

HANDBOOK



EVENT SCHEDULE



DATE	SUNDAY, 16 FEBRUARY 2020
ASSEMBLY AREA	CLARK PARADE GROUNDS (in front of Clark Museum) Clark Freeport, Clark Special Economic Zone, Pampanga
ASSEMBLY TIME	1:00 AM, 16 Feb 2020
RACE START	2:00 AM, 16 Feb 2020
WEBSITE	tbrdream.com thebullrunner.com
FOR INQUIRIES	Contact TBR Dream Marathon Hotline Look for MACEL at 0906-318-2723 or email tbrdream@gmail.com

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MEDIA PARTNERS



BENEFICIARY



EVENT SCHEDULE



WEDNESDAY, FEBRUARY 12, 2020 | SEND OFF PARTY

EVENT: TBR Sun Life Dream Marathon 2020 Send Off Party
DATE: 12 Feb 2020, Wednesday
PLACE: JY CAMPOS HALLS A & B, Unilab Bayanihan Center
8008 Pioneer St. Brgy. Capitolyo, Pasig
TIME: 7:00 to 9:30 PM
You may come in as early as 6:00PM to redeem your race kit
HOSTS: Tessa Prieto-Valdes and Ton Gatmaitan (TBR Dream Alum, 2011)

WHAT TO EXPECT

- Loads of information, lots of fun!
- RACE KIT REDEMPTION for Runners & Pacers
- Cocktails
- Race Briefing
- Games and raffle prizes
- Hanging out with your batch mates before the big day!

WHO CAN COME

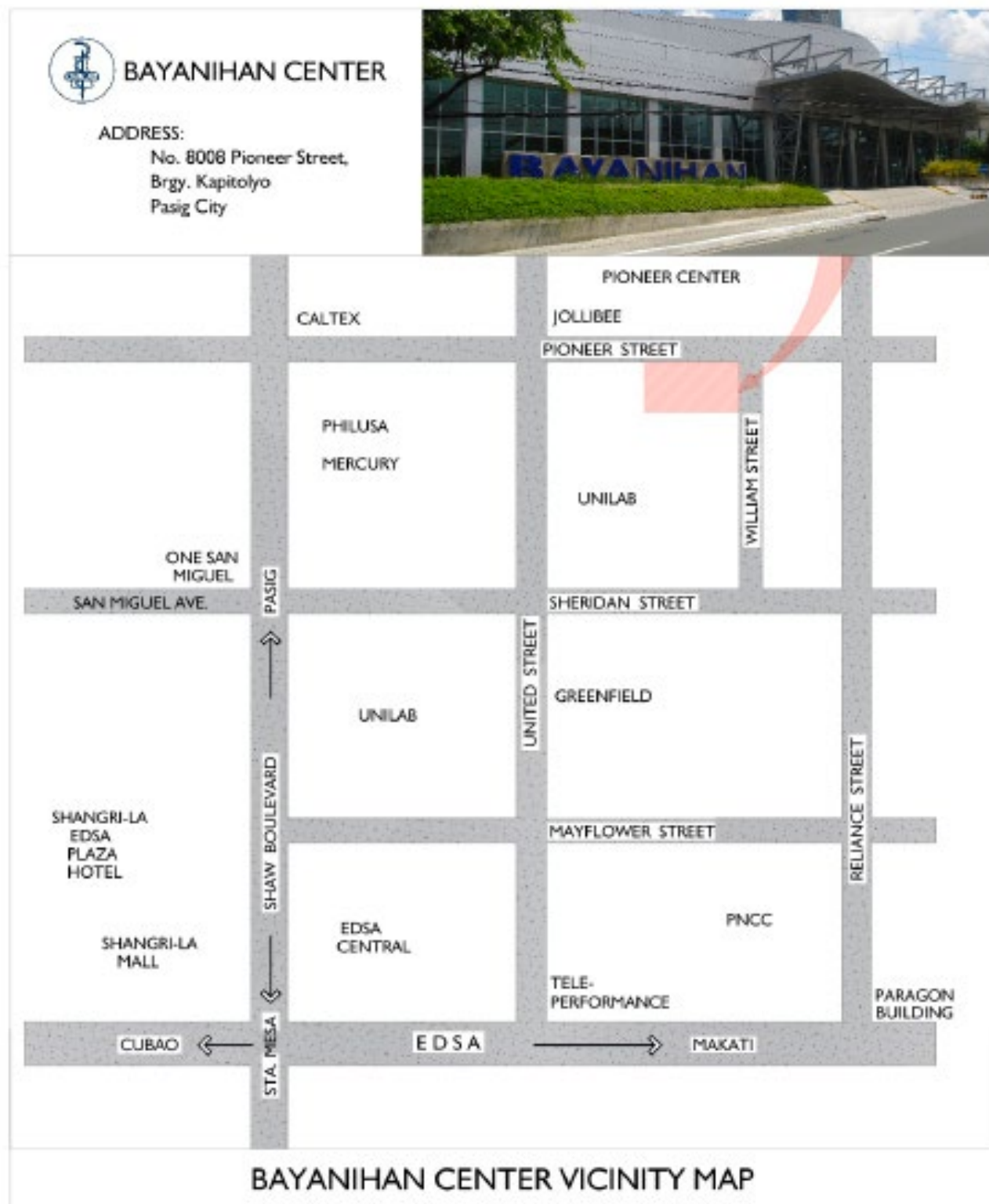
- Strictly registered participants of TBR Sun Life Dream Marathon 2020
- Accepted Pacers for TBR Sun Life Dream Marathon 2020
- Invited guests and VIPS



DON'T FORGET!

Bring your medical certificate to claim your Race Kit.
**NO MED CERT.
NO RACE KIT.
NO EXCEPTIONS.**

MAP TO SEND OFF PARTY VENUE:



RACE KIT REDEMPTION RUNNERS & PACERS



Aside from the WELCOME KIT runners received upon registration, a RACE KIT containing your race bib and other important information for race day will be distributed. Runners may claim the race kits at the following:

1) TBR SUN LIFE DREAM SEND OFF PARTY

During the TBR Sun Life Dream Send Off Party, all registered participants and accepted Personal Pacers may claim the race kits.

- Feb. 12, 2020, Wed, 6PM to 930PM
- JY Campos Halls A & B, Unilab Bayanihan Center, 8008 Pioneer St., Brgy. Capitolyo, Pasig

2) NEW BALANCE BONIFACIO HIGH STREET

Feb. 13, Thu, 12NN to 9PM
Feb. 14, Fri, 12NN to 7PM

3) DREAM MARATHON INFO BOOTH, CLARK PARADE GROUNDS

Feb. 15, Sat, 12NN to
Feb. 16, Sun, 145AM

FAQ:

WHAT DOES THE RUNNER NEED TO REDEEM THE RACE KIT?

Just your Medical Certificate. All participants are required to submit a medical certificate. We will strictly implement the No Medical Certificate, No Race Kit rule.

CAN A REPRESENTATIVE CLAIM THE RUNNER'S RACE KIT?

You may send an authorized representative to claim your race kit. Please send the following:

- Letter of Authorization
- Photocopy of your valid ID
- Your Medical Certificate
- Signed Waiver if not submitted yet (available at tbrdream.com > downloads)

NOTE: For Send Off Party, only registered participants and Pacers will be allowed entry. Only they may claim your race kit for you as an authorized representative. Non-registered runners will NOT be allowed entry.

WHAT DOES THE PACER NEED TO REDEEM THE RACE KIT?

- P1,500 fee and the signed Waiver (available at tbrdream.com > downloads)
- Pacer's name must be on the Official List of accepted Pacers. List is on www.tbrdream.com

CAN A REPRESENTATIVE CLAIM THE PACER'S RACE KIT?

You may send an authorized representative to claim your race kit. Please send the following:

- P1,500 fee
- Signed Waiver (available at tbrdream.com > downloads)

NOTE: For Send Off Party, only registered participants and Pacers will be allowed entry. Only they may claim your race kit for you as an authorized representative. Non-registered runners will NOT be allowed entry.

EVENT SCHEDULE



SATURDAY, FEBRUARY 15, 2020

12NN to
FEB16, 145AM

Race kits may be claimed at
DREAM MARATHON INFO BOOTH
Clark Parade Grounds

SUNDAY, FEBRUARY 16, 2020 | RACE DAY

1:00AM

ASSEMBLY

2:00AM

RACE START

** Make sure you check in at
the assembly area*

10:00 AM

RACE END



CUT OFF TIME

21K MARK CUT-OFF
6AM or 4 hours

42K FINISH CUT-OFF
10AM or 8 hours

REMINDERS FOR RACE DAY:

- Wear a very light shirt and shorts and/or compression tights.
- You may wear a long sleeved top if you expect to feel chilly before sunrise, but should you choose to remove this at any point during the race and leave it at a tent, the organizer will not be responsible for any loss.
- Wear a visor or cap, bring shades, and apply sunblock.
- Hydrate properly. Take small sips instead of big gulps.
- If, at any point during the race, you feel dizziness, pain, or any major discomfort, approach a medic, marshal, or Dream Chaser for immediate assistance.

GENERAL RACE INFORMATION



- **FIRST- OR 2ND-TIME MARATHONERS ONLY:**

DM is strictly for first- and second-time marathoners only. Running more than one official marathon anytime prior to race day (even the last week before the race) leads to automatic disqualification. Runners who have completed an official ultramarathon (above 42km) or an official full Ironman distance triathlon anytime prior to race day are prohibited from joining the race. We expect full transparency and honesty from each participant upon registering for the event. Any participant who fails to comply with this rule will be disqualified and/or removed from official results should proof arise before or after event day. No refund will be given.

- **COMPLIANCE:** Participants are required to follow instructions from all event officials including organizers, race marshals, volunteers, medical staff, and security personnel during the event. Any participant who refuses to follow race officials may be disqualified.

- **CONDUCT:** Participants should conduct themselves in a respectable and courteous manner during the event. A participant who is offensive to organizers, staff, volunteers, participants or spectators may be disqualified from the event.

- **AUTHORIZATION ON COURSE:** Only registered participants, registered pacers, registered Dream Chasers, and authorized event staff are allowed on the course. No

person shall be allowed to accompany a participant if he/she is not registered in the event, nor shall any participant be allowed, without permission from the organizer, to receive assistance from anyone during the event. Any person without authorization will be asked to leave the course. Any participant who received support from unauthorized personnel may be disqualified.

- **RACE BIB:** Participants must pin the race bib visibly on the shirt. The personalized race bib will allow for spectators and Dream Chasers to call you by name.
- **TIMING DEVICE:** Official time will be based on an RFID Timing Chip attached to the race bib enclosed in the Race Kit. The timing chip must be secured by the participant to the laces of his/her shoe. Failure to attach the chip will mean no official results.
- **BAGGAGE:** Runners are advised to leave valuables at home. The race organizer will not be responsible for any lost items in the parking or race area. There will be a baggage counter at the GoWell Dream Village.
- **PARKING:** Runners are encourage to park near Clark Museum (via E. Jacinto). Both the left and right parking lots can accommodate 650 cars. There is another parking lot along RC Santos (near Mangan Tamu) which has 300 slots, but runners who wish to leave before the race ends at 10AM may have difficulty exiting as this is part of the race course.

GENERAL RACE INFORMATION



COURSE: The Official Course map is provided in this Race Kit and online at www.tbdrdream.com. Organizers reserve the right to change the course anytime before the race and will advise runners of any changes. Runners are responsible for familiarizing themselves with the course.

- **AUTHORIZATION ON COURSE:** Only registered participants, registered pacers, registered Dream Chasers, and authorized event staff are allowed on the course. No person shall be allowed to accompany a participant if he/she is not registered in the event, nor shall any participant be allowed, without permission from the organizer, to receive assistance from anyone during the event. Any person without authorization will be asked to leave the course. Any participant who receives support from unauthorized personnel may be disqualified.
- **HYDRATION:** Water and Gatorade stations will be provided every 1.5km to 2.5km.
- **PUMPED UP STATIONS:** There will be two "Pumped Up Stations" along the route with gels, Apollo petroleum jelly, Perskindol muscle spray, sponges, ice, bananas, chocolates, along with water and Gatorade.
- **MEDICAL AID:** Medical aid will be available at the Start / Finish area and along the course (see course map.) Aid stations with a Medic will be available at every other hydration station providing basic First Aid.



EMERGENCY NUMBERS
SAVE ON SPEED DIAL IF YOU ARE
RUNNING WITH YOUR MOBILE

0998-739-7828
0917-828-7828

Runners who feel ill or any kind of discomfort are advised to stop and get medical assistance immediately.

- **PORTALETTS:** Portalets will be available at the Start / Finish area and designated areas of the race course. (See Course Map)
- **DREAM CHASERS:** Four (4) Dream Chaser Stations will be available along the route. Dream Chasers, experienced runners/ volunteers, will cheer, support, and run a few kilometers with runners who request.
- **TRASH BAGS:** Help keep the environment clean. Trash bags will be available at water stations for proper disposal of cups.
- **PHOTOS:** Photos of runners will be taken during the race, upon crossing the finish line, and after the finish line by Photo Ops. Photos will be available online a week after the race.

GENERAL RACE INFORMATION



- **MEDALS:** At TBR Sun Life Dream Marathon, every finisher is a winner. Medals will be awarded to each finisher. There will be no prizes for top finishers.
 - **FINISHERS' SHIRTS:** Finishers' shirts will be given to Finishers at the GoWell Dream Village. Shirt sizes are subject to availability. Non-finishers and deferred participants will not be allowed to claim Finishers' shirts.
 - **SWAG BAGS:** Swag bags will be given to all Finishers. Non-finishers and deferred participants will be allowed to claim swag bags only on event day.
 - **FOOD:** Free breakfast with Sun Made Brown Rice will be provided to Finishers and pacers at the GoWell Dream Village.
 - **CANCELLATION POLICY:** After registration, the organizer will not allow refunds for those who do not eventually participate in TBR Sun Life Dream Marathon for any reasons whatsoever. Registration fee is NON-REFUNDABLE and NON-TRANSFERABLE. However, special deferment was provided for a limited period of time due to the change of venue to Clark. Deadline for deferment request was Jan. 31, 2020.
 - **SUBSTITUTION POLICY:** After registration, the organizer will not allow for the use of the race bib by a runner other than the registered participant. A runner caught using a race bib on event day under a different name will be disqualified and will not be included in the official results.
- FINISHING TIME:** We will be strictly implementing a beginner-friendly race cut off time to ensure the safety of our runners. The organizer reserves the right to pull athletes from the course, at any time, for their own safety. Cut off time is 4 hours from gun start for 21km mark and 8 hours from gun start for 42km. This will be strictly implemented.
- **CERTIFICATES:** Certificates will be emailed to all finishers one month after the race. Runners who fail to receive the emailed certificate may follow up until March 30, 2020 only. Should you fail to receive yours, please email tbrdream@gmail.com.
 - **WEATHER:** The event takes place rain or shine.
 - **RACE CHANGES:** TBR reserves the right to add, modify, replace or cancel venues or events at any time without prior consent from runners. TBR also reserves the right to make changes and amendments to the race rules and regulations at any time without prior consent from runners. In the event that changes are made, TBR will communicate any updates to the registered runners on www.tbrdream.com and social media so runners can make appropriate adjustments. TBR will not be responsible for failure to be notified of information. Runners must respect the decision, direction and authority of TBR and its staff.

BATCH 2020 TRIVIA



Did you know?

> There are more women than men in your batch! We're guessing the men are thrilled about this! lol

Male	48%
Female	52%

> Most of you are in your 30s!

19-29	34%
30 - 39	42%
40 - 49	19%
50 - 59	4%
Above 60	1%

> Majority have been running for 1 to 3 years...

0 to 6 months	18%
7 months to 1 yr	16%
1 to 3 yrs	37%
3 to 5 yrs	15%
5yrs and above	14%

> Most of you will run into your families' arms upon crossing the finish line! Sweet!

Friends/Running Buddies	22%
Family/Spouse/Kids/Parents/Siblings	67%
Just Myself	11%

RACE ITEMS: DREAMERS

RACE BIB & TIMING CHIP



View the back of your race bib for directions on how to attach the RFID timing chip

RFID TIMING CHIP ATTACHED TO RACE BIB (INCLUDED IN YOUR RACE KIT)

Detach the RFID timing chip from your race bib and attach to the laces of your shoe. Failure to attach the chip will mean no official results.

TBR WRISTBAND



- to be distributed on race day at check in in the assembly area
- runner to secure on his/her wrist for visibility and safety
- runners may keep this after the race

RACE ITEMS: DREAMERS

FINISHERS' SHIRT

* Finisher's shirt may be claimed only by participants who finish the marathon. Item may only be claimed on race day.



RACE ITEMS: DREAMERS



MEDAL

* Medal may be claimed only by participants who finish the marathon. Item may only be claimed on race day.



RACE ITEMS: DREAMERS

TBR DREAM SUN LIFE SWAG BAG

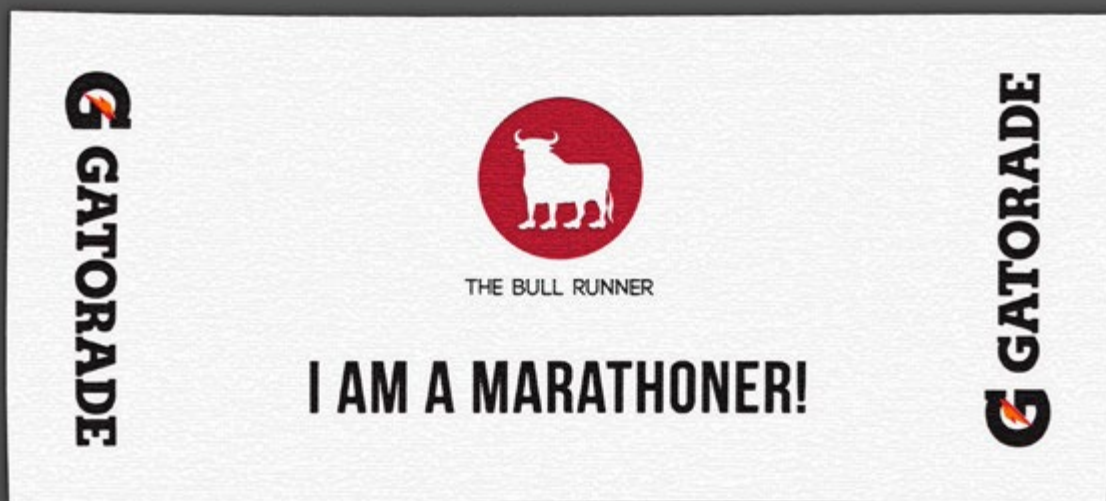
*This item may be claimed by all registered participants of the race, but not by those who deferred to 2021. Item may only be claimed during the event.



RACE ITEMS: DREAMERS

GATORADE FINISHER'S TOWELS

* This item may be claimed only by participants who finish the marathon. Item may only be claimed on race day.



RACE ITEMS: PACERS

PACERS' BIB



PACER'S TOKEN



- * For runners with Pacers, please advise your Pacers that they may claim the Pacer's Token at the Finisher's Kit booths at the GoWell Dream Village.
- * Pacer must present his / her Pacer bib upon claiming.

COURSE STAFF

The event is made possible by hundreds of staff working to ensure you have a safe and fun experience. Be sure to thank them for their help and support if you see them along the way!

DREAM TEAM



DREAM CHASER



MARSHALLS



PHOTOGRAPHERS



42K COURSE MAP



You may download a PDF file of the course map on
www.tbdrdream.com

DREAM CHASERS



DREAM CHASERS are runners, mostly composed of TBR Dream Alumni, who volunteer to pace, motivate, and support the TBR Dream Runners during the race as an act of "paying it forward" to first-time marathoners and to the rest of the running community. This is a unique feature of TBR Dream Marathon.

There will be four (4) Dream Chaser stations along the route.

SCOPE OF RESPONSIBILITIES OF A DREAM CHASER:

1. From the assigned Station to the next, run with a random group of TBR Dream participants or a particular participant with an apparent need to be paced.
2. Provide creative and positive means of motivation, encouragement, and enthusiasm that will buoy the will of TBR Dream participants during the race.
3. Assist in providing hydration to any participant in need.
4. Alert the Medical team and Course Manager of any participant needing outright medical / first aid attention.

DREAM CHASERS 2020

	TENT 1	TENT 2	TENT 3: GOWELL	TENT 4
1	Joshua Felix Tadena	Doc Gene Tiongco	Adelio S. Torres	Jerome Evangelista
2	Dr. Livy	Joseph Nebrida	Abigail Diana Geronga Paco	Aaron Valinton
3	Ernst Kenneth SP Alcantara	Alvin Harilla	Angela Venisse M Endaya	Alyssa Melanie Naldoza
4	Francylei Gutierrez	Art Villaseñor	Angelica Cruz	Ann Khristine Aranda
5	Geoperth Espiritu	Arvin Quizon	Ephraim Yumanh	Clarissa Alamares
6	Graciano S Santos	Christian Zara	Florinda Canuto	Edwin Andres S. Ruiz
7	Jan Michael Epilepsia	Criselda Del Rosario	Janelle Christine C. Malaya	Isadora Neri Maglono
8	Jessie T. Dollosa	Dennis Macardo	Josie M. Verano	Jomari Morales
9	Kelt Bernice Yee	Gomer Pascua	Judilyn Arielle Ferrer	Joshua Morre Embalsado
10	Ma. Bella M. Lim	Hyacinth Dadap	Kara Francheska L. Mayuga	Lanie Bhel Narsoles
11	Meliza Atienza	Jamie Diaz	Lizabeth A Ocampo	Marc Villanueva
12	Norly M. Capanzana	Jasper Ignacio	Luz Andrea Talamayan Dagdag	Marlyne Joy Lugto
13	Paola Mikaela Alpay	Jirome Marius de Castro	Ma. Cristina A. Maling	Mary Ann Antonio
14	Patricia Miguella S. Alpay	Maria Carlota Leyva	Meylord Capanzana	Nino Paulo Lorenzo M Galan IV
15	Rachell B. Mandar	Maria Eda Maningat	Odily S. Cacho	Raymond Roque
16	Rexie Vafior	Rhina V. Sison	Ricardo Pascual	Rochelle de Borja
17	Reyllynne dela Paz	Roldan Luzara	Samantha Anne Muriel Danguilan	Yza Kristinne Chui
18	Rowena P. Ison	Sabby Oliveros		Zendalyn Irish Cabaes

* TEAM LEADER: Name in red

6 TIPS TO PREPARE FOR TBR DREAM MARATHON

BY LIT ONRUBIA, TBR DM ALUMNI BATCH 2010

1 Get good quality sleep on Wednesday, Thursday and Friday night before the marathon. You won't get much sleep on Saturday but it won't affect your run if you are well-rested before the weekend.

2 For your first marathon (and the same could be said for your future marathons, as well), what's important is not how you start but how you finish. So watch your pace very closely during the first 10K. Stick to your plan and take more walk breaks if you find yourself going out too fast. Aim to finish with gas left in your tank.

3 Remember your nutrition plan. Don't get carried away and neglect your need to consume calories during the race. Most runners get by on 100-150 calories every hour but feel free to eat more if you feel hunger pangs. Poor nutrition has been known to derail even the best laid marathon plans.

4 Don't wear anything new on race day. Wear your most trusted shirt, shorts, underwear and pair of socks

and shoes. The average runner wears his marathon gear for about 8 hours total. You'll wear them dry and you'll wear them soaking wet. So make sure you're wearing something that feels good and looks good on you!

5 A lot of people eat dinner on Saturday night and then don't eat again until they cross the finish line. Mostly because of nerves. I strongly advise that you eat something (a piece of bread, half a sandwich, an apple or banana or crackers) 2 hours before the gun start. You have a run to focus on. Hunger at 3am will only distract you from your goal.

6 Stay off of your feet while waiting for the marathon to start. You'll already be making huge demands on your feet to carry you through 42.195 KMS starting at 2AM. You don't want to make them do a lot of extra work before then. So if you get to the venue early, then find a place where you can sit, stretch your legs and relax. And think about how good that medal will look around your neck in a few hours.

GETTING YOUR BODY READY FOR TBR DREAM MARATHON

BY JIM LAFFERTY

As you maybe have noticed when a top runner leaves their home country (say Kenya) and flies to the US for the NYC Marathon, they will arrive at least a week or so ahead of the race to allow their bodies to adjust to the new time zone. After all, a 5, 6, 7 hours or more time difference can truly “throw off” the body's natural circadian rhythms that play a major factor in bodily processes and peak energy levels.

To make sure each of you is optimally ready for race day, we need to take a page from the world class runner's playbook. And that means adjusting your body for the time differences. Why is this you ask?

For heat purposes, the START of the race is 2AM. For I would assume 99% of our runners, this represents a shift 5 or 6 hours from “normal” morning running time. This is hence equivalent to any of us getting on a plane and running the Athens, Greece Marathon! Whilst the race may be in Filinvest City, with the time of the start, it is equal to your body to traveling to Europe for a race!

I strongly believe shifting the starting time is right to do. And we will get the body adjusted, no issue. We just need to work a plan in the final 7 days.

WHAT DO WE NEED TO SPECIFICALLY ADAPT WITH OUR BODIES?

To deliver a peak race day, we shall need to make sure we are “up” in terms of waking so that we can begin a marathon at 2AM and our bodies are ready for it. This means specifically for us:

- Waking time, and all kinds of various hormone levels (melatonin, Estrogen, Testosterone levels)

that impact energy and metabolism.

- Bodily functions, specifically digestive and when your bowels move (this is a very important subject nobody ever wants to talk about but most runners worry about—being “cleaned out” before the race so you don't have to make frequent CR visits!)
- Food intake.

WHAT DO WE NEED TO DO?

We shall try to get you into a GRADUAL acclimatization without disrupting your life too much. But please be forewarned to do this right it will maybe mean a couple of days of irritation. Sorry!

1. Starting Monday, the week before the race, I would like you to advance your wake up time by 1 hour. So if you normally wake at 7 am, I want you to push it to 6 am. Also advance as a result all meals by the same 1 hour. So if dinner is normally at 6 pm, move it to 5 pm. And that night, plan to be in bed 1 hour earlier than normal. Everything advances by 1 hour.
2. Tuesday I would like you to execute the SAME thing. Advance everything another hour.
3. Wednesday and Thursday, SAME THING. Advance 1 more hour. So far you should be doing OK with this.
4. Friday and Saturday are going to be the tougher days. We need to make the final transition into getting your body, and bowels, all on a 2 am cycle. So even if you want (or can) take Friday off work, DO IT. It is also good to rest up the day before the race anyways.
5. On Friday, please try to rise at 2 am. Eat breakfast and go about your day. This would be a final small jog, and if you can, please get out and be running if even only for 15 or 20

minutes, nice and slow, at no later than 5 am. Assuming it is safe in your neighborhood to run that early. This would be your final run, just a small tune up for 20 minutes max.

6. On Saturday, we need to make full transition. Please get to bed no later than 6 pm the night before (I assume you will be tired anyways). Rise by 2 am latest, take a light breakfast and light up the house. Go about your day, but RELAX. Try to make it to late afternoon before you fall back asleep.
7. Saturday night is sleep before the race. You will need to be up to eat around 12am a light meal before the race, and be at the staging area no later than 1:30 am.

DISCUSSION POINTS:

A. Do I really need to do this? Well anyone can argue “no” and they can be right. It is possible of course to go about your life, and just “gut it out” by rising 6 to 7 hours earlier than normal, on no sleep, and run a marathon. But if you do this, there is little doubt that physiologically it will be tough on the body. This is equal to a shift to EUROPE for a race on your body. Your sleep patterns, energy patterns, eating and bowels will be all “off”. And it will affect you. This is fact. It may not stop you from running OK or finishing, but it will hit you. At the end of the day, it is a personal choice. But Jaymie and I have an obligation to give you all the facts, and let you decide. If this was me, knowing what I know, and having run many marathons in different time zones, I would do this. Nothing worse than standing at a start line half dead and then have to stop in 3 kilometers because my bowels are all off. But again we are there to help you, and you make the final decision.

B. Bowels. This always makes me laugh, because it is one of the MOST WORRISOME topics in racing and nobody ever wants to talk about it. What's the issue folks? We all know that we all need to poop! So let's talk about it! As running long distances shortens what is called “intestinal transit time” meaning the time a stool moves through the intestines, it is not uncommon to have to make a CR stop in a marathon. And we will have CR's on the course for you. My advice is the following on “potty breaks”.

- Try to train your bowels for the timing of the

race. A bowel movement early morning is quite normal as the body wakes up. As long as you shift the internal clock as per above, and shift your meals accordingly, you should be ok and able to evacuate prior to the race.

- DO NOT take any kind of medicines to “stop you up”. It can do more harm than good and make you feel very sick and bloated. And affect your hydration levels. Don't do it.
- Also some people, to be sure, will also do an enema before the marathon. DON'T DO IT. This can also cause dehydration and even loose stools during the race.
- When you are in the race, and you can “feel it coming”, become aware of how long you can go, and where the next portalet is. Use your first loop of the course to spot all the portalets so you know where they are for the next loops. Become a bit strategic about it! It will all work out in your head, and we will have portalets placed around the course. Don't worry! And at least you won't be like me in Paris a few years ago.....I had to go, and went into a bar, and the man would not let me use the CR without buying something, so I actually bought a beer and ran to the CR! In the TBR Dream Marathon, rest assured you can use our toilets free, without the beer!

C. For Ladies Only. A common question is how to handle a marathon if the date happens to fall on during the menstrual cycle. You might be wondering why Jim, a man, is answering this. The answer is, because we know it is a common question yet again, nobody seems to want to talk about it. I worked on feminine protection products for 20 years and I have coached several thousand women so this is not the first time talking about this. So here is all I can offer up, but again it is clearly a personal choice. The overwhelming product of choice is a tampon for security and comfort. Of all the people I have coached, the consensus BY FAR is tampons are the best way to run whilst on your period. Now, recognizing many people for many reasons don't use or want to use a tampon, the fallback seems to be the use of a high quality pantiliner vs. a full pad. The issue is, a larger pad can be a source of irritation over 42 kilometers. But again, it's a personal choice and this is only advice to be helpful.

OK, that's it. Good luck on race day!

GUEST GUIDE



TBR SUN LIFE DREAM MARATHON is a family-affair. We encourage family and friends to provide support and cheer for our runners on this momentous occasion.

CHEER EQUIPMENT	Bring banners, whistles, bells, and other cheer equipment you'll need to support your runner. Make noise!
FOOD	Race organizers will provide food and hydration for participants. Family and friends are advised to bring their own food / hydration requirements.
ATTIRE	Come in light, comfortable clothing. Apply sunblock. Bring shades, umbrella, visor/cap, and of course, your camera.
ARTS MATERIALS	Art materials will be available for families and friends as early as 1AM to create banners, posters, and flags for the runners at the GoWell Dream Village.
COURSE	<u>Only runners, marshals, and official volunteers will be allowed on the course. Please refrain from entering the course to ensure the safety of all participants.</u>

TBR DREAM TEAM

The Team Behind the Scenes



JAYMIE PIZARRO

Co-Founder

Overall Race Organizer

JIM LAFFERTY

Co-Founder

NEVILLE MANAOIS

Race Director

LIT ONRUBIA

Principal Coach

KEN MENDOLA

Lead Coach

JUN CRUZ

Logistics and Operations

MACEL JANEAO

Bull Circle Logistics Manager

Send Off Party Manager

Administrative Manager

MIKE JANEAO

Bull Sessions Pacer Head

CHIQUEI DIJAMCO

Community Manager

Bull Sessions Logistics Manager

MIKAELA AMADOR

Social Media Manager

KATHY SARMIENTO

Project Manager

