



10,000 MORE SHOES CAN HELP
10,000 MORE DREAMS COME TRUE.



**RUNNER'S
HANDBOOK**
FOR 42K / 21K / 10K



TIMEX®



SAGOT KO PADALA MO!



POWERADE®



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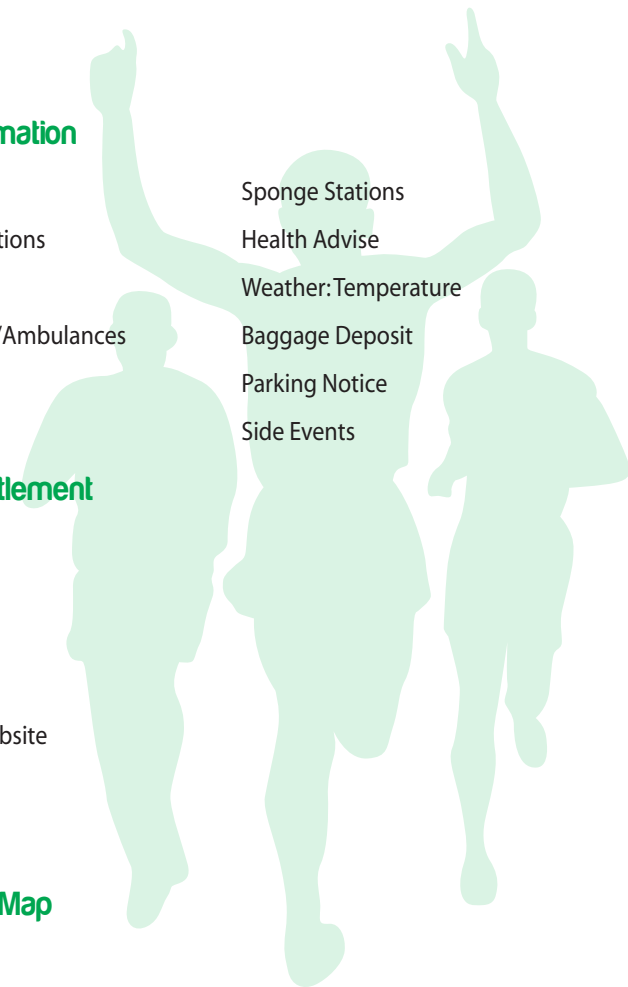
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As Nestlé celebrates its 100th year of being a 'Kasambuhay' throughout generations, MILO® aims even higher in our efforts to build champions in life. We continue to do this not just through our products and our athletic events, but also in our close cooperation with the communities we serve to bring our corporate shared values to life.

On our centennial year, we kick off the 35th MILO® Marathon with an even bigger goal: to give 100 pairs of shoes to 100 schools nationwide. That's 10,000 more shoes, or 10,000 more deserving children to inspire, motivate and equip with a basic necessity that may help bring their dreams and aspirations within reach.

With this goal in mind, I would personally like to welcome and encourage all 35th National MILO® Marathon runners to make the pledge. We believe that we can build tomorrow's champions together and with your help, we can make this year's marathon an even bigger success and a more meaningful one. Running is a fulfilling sport, and it becomes even more so when you run for a reason.

We are extremely excited for the 35th MILO® MARATHON and we know that you are already limbering up for the challenge. We wish you luck and we hope you enjoy this year's race.

See you at the starting line!



Pat Goc-Ong
AVP-MILO® Sports
Nestlé Philippines, Inc.



Congratulations on being a runner! And on a very personal note, I'm thrilled you chose to join this race.

My life story is not a secret. Running has become my life and I owe a lot to this sport. It has helped me make my dreams come true. For whatever reason you are running, I can only hope that it will be as rewarding and fulfilling for you as it is for me.

I am especially excited that RunRio was chosen to be this year's National MILO® Marathon race organizer. Like most kids in the Philippines, I grew up drinking MILO®, singing the MILO® jingle and hoping that the MILO® TV commercials about building and bringing out the champion within you would be true for me. Inspired by this mantra as a young high school and college varsity athlete, I was able to unleash my true potential through running numerous MILO® sponsored races. I was exposed to essential skills and values that helped me succeed in everyday life. For this, I am grateful to MILO® and this is why this race is very meaningful for me. This is my way of paying it forward.

I am committed to make this race memorable, exciting and fun-filled for both the runners and spectators. Together with MILO®, I'm excited to share my passion and love for running with all of you through this race.

God bless!

Your running partner.



Race Organizer
Runrio, Inc.





2011 Schedule of Races

Laoag	July 3	Ilo-ilo	September 18
Dagupan	July 10	Bacolod	September 25
Olongapo	July 17	Cebu	October 2
Tarlac	July 24	Tagbilaran	October 9
Manila Eliminations	July 31	Cagayan de Oro	October 16
Batangas	August 21	Butuan	October 23
Puerto Princesa	August 28	General Santos	October 30
Naga	September 4	Davao	November 6
San Pablo	September 11	Manila National Finals*	December 11

* Finals for 42k only. All other categories will accept runners.

Start of Race

START/FINISH AREA: MALL OF ASIA

42K - 4:00 AM	21K - 5:00 AM	10K, 5K, 3K - 5:30 AM
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Cut-off Times

Each race category has an official cut-off time.

42K Race	6 hours after official start of the race
21K Race	2 1/2 hours after official start of the race
10K Race	1 1/2 hours after official start of the race
5K Race	1 hour after official start of the race
3K Race	1 hour after official start of the race

Time Limits

	DISTANCE	TIME LIMIT
21K Race	at 10K	1 1/2 hours
42K Race	at 21K	3 1/2 hours
	at 32K	5 hours

Runners failing to reach these specific distances within the times specified must stop running and board the official vehicle. They are automatically disqualified and will be taken directly to the finish venue.

How to Qualify for the National Finals

Runners in the **21K provincial elimination races** will have two ways to qualify and compete in the **42.195K national finals**:

- Male finishing the race within **1:15:00** and female finishing the race within **1:35:00** will qualify and get an all-expense paid trip to Manila. It is their responsibility to contact the race organizer on or before November 15, 2011 to coordinate their trip to Manila. Those who will not compete in the national finals forfeit all their privileges.
- Runners finishing the race within the specified age-bracket and time below will qualify. **All expenses related to their participation will be shouldered by the qualifier.**

Age Group	Men	Women
18-34	1hrs 30min	1hrs 40min
35-39	1hrs 35min	1hrs 45min
40-44	1hrs 40min	1hrs 50min
45-49	1hrs 45min	1hrs 55min
50-54	1hrs 50min	2hrs 00min
55-59	2hrs 00min	2hrs 10min
60-64	2hrs 10min	2hrs 20min
65-69	2hrs 20min	2hrs 25min
70 & up	2hrs 30min	2hrs 30min

To qualify and compete in the national finals, runners in the **42.195K Manila elimination race** will have to finish the race within the specified age-bracket and time below:

All expenses related to their participation will be shouldered by the qualifier.

Age Group	Men	Women
18-34	3hrs 45min	4hrs 20min
35-39	3hrs 50min	4hrs 25min
40-44	3hrs 55min	4hrs 30min
45-49	4hrs 00min	4hrs 35min
50-54	4hrs 05min	4hrs 40min
55-59	4hrs 10min	4hrs 45min
60-64	4hrs 15min	4hrs 50min
65-69	4hrs 20min	4hrs 55min
70 & up	5hrs 30min	5hrs 30min

All qualifiers are entitled to the following:

- free registration fee
- free ticket to the carbo loading party
- free running singlets & shorts

Trophies, medals, and cash prizes will be given to the top 10 finishers of the seventeen elimination races and the national finals.

3K Kiddie Run		5K Fun Run		10K Run	
BOY'S AND GIRL'S DIVISIONS		MEN'S AND WOMEN'S DIVISIONS		MEN'S AND WOMEN'S DIVISIONS	
Champion	P1,500 + Trophy	Champion	P2,500 + Trophy	Champion	P5,000 + Trophy
Runner-up	P1,000 + Trophy	Runner-up	P1,500 + Trophy	Runner-up	P3,000 + Trophy
3rd Place	P500 + Trophy	3rd Place	P1,000 + Trophy	3rd Place	P2,000 + Trophy
4th Place	P250 + Medal	4th Place	P500 + Medal	4th Place	P1,000 + Medal
5th-10th Place	P150 + Medal	5th-10th Place	P250 + Medal	5th-10th Place	P500 + Medal

21K Run		42.195K Metro Manila Elimination Race		42.195K National Finals	
MEN'S AND WOMEN'S DIVISIONS		MEN'S AND WOMEN'S DIVISIONS		MEN'S AND WOMEN'S DIVISIONS	
Champion	P10,000 + Trophy	Champion	P50,000 + Trophy	Champion	P300,000 + Trophy
Runner-up	P6,000 + Trophy	Runner-up	P30,000 + Trophy	Runner-up	P150,000 + Trophy
3rd Place	P4,000 + Trophy	3rd Place	P20,000 + Trophy	3rd Place	P75,000 + Trophy
4th Place	P2,000 + Medal	4th Place	P10,000 + Medal	4th Place	P30,000 + Medal
5th-10th Place	P1,000 + Medal	5th-10th Place	P5,000 + Medal	5th-10th Place	P10,000 + Medal

Note: All 21-K finishers within the cut-off time will receive a finisher's medal and loot bag.

Note: All 42.195K finishers within the cut-off time will receive a finisher's medal, a loot bag, and an exclusive finisher's shirt.

Bonus Prizes for Local Runners

- P50,000 bonus for the first runner who breaks the 2:15:00 invisible time barrier
- P20,000 bonus for the first runner who breaks the 2:18:53 men's course record of Eduardo Buenavista
- P20,000 bonus for the first female runner who breaks the 2:48:16 women's course record of Jhoan Banayag

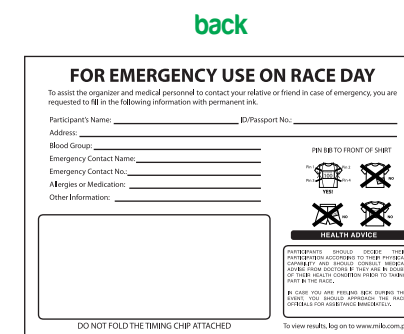
- * Finishers in all categories within the cut-off time will receive a certificate of finish.
- * Winners must be physically present to receive their awards during the awarding ceremony.

Display your bib number clearly on the front of your singlet at all times during the race. Failure to do so will result to disqualification.

- The bib color indicates the race category that you are in.
- Please run in the race category for which you are registered.
- If you do not run in your registered race category, your timing will not be considered/counted. It will be deemed that you did not run and you will not receive any medal or certificate of achievement.
- Enter your personal details on the reverse side of the bib (eg. name, emergency, contact number, blood type) with a ballpoint pen or permanent marker. This is essential in the event of any emergency.



42.195K Run



3K Kiddie Fun Run



5K Fun Run



10K Run



21K Run

Timing System

- The timing chip is attached to your number bib. If your bib is not attached properly, your time will not be registered.
- Do not fold your number bib otherwise it will damage your timing chip.
- Please step on the electric timing mats at the Start Area and along the race route as this will determine if you have passed through your designated route. Failure to do so will be assumed that you have not completed your full distance, and will result to disqualification.





Water Stations

Water is available at the Start Area, every 2km mark and at the Finish Area.



Special Drink Stations

Special drinks are available at every 2km mark exclusive for 10k, 21k and 42k runners.



Fruit Stations

Bananas are available along Buendia and Macapagal Avenue.



Medical Stations / Ambulances

Medical aid is available at every 2km mark and at the Finish Area. Ambulances will also be patrolling along the race route to ensure the welfare of the runners.



Toilets

Portalets are found at the Start/Finish area and along the race route.



KM Markers

Markers are placed alongside every water station.



Sponge Stations

Sponges are available along Roxas Boulevard, Buendia, Lawton and Macapagal Avenue.



Health Advise

Runners are advised to seek for medical help if they feel unwell during the race. Please do not leave the race area. Approach any race course official and an ambulance will arrive shortly.



Weather: Temperature

Manila temperature forecast on July 31 will range from 24° - 30°C, while on December 11 it will range from 22° - 29°C. Please stay tuned on local news broadcasts the night before the race for possible changes in weather.



Baggage Deposit (for 10K/21K/42K)

For baggage deposit services, present your baggage tag found at your number bib. The baggage deposit area will be at the activity area near the Start/Finish area. Please do not deposit any valuable items. The race organizers will not be liable for any loss or damage. The baggage area will close at exactly 3:00pm.



Parking Notice

Runners can park at designated parking areas around the Mall of Asia grounds.



Side Events

To keep the runners entertained, a cheer dance competition and other fun-filled activities will be held at the activity area after the race. Participating schools will also get the chance to win cash prizes at the Biggest School Delegation Competition and the Inter-school Running Competition.

Certificates

Runners in all categories who cross the finish line within the time limit will receive a finisher's certificate.



Lootbags

Finishers in the 21K and 42K race will also receive special lootbags from Milo.



Finisher's Medals

Upon completion of the race, runners in the 21K and 42K category will receive a finisher's medal.



Finisher's Shirts

Runners who complete the 42K race will receive a specially designed finisher's shirt.



Results

Full race results will be posted on the MILO® website 2 days after the race. Visit www.milo.com.ph.



by: Coach Jim Saret



The night before the race

- Prepare your running clothes and equipment (iPod, cap, gels, water bottle, etc.) the night before to make sure you have everything ready already.
- Check your running shoes to make sure they are ok and that your laces are good as well.
- Trim your toenails the night before to make sure they don't become a problem on race day!
- Drink plenty of water the day before the race -- enough so you need to urinate before you go to bed.
- Make sure to get enough sleep to keep your energy during the race. Running on just a few hours of sleep is NOT RECOMMENDED (think low-bat)! All the race preparation and training will be wasted if you don't get enough sleep before race day.

The day of the race

- Wake up early enough to take care of everything you must do (eat and drink, visit the bathroom, dress, etc.)
- Use a lubricant product like petroleum jelly and cover body areas susceptible to chafing.
- Double check that you have your race kit.
- Leave early for the race so you'll have enough time to park and do last minute preparations. You can expect parking to be far from the race venue so plan the walking time from the parking to the starting line.
- Warm up and loosen up well before the race.

Food and hydration

- Eat a light meal an hour to an hour and a half before the race. Bread, pasta, rice, water and non-acidic fruit like bananas are good choices.
- Avoid dairy products, fried foods, fiber rich foods or anything your are not used to. A good rule of thumb is -- DO NOT EAT OR DRINK SOMETHING YOU HAVE NEVER TRIED BEFORE. This includes electrolyte drinks or energy gels that are given out for free.
- You can eat a light snack like crackers or a piece of bread or fruit up to 30 minutes before the race. Be sure to wash it down with water.
- You can pre-hydrate yourself until 15 minutes before the race starts. Just be sure to go to the restroom before the start and flush it out.

Pacing

- Avoid the urge to "sprint with the pack" during the start of the race. Stick to your regular or planned pace.
- If you can find a running "buddy" that will run with the same pace as you, go ahead and do so. Runners with "pace buddies" have a higher chance of success in accomplishing their goal.

Water Stations

- Try not to pass up any water stations. Drink or take a sip even if you are not thirsty. Feeling "thirsty" is the body's way of telling you that IT IS ALREADY dehydrated.

Supplements

- Unless you are doing a half or full marathon, you don't need to take energy gels, bars or the like. If you do take energy supplements, make sure to chase it down with a sip of water.

Stay Loose and Relaxed

- Be sure to shake out your arms and shoulders every now and then to avoid upper body muscle tightness. Be conscious of your posture as well as avoid slouching during the latter part of the race.

Don't Forget to Enjoy the Run!

- Sometimes we get caught up on establishing a personal record (PR) or a target time that we forget to enjoy the run! Take time to enjoy the spectators, participants, and the scenery. Stop negative thoughts dead on their tracks and change them to positive affirmations. Think about how proud family members and friends will be of you and your accomplishment. If you encounter a difficult hill in the race, look at it in a positive light. See the hill as an opportunity to exercise different muscles, giving tired ones a breather.

Injury

- If you feel some form of pain during your run, slow down and have a feel of how bad it really is. If it seems to be going away, then go ahead and resume your pace. However, if the pain persists and/or even increases in pain as you continue to run, seriously consider stopping and getting some help. Pain is the body's way of letting us know something is wrong. No race is worth the risk of hurting yourself by continuing to run and causing a minor injury to turn into a major setback.

Post Race Considerations

- Immediately hydrate after you cross the finish line.
- Decide if you need to see a medical specialist if you feel something "off" with your body.
- Take care of blisters, wounds, cramping or any other injuries right away.
- Immediately restore your glycogen stores with a healthy and nutritious meal, preferably good in carbs.
- DO NOT DRINK BEER OR ALCOHOL RIGHT AWAY! After pushing your body, what it needs right away is a nutritious meal and water to replenish all that it lost during the race.
- Stretch thoroughly (Cool Down) within 20 minutes of completing your event to avoid lactic acid build up and Delayed Onset Muscular Soreness (DOMS).
- DO NOT THINK OF LYING DOWN IMMEDIATELY AFTER YOUR EVENT. Keep moving!

1. A non-refundable entry fee plus **one (1) MILO® sachet empty pack** must accompany each accomplished and signed Official Registration Form. RUNNERS WILL RECEIVE THEIR RACE SINGLETS UPON REGISTRATION AND SUBMISSION OF MILO® SACHET.

Entry Fees for Provincial Races	
21K Half Marathon	- P500.00
Elimination Race	
10K Run	- P500.00
3K Kiddie Run & 5K Fun Run	- P100.00

Entry Fees for Metro Manila Races	
42.195K Elimination Race	- P500.00
21K Run	- P500.00
10K Run	- P500.00
3K Kiddie Run & 5K Fun Run	- P100.00

NOTE: REGISTRATION IS ON A FIRST COME FIRST SERVED BASIS. RUNNERS SHOULD WEAR THEIR MILO® MARATHON SINGLETS DURING THE RACE OR THEY WILL NOT BE ALLOWED TO RUN.

2. Children who are **7 to 12 years old** on RACE DAY are qualified to join the 3K Kiddie Run. They are required to have their entry form signed by a parent/guardian. They must also submit a photocopy of their **NSO birth certificate or current school ID**.
3. Participants in the 5K race categories who are **below 18 years old** must have their entry form signed by a parent/guardian.
4. Runners in the 10K, 21K & 42.195K race categories **must be 18 years old** on race day.
5. Participants may claim their **Official Race Packets** (containing the official race number with timing chip attached, safety pins, and route map) upon complete registration. Race number with timing chip attached is **non-transferable**.
6. **The reverse side of the race number must be duly filled up.** Participants must wear the assigned race number on his/her chest. Participants not wearing a race number will be taken off the course by the race marshals.
7. Pets, bicycles, motorcycles, vehicles and any other wheel-run objects are **not allowed on the course** other than the official race and medical vehicles.
8. Participants **being paced during the race by a person who is not officially registered** in the 35th National MILO® Marathon and accepting assistance from non-race participants will be disqualified.

9. Participants who begin before the actual start time of his/her race category will be disqualified. Participants who **do not start within 10 minutes** from respective flag off will be disqualified and may not be allowed to start. No result will be given to disqualified runners.
10. **“Gun Time” will be considered to determine the winners.** Elite runners are advised to stay in front.
11. Participants **must retire from the race immediately** if asked or requested to do so by any member of the organizing committee. Race officials, marshals, medical staff, and security officers **have the right to pull-out any runner found not physically fit to continue the race.**
12. METRO MANILA QUALIFIERS in the 42.195K race AND PROVINCIAL QUALIFIERS in the 21K race **CAN NO LONGER COMPETE IN ANY OF THE ELIMINATION RACES.** They will not be accepted even in the shorter distance races. They may only compete in the full marathon national finals.
13. ALL WINNERS IN THE 21K, 10K, 5K, AND 3K RACES (top 10 male and female) **CAN NO LONGER COMPETE IN ANY SUCCEEDING MILO® MARATHON ELIMINATION RACES.** However, they (excluding the qualifiers) can compete in the 21K, 10K, 5K, and 3K races of the national finals.
14. The organizers reserves the right to reject any entrant or disqualify any participant who is suspected to be **under the influence of alcohol or having taken banned substances and any participant who is found to have misrepresented himself/herself.** If his/her identity of eligibility is challenged, it is the responsibility of the participant to prove who he/she really is. Participants found to have been dishonest are immediately disqualified and subjected to disciplinary sanctions by the race organizer.
12. All protests related to results must be made in writing and submitted within one (1) hour after the end of the race to the race organizer. A non-refundable **protest fee amounting to P5,000** is required. Verbal protests will not be entertained.
13. The organizer **may change without prior notice** any of the rules and regulations that they deem necessary to ensure the success of the race.
14. The organizer’s **decision is final.**



3km U-Turn
Corner Coral Way and
Macapagal Blvd.

SM Mall of Asia
Seaside Blvd.

21km & 42km 1st U-Turn
Corner Katigbak Dr., C1
along Roxas Boulevard

21km & 42km 2nd U-Turn
In front of Bay View
International Tower before
NAIA Rd., along Roxas Blvd.

10km U-Turn
Corner Pedro Gil &
Roxas Boulevard

5km U-Turn
Middle of Bradco and
Aseana Ave., along
Macapagal Blvd.

LEGEND

3K	→
5K	→
10K	→
21K	→
42K	→

42km 2nd U-Turn
In front American Cemetery
before McKinley Hills
along Lawton Ave.

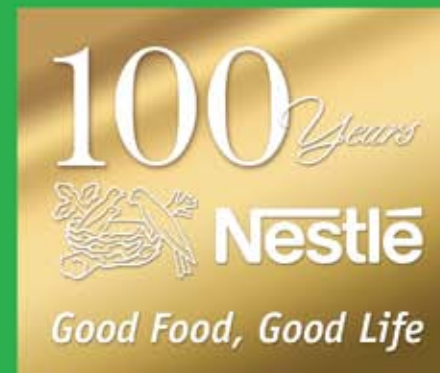


HELP GIVE SHOES ADVOCACY

MILO® opened its 2010 marathon season with the launch of its first ever advocacy entitled "Help Give a Child a Pair of Shoes". This brought to attention the plight of public school children who were into running with absence of running shoes. With about 200,000 runners, the advocacy was able to generate enough funds to give 4,000 running shoes to school children across the nation. These were children to whom a pair of shoes meant a life-transforming gear for better performance and better life.



On the occasion of Nestle's 100 years comes a golden opportunity to make the cause even bigger. This year, 10,000 more shoes will be handed out to 100 public schools with 100 running shoes each. With P10 pesos out of each registration fee, every runner contributes to a fund that MILO® will double amounting to a total of P4,000,000 to be used for buying shoes.



This 2011, let us run to build champions. In Nestle's 100 years, let us race to make 10,000 more dreams come true.

