their families and friends can enjoy the surroundings. (Our cover story with Kuya Kim Atienza was shot at Track 30th.)



Track 30th at BGC is perfect for people who want to have a healthy mind and body



NUVALI, THE PLACE TO BE

Ayala Land continues to go full-blast in bringing to fruition its large-scale master planned development that promises to integrate live, work, recreate. In NUVALI, this is all possible.

New and exciting developments have been added to living up to its promise. Xavier school opened its doors in June 2012 that would provide its young residents quality education without leaving the safe confines of their community. Miriam College to open in 2014 would certainly be a welcome addition.



Probably the most exciting for adrenaline junkies is the much-awaited opening of Republic Wake Park. Opening in July 2012, this water sports facility boasts of a four-hectare lake, shower and dressing rooms. Future plans include its own bar and restaurant, its own hotel, and a skate park. Wakeboarding enthusiasts now don't have to go far to enjoy.

Another addition this year is an events space called The Monochrome, to be situated across the Evolving Center where corporate events, parties, concerts and other social activities may be held. Opening by 2014 is Kukun Hotel NUVALI, an urban lifestyle hotel that will have 9 floors and an estimated number of 150 rooms.



With the eco-city still growing with expansions in retail, business, hospitality, leisure and education, these budding developments are setting the backdrop of NUVALI being the prime destination south of Manila as well as providing relief to those in search of literally greener pastures not too far from the Metro.

NUVALI, the place to be.

To know more about NUVALI, you may visit www.nuvali.ph or call phone number: 0917-5-ASKNUV (275 688).

NUVALI, where people and nature thrive.





2012 CALENDAR OF ACTIVITIES

EVENT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Bull Runner DREAM MARATHON												
			Mar 18									
 ACTIVE HEALTH RUNNING CLINIC												
			Starting Feb 14, every Tuesdays & Thursdays at BGC. FREE for all 2012 registered Run United participants									
RUN united 2012			RUN united 2012			RUN united 2012			RUN united 2012	RUN united 2012		
			Mar 4			Jun 17			Sept 16	Oct 28		
THE NEXTSTEP TRIATHLON CAMP SERIES												
		Feb 25-26	Mar 10-11			Jun 9-10	Jul 21-22			Oct 13-14		
		Pico de Loro, Batangas				Pico de Loro, Batangas				Pico de Loro, Batangas		
TRI united 2012			TRI united 2012			TRI united 2012				TRI united 2012		
			Apr 13-14			Jun 30 - Jul 1				Nov 10-11		
			Playa Laiya, Batangas 1K - 30K - 7K			Playa Laiya, Batangas 2K - 60K - 15K				Ayala Alabang Village Series Finale / Minisprint / Sprint		

For more details, visit www.unilabactivehealth.com

NO TIME WASTED

For dedicated family man, TV host and athlete,
KIM ATIENZA, every minute matters in reaching his goals.

Words by **RACQUEL VALENCIA**
Photo by **BEN CHAN OF BLACKSHEEP MANILA**
Shot on location at Bonifacio High Street

BE IT ABOUT FAMILY, CAREER OR HOBBY, THREE SEEMS TO BE A GOOD NUMBER FOR ALEJANDRO ATIENZA - or Kuya Kim as he is most popularly known. First off, he and his lovely wife Fely are blessed with three adorable children: Jose, Meimei, and Emman.

Meanwhile, keeping Kuya Kim busy are his three television shows - *Showtime* from Mondays to Saturdays, *Matanglawin* every Sunday, and *TV Patrol* every weeknight.

What a lot of people don't know about Kuya Kim is his passion for three different

sports: running, cycling, and swimming. His growing dedication for the sport of triathlon was borne out of his interest in running.

A STRONG SURVIVOR

After suffering a mild stroke two years ago, Kuya Kim had to undergo therapy which consisted of slow walks. Everyday, during his therapy sessions, he would notice a group of runners led by Coach Ige Lopez. The sight piqued his curiosity.

"They all looked fit. Seeing them run, I told myself 'I would like to do that.'"

This idea he did not only think of, but he pursued. By April 2011, the man who had suffered a stroke finished his first 5km run.





LEFT: Kuya Kim with Drew Arellano and Gotta Tri Teammates, Erwan Heussaf, Coach Ige Lopez, and Mark Gorricea. RIGHT: Kim with LC Langit in a congratulatory hug after crossing the finish of Century Tuna 5i50.

“My first race was at The Good Run where, originally, I was just the guest of honor. I gave a speech and since I was there, I said I might as well run,” he laughed.

For a first run, he finished at a good time: 29 minutes for a 5km. Running proved to be good therapy for him.

“There are a lot of misconceptions about what you can and cannot do after a stroke,” he explains. For him, the biggest challenge was the first step: getting rid of the fear.

Thankfully, Kuya Kim was armed with courage to get past through this particular roadblock. More importantly, he transformed the negative into a positive. Instead of worrying about the possibility of suffering another stroke, he focused on being healthy.

What made the turnaround easy for Kuya Kim was that he knew where to spend his precious minutes between family and work. He chose to run.

MAKING MILESTONES

Every day, by 6:30 a.m., you can find Kuya Kim on the road or in the pool. He runs at least three times a week. His advice to those who have second thoughts about running? “Stop having doubts and simply run.”

“You don’t have to start running to the extreme. You can start with brisk walking.

Alternate with a slow-fast walk and then a slow-fast run. Say no to pressure, stick to form. Remember not to be too intense with your initial workout,” the inspired runner advises, taking it from his own experience.

Kuya Kim is definitely enjoying the rewards of running: positive changes both physically and mentally.

“Staying fit gave me a sharper mind and taught me about time management,” Kuya Kim explained. “I found a good balance between family time and work life.”

Last August, he finally did his first marathon, Marathon du Médoc, in France. He went together with the rest of the Philippine delegation named “Chateaux Siran” after a wine estate in Bordeaux, France.

At Marathon du Médoc, unlike what most runners do, which is to put one’s name on a race bib for people to cheer you on, he lovingly opted to have “I love Felicia” written on his race bib.

“This was part of my wife and I’s celebration of our 10th year anniversary. She even joined me in running,” Kuya Kim said heartily.

The marathon, for the passionate Kuya Kim, was definitely one of a kind. “It’s life-changing... It should be a part of those 100 things to do,” he suggested.



**“Stop having doubts
and simply run.”**





ON THE MARATHON:

**“It’s life-changing...
It should be a part of
those 100 things to do.”**

Marathon du Médoc is a fun festival that combines running and wine-tasting. It gives runners the opportunity to be creative in costumes while coasting through the beautiful vineyards of France.

MORE ‘FIRSTS’

What led Kuya Kim to pursue more activities aside from running was his goal to keep fit. After focusing on running, he reconnected with a former passion of his: cycling. Since he was into the two disciplines, he realized it wouldn’t hurt to acquire the skill of swimming. Soon enough, a triathlete was born. Kuya Kim only learned to swim last November and his hard work at the pool is finally paying off.

Recently, Kuya Kim finally did his first triathlon during the 5i50 Subic International Triathlon. He is now deep into training for his first Ironman 70.3 in Cebu this coming August 5.

Even his son is inspired by the leaps and bounds Kuya Kim is taking. Jose, who is only 10 years old, is now taking swimming lessons and following in his father’s footsteps.

As for the 45-year-old dad’s next goal? “To do a full Ironman in two years’ time.”

Just like the three values he teaches in his show *Matanglawin*, Kuya Kim definitely showcases being “*mapanuri, mapagmatiyag at mapangahas*” in the healthy measures he is taking. He is proof that nothing is impossible when you make the most of your time running after your passion. •

**RIGHT
ON TRACK**


Kuya Kim keeps his focus on making the most of his minutes. Take a peek at how he does it:

5:00-5:30 am	Wake up
5:30-6:00 am	Breakfast
6:30-8:30 am	Workout
10:30-11:30 am	Prepare for Showtime
11:30-2:30 pm	Showtime
3:00-3:30 pm	Nap
4:30-6:30 pm	Prepare for TV Patrol
6:30-8:00 pm	TV Patrol
8:00-9:30 pm	Dinner and family time
9:30 pm	Bedtime

*On weekends, he spends 6:00-9:00 am doing long rides.



GEAR TO TRI

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SWIM

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BIKE

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RUN

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TIME CHECK

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SOLEUS GPS 3.0

is an update of 2.0 with the addition of a heart rate monitor. Capable of recording times for 5 individual training sessions for uploading. TIME STUDIO, RIOVANA. P 12,550



TIMEX RUN TRAINER WATCH Equipped with GPS technology complete with all the basic information a runner needs. Customizable display with four data lines also featuring hydration and nutrition reminders and recovery heart rate monitor. TIMEX OUTLETS, RIOVANA. P17,990 (w/ HRM), P 14,290 (w/o HRM)

ASICS AR02

Lightweight and thin, employing an advanced shape to the left, minimizing interference. The result is easy wearing, easy viewing, and easy operation. This watch has a 500-lap memory, perfect for the serious runner. L TIME STUDIO, TIME GEAR. P4,450



ADVERTORIAL

FAST OFF THE BIKE!

By Coach Andy Leuterio

It is the bane of every triathlete: getting off the bike in fine shape, then wobbling, hobbling, and not-quite-running to the finish line. If you're just getting into triathlon, you might find that running off the bike is quite different from a pure run race. In the latter, you get full usage of your major running muscles – the quadriceps, hamstrings, and glutes – from start to finish. But in a triathlon, these same muscles are already fatigued in the preceding bike leg, with emphasis on the quadriceps and gluteal muscles. So it's commonplace to get off the bike and feel like your legs have suddenly turned into giant “bricks”.

It happens to both pros and newbies, but the good news is that you can train to overcome this challenge with 1 or 2 specific workouts every week: the “brick”, and the “transition run”.

TRANSITION RUN refers to a short stint on your feet coming off a bike ride, from 10-20 minutes. This workout fulfills several things:

1. By making it a routine in training, it ensures that running off the bike quickly in a race is nothing new to you.
2. As a runner shifting to triathlon (or duathlon), it's a way to sneak in a few precious run miles for OC-types who can't bear to cut back on their running mileage.
3. It trains your muscles to quickly adapt to your normal running stride coming from a previous workout where your legs were pedaling in circles.

BRICK refers to a longer bike-run workout, meaning anywhere from 30 minutes off the bike up to 2 hours for long course athletes. A brick is an excellent workout for the serious athlete:



1. Make your first few bricks purely aerobic in nature. After riding at a “comfortably hard” pace on the bike for an hour or several (depending on your target race distance), follow up with a short run of at least 30 minutes at a pace that can let you talk for a few sentences between breaths.
2. As you get closer to Race Day, make your bricks as close to the race distance as possible.
3. When you're confident that you can tackle the brick at a comfortable pace, it's time to ramp it up to your Goal Race Pace or Effort.
4. For example, ride the race distance at Goal Race Effort, then run aerobic off it.
5. Or ride the race distance at Goal Race Effort, then run at Goal Race Effort too.
6. There are many ways to structure a brick workout, but the guiding principle should always be “Specificity of Training”. In the end, how you train will determine how you race!

Ride your bike hard, and then run like a beast!

Coach Andy is a top Age Group triathlete and Director of Alpha Training Systems. He can be reached at alpha_tri@yahoo.com.



GIVE IT A TRI: A RUNNER'S GUIDE TO TRIATHLON

Words and Photos by **COACHES DAN AND ANI BROWN**
of The Next Step Triathlon Camp

The rising phenomenon that is multi-sport has gripped the local sporting community by storm. A huge wave of runners have slowly but surely ventured into triathlon in the past couple of years, and understandably so—athletes are always up for the next challenge.

Triathlon adds swimming and biking to the weekly repertoire of the avid endurance junkie. To be honest, this could be the answer to the constantly injured runners out there. Since triathlon races require the participant to swim, bike, run, one after the other, the runner is forced to give up some run sessions in favor of the two other sports in the training program.

Regardless of whether a runner is going to join a triathlon race or not, adding the swim and bike to the weekly plan is great mainly because of two things: Number one, swimming and biking are perfect for overall conditioning. Because both are great cardiovascular workouts, the body's aerobic engine is given an excellent boost. Not only that, the muscular and skeletal systems are trained to better adapt to heavier running loads and therefore prevents injuries.

In view of this, we want to help you, our running readers, get started on incorporating the swimming and biking components to your already full training week.

GETTING STARTED IN SWIMMING:

1 Swimming is the most technical sport among the three; therefore it would serve you best to hire a swim coach who can be on deck at least once to twice a week to help you develop your stroke.

2 Swim often (3-5x a week), as lots of pool time is the only way you can improve your "feel for the water."

3 Swim sessions should initially be time-based, not distance based. The idea is to swim constantly, even if the workouts are short.

4 Do not worry about swimming often and on the same day as a bike or run workout. If you have twice a day workouts, having a swim workout as one of them is great because you mostly use your upper body, as opposed to your legs in the case of running or biking.



5 Once you are confident to swim the race distance, prepare for your race by practicing open water swim skills. Swimming in open water is different from pool swimming and you don't want to be surprised on race day.



RUN CLINIC



GETTING STARTED IN BIKING:

1 Acquiring a bike can be done in three ways: a. Borrowing a bike, b. buying a second-hand bike, and c. buying a brand new bike. All options are okay especially if you are just starting. Since this is the most expensive aspect in the sport of triathlon, it can also be the most intimidating. If you have to save up for your bike, it is good to borrow one first. This will give you more time to check out the market. If you already have spending money, the most important area you should focus on is BIKE FIT. Secondary factors to consider are the frame material (either high grade steel, aluminum or carbon fiber), weight and aerodynamics.

2 If you are starting from scratch, use regular rubber shoes as opposed to biking shoes with cleats first. You can switch later if you are more confident of your handling skills.

3 Ask a coach or a friend to help you with your pedaling technique—yes, there is a scientific way of doing this.

4 Invest in an indoor bike trainer. Especially if you are living in the Metro Manila area, you will soon find out that trying to bike during the week will prove to be a challenge because there are very few

venues wherein you can do this. Having a bike trainer and also some indoor cycling videos are great alternatives. As a matter of fact, even if you have easy access to biking outdoors, an indoor cycling session once a week is an excellent for carrying out your drills and focusing on your pedal technique without the distractions of other vehicles, stopping at intersections, etc.

5 If you have only two sessions a week wherein you can do bike training, do these:

- Long Ride. Distance and time is relative to the level of the athlete.
- Interval Sessions. The long ride helps you build your endurance and the interval sessions incorporate your target race pace so you will grow accustomed to it.

6 If you have time to do a third session, you can do a ride with some hills to build your strength.

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K-SWISS **PLANET SPORTS** **Coming out this August 2012**



MAXIMIZING YOUR RUNNING ABILITIES INTO TRIATHLON SUCCESS:

1 The first thing that triathletes who come from a running background find out is this: just because they are excellent runners does not mean that they will have blazing run splits in their triathlon races. It's quite painful to come to this realization, but you have to accept that triathlon running is different from straightforward running. Triathlon running is running strong off the bike, and that is what you should practice.

2 The Brick: No, it's not a bike-run-"ick!" This is the term used by triathletes for sessions which combine biking and running together. To make sure your legs are used to running off the bike on race day, you have to practice it during training. You can do Short Brick sessions or Long Brick sessions. The distances you train for will depend on the races that you are aiming to do. It doesn't have to be a very long run off the bike every time. One common Brick Session that triathletes do is this: Long Ride (2-4hours) followed by 10-20min run.

3 Triathlon running is all about developing strength in your legs to handle running while already fatigued. Incorporating gym workouts can be a good tool in achieving this.

4 Core strengthening cannot go unmentioned in this article, as your core is what holds everything together when you are swimming, biking, and running. The stronger your core is, the better you will be across all three sports.

5 To help you with a typical weekly program, we suggest something that looks like this:

- **MONDAY:** Off
- **TUESDAY:**
AM - Bike Trainer w/ technique drills and intervals
PM - Easy Run
- **WEDNESDAY:**
AM - Swim w/ technique drills and intervals
PM - Gym / Core Strengthening
- **THURSDAY:**
AM - Run w/ technique drills and intervals
PM - Swim w/ technique drills and intervals
- **FRIDAY:**
AM - Short Brick (may be done on hilly terrain)
PM - Gym / Core Strengthening
- **SATURDAY:**
AM - Long Run
- **SUNDAY:**
AM - Long Ride w/ short Run off the Bike
PM - Easy Swim

For more info on The Next Step Triathlon, visit website: thenextsteptri.com and Facebook page: The Next Step Triathlon Camp Series



Runner happily crawling the dreaded mudpit



Will Devauhgn conquered the 21km route



EVENTS

A happy finisher leaps for joy after conquering the difficult trail



The Philippine Army Dragon, Merrell Ambassadors, graced the event and survived the 10km trail run

MERRELL TRAIL ADVENTURE RUN

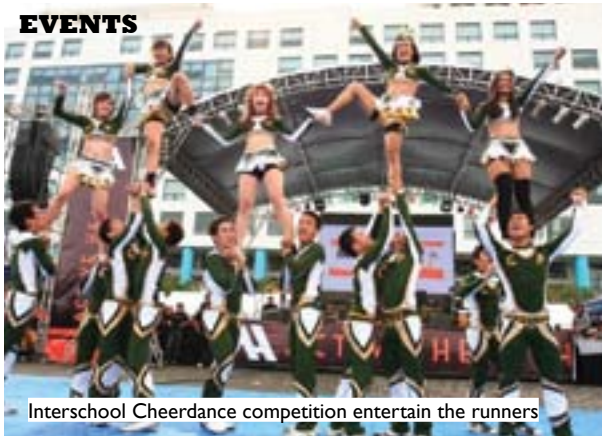
June 2, 2102
Timberland Heights
San Mateo, Rizal
5/10/21k

A wet and muddy day for the trail seekers of the Merrell Adventure Run. Runners conquered the obstacles of dirt trails, steep climbs, boulders and mud pits.



A great way to end a spectacular event: runners are treated to a post race shower to clean off the mud

EVENTS



Interschool Cheerdance competition entertain the runners



Troy Montero running 10K



All set for a bike ride

THE NEXT STEP TRIATHLON CAMP 4

July 7, 2012

Pico de Loro

Nasugbu, Batangas

On its 4th series, The Next Step Tri Camp, led by Coach Dan and Ani Brown, continues to teach triathletes the essentials of swimming, biking, and running.
www.thenextsteptri.com

RUN UNITED 2

June 17, 2012

SM Mall of Asia

3/5/10/21k

Almost 14,000 runners gathered on a stormy morning at SM Mall of Asia grounds for the second leg of the Run United Runrio Trilogy. Unilab Active Health continues to promote a fit and active lifestyle for the whole family.



Runners raring to start their 10k run



The Next Step Tri happy campers before the "suffering"



Tessa Prieto-Valdes runs 10K



Clinton Hess CEO of Unilab awarding the donation to Children's Hour representative with Coach Rio and Alex Panlilio



Lara Parpan thrilled to win a Timex Watch in a raffle



Tony Welsh give pointers to the triathletes

EVENTS

BROOKS RUN HAPPY 2

June 3, 2012

Bonifacio Global City, Taguig City 6/12/21k

More than 3000 runners who joined the Brooks Run Happy 2 were treated to a fun-filled day with lots of freebies and activities



Runners warming up with Ivan Dorschner

Brooks happy runners off to a good start



Brooks endorser Jennylyn Mercado, Toby Claudio and Bobby Claudio awarding the top female winners



Happy runners near the finish line

BROOKS

FLOAT

OR

FEEL

★ ★ ★

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

TRANSE 11

PUREFLOW

Available at:

- tar
- brick
- TOBYS
- RUNNR
- RunClub
- runner's edge
- SPRINTWAY
- OLYMPIC WORLD
- PLANET SPORTS playstyle
- United Club
- SECOND MIND
- brooksrunning.com.ph



Running in Freedom Run is always a family affair



Thousands of runners at Freedom Run

MIZUNO RUN ACADEMY

The Mizuno Run Academy is designed to equip runners of all levels with the smarts of running that will cultivate serious performance and sustainability. Science-based running is taught by Patrick Joson, a US Certified POSE Method Instructor and International Triathlon Union Level 2 Coach. Second batch of classes will commence in Sept 2012. www.mizuno.ph



Runners practicing the Pose Method

LIMKETKAI FREEDOM RUN 2012,

June 17, 2012
LimKetKai Mall,
Cagayan de Oro City
3/5/10/21k

Over 2000 runners participated in the 3rd edition of the Freedom Run promoting active lifestyle.



10k starters



Runners watch a video on the Pose Method at Mizuno Bonifacio High Street



Top ten 21K male runners with race directors Francis Velasquez and Jeffrey Ang



Coach Patrick Joson gives runners a Maffetone Method Refresher session in Filinvest, Alabang



THERE'S ALWAYS A FIRST TIME

by MONICA TORRES

A SA KID I USED TO BUG MY PARENTS TO ENROLL ME IN EVERY SUMMER ACTIVITY I COULD THINK OF. I'VE TAKEN BALLET LESSONS, VOLLEYBALL, TENNIS, KARATE, WALL CLIMBING, AND EVEN FIGURE SKATING. WHY I DIDN'T ask for swim lessons frustrates me to this very day - that particular skill would certainly come in handy right about now.

At university I tried football, softball, and mountaineering. *Wow, this intro is making me sound like a quitter!* But it was my time with the University of the Philippines Dragon Boat Team that taught me what it really means to be a competitive athlete, and lead me to my next two loves: running and triathlon.

TIME TO TAKE RUNNING SERIOUSLY

Running is one of the most common and basic tools that competitive athletes in any sport use for conditioning. As part of my training with the U.P. and the National Dragon Boat Team, I did 100-m sprints, and (what seemed like a lot of) tough 12-minute run tests for fitness.

Because of my Sports Science background, structured training, strength and conditioning, periodization and performance tests were familiar to me. *In theory!* But it was during practice that I learned the important things. The human body is amazing: you can train it to do anything. Before long, I started focusing on my run workouts more than my paddling because I was addicted to seeing time-based results!

MY FIRST FEW 'FUN RUNS'

I started joining 10-km fun runs and found that they are not actually fun, hahaha! They hurt. Especially when you're aiming for a personal

best or a podium place. What's fun about them is seeing all the other people hurting around you. *Kidding!* Nothing compares to the feeling of finishing what at first seems like an impossible workout, a workout that you would not have been able to complete only a few months before. And there is nothing like the feeling of crossing the finish line.

TIME TO TRI

If you're an active person and you enjoy being outdoors, you will eventually find yourself becoming friends with a triathlete, supporting that friend at a local triathlon, and thinking to yourself, "If all these people can do it, so can I." At least, that's what happened to me. You could also just happen to check out my site, 3isgreaterthan1.com, and get inspiration from there. *Just saying :p*

A YEAR OF FIRSTS

I joined every duathlon and triathlon I could in 2006. Taking on my first sprint (Alabang), standard (SubiT), and long distance (Whiterock) with a lot of help from my family and friends. But even with some careful study, helpful advice, and (what I considered back then to be) tons of hard work, experience won out as the best teacher.

"Even when it's your 2nd, 3rd, or 100th race, nobody really expects anything of you. Triathletes are self-absorbed; they only focus on themselves on race day."

SOLE TO SOUL



I put on a good game face, but I used to get really nervous before all of my races. I would get an upset stomach the day before and during race day. I was always worried about equipment malfunctions, getting lost, and lacking loops. I was worried about looking stupid in front of my friends and this exciting new community I was trying to be a part of.

But the truth is, when it's your first tri, nobody expects anything of you (unless you're Lance Armstrong). Even when it's your 2nd, 3rd, or 100th race, nobody really expects anything of you. Triathletes are

self-absorbed; they only focus on themselves on race day.

A WHOLE LOTTA FIRSTS

Soon enough, you join more and more events and you find you're not worrying about *if* you can finish the race anymore. Instead, you stress about the pantone colors on your new trisuit not matching the sponsors' specs, and not knowing how to operate your CO2 tire inflator.

Soon enough, you find yourself casually strolling in through race briefings, sporting the latest model compression socks and checking to see if your age-

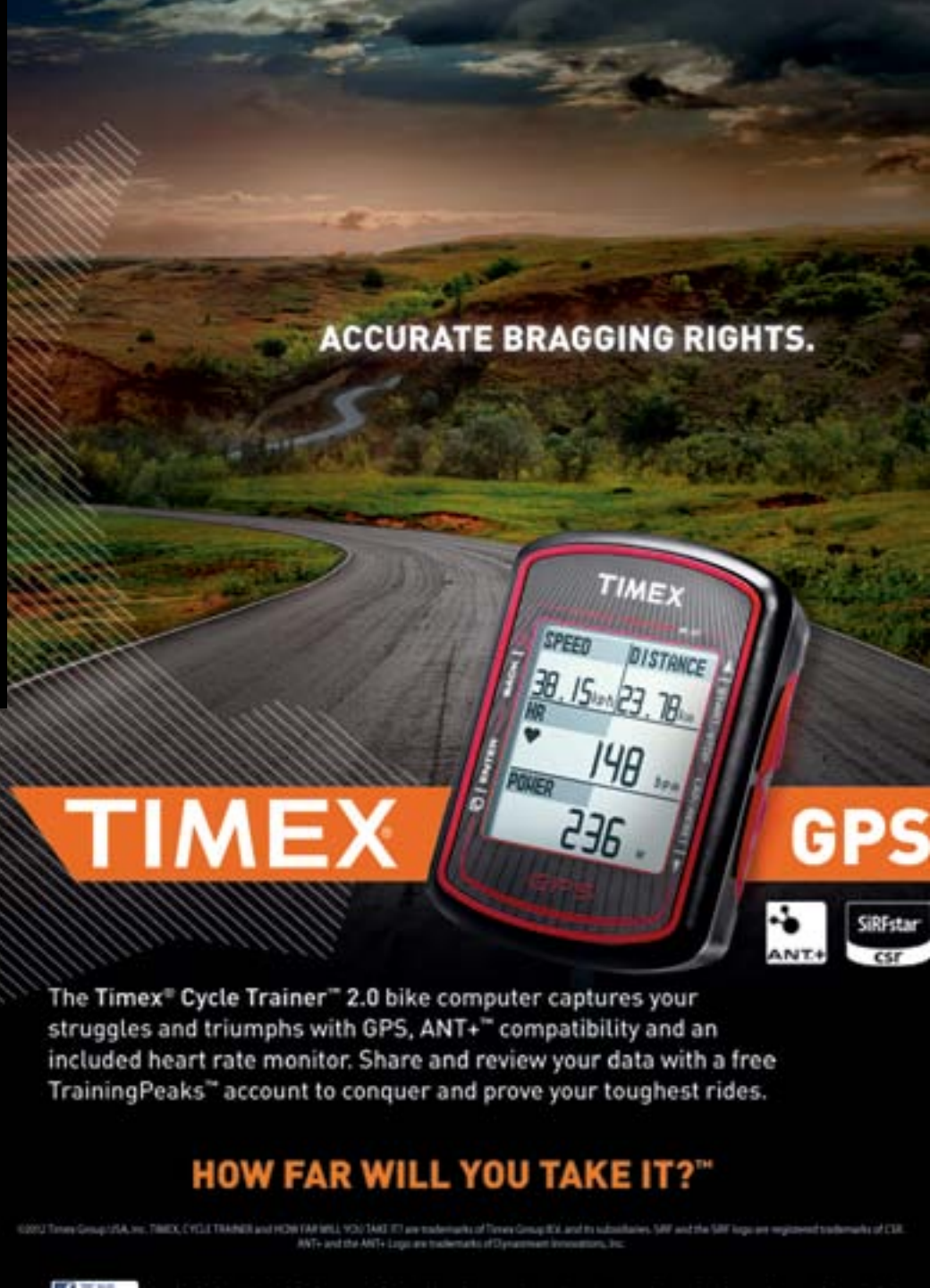
group opponents are sporting deep tan lines.

MANY MORE FIRSTS TO COME

Now I'm in my sixth year of competing in triathlons and run races, but I only just finished my first marathon this past March in LA! So to all you runners, I say: if you can train from zero to 5K, and 5K to 10K, nothing can stop you from doing 1.5K – 40K – 10K!

MONICA TORRES IS THE 3-TIME DEFENDING IRONMAN 70.3 PHILIPPINES ELITE CHAMPION. ALONG WITH ATHLETE FRIENDS, KIM MANGROBANG AND LC LANGIT, SHE RUNS WWW.3ISGREATERTHAN1.COM

ACCURATE BRAGGING RIGHTS.



TIMEX

GPS



The Timex® Cycle Trainer™ 2.0 bike computer captures your struggles and triumphs with GPS, ANT+™ compatibility and an included heart rate monitor. Share and review your data with a free TrainingPeaks™ account to conquer and prove your toughest rides.

HOW FAR WILL YOU TAKE IT?™

MADE OF GENDER SPECIFIC CUSHIONING

THE NEW GEL-NIMBUS 14

The lightest GEL-Nimbus ever continues to deliver outstanding ride and cushioning for the neutral and underpronating runners. An enhanced gender specific cushioning will provide greater comfort, while the full length Guidance Line will take the foot through the ideal line of progression from Heel Strike to Toe Off.

asics
sound mind, sound body

