



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

**TIMEX®**

**Reebok**

**BAYVIEW  
PARK HOTEL  
MANILA**

*"Your Home by the Bay"*



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To our valued runners,

Welcome to the world of MILO!


For the past four decades, MILO has remained strongly committed to its mission of youth development through sports. By working hand in hand with the Dept of Education, Philippine Olympic Committee and Philippine Sports Commission, we hope to instill the importance of healthy living and learning life skills from sports. MILO believes that sports teach values which contribute to an individual's holistic development. By providing an avenue that allows more and more Filipinos to engage in sports and imbibe life skills through sports, MILO hopes to help build successful individuals who will shape a nation of champions.

Now on its 36th edition, the MILO Marathon continues to be the biggest, longest and grandest running event in the country. It is a race which caters to Filipinos from all walks of life, young and old, professionals and beginners -- shaping the route this year's marathon will again take -- a celebration of what runners of every shape, size and denomination can achieve.

Moreover, thanks to the support and generosity of runners like you, the advocacy arm of the marathon i.e. MILO Help Give Shoes Campaign provided running shoes to more than 10,000 children in public elementary schools, most of whom had never owned a pair of rubber shoes until now. Through this continuing campaign, we hope to be able to inspire the children-beneficiaries to engage in sports as a first step of helping shape our future champions today.

Once again, we invite you to join us as we work towards spreading the passion for running and at the same time, help create a better future for deserving young students from all over the country. On behalf of the MILO Marathon team, I would like to thank you once again for your participation in this year's MILO Marathon. ***Kaya mo 'yan!***



  
**Andrew Q. Neri**  
 MILO® Sports Executive  
 Nestlé Philippines, Inc.



Dear MILO Runners,

The National MILO Marathon is extra special in many ways. From the carefully planned race route to the technical aspects of the race such as ensuring everyone's safety and security, there is a lot that goes into this event because this race has always been very personal to me.

MILO and I go way back when I first fell in love with running. As a varsity athlete, my running skills were honed during the National MILO Marathon races that I participated in. Like you, I grew up drinking MILO, and I often dreamed that I would be a super athlete like those I see in TV commercials.

Today, I am proud that MILO and RunRio are working together in the country's longest-running and most prestigious footrace. We are committed to continue its success as we bring it closer to world class standards introducing latest innovations the industry has to offer. A big leap forward this year is the certification and membership accreditation coming from AIMS (Association of International Marathons and Distance Races), an international agency of more than 320 race organizers in 95 countries worldwide.


Be assured that my team and I will continuously work round-the-clock to give our MILO runners the best running experience.

Congratulations for choosing to join the 36th National MILO Marathon. Congratulations for choosing to run. I sincerely wish you more years of happy running.

See you on the road! God bless!



Your running partner,

  
**Rio Dela Cruz**  
 President  
 Runrio, Inc.



## 2012 Schedule of Races

Baguio	July 1	Tagbilaran	September 30
Dagupan	July 8	Cebu	October 7
Tarlac	July 15	Bacolod	October 14
Angeles	July 22	Iloilo	October 28
Manila Eliminations	July 29	General Santos	November 4
Naga	August 19	Davao	November 11
San Pablo	September 2	Butuan	November 18
Lipa, Batangas	September 16	Cagayan de Oro	November 25
Puerto Princesa	September 23	<b>Manila National Finals*</b>	<b>December 9</b>

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

## Start of Race

### START/FINISH AREA: MALL OF ASIA

42K - 3:00 AM (Manila only)	21K - 4:30 AM	10K - 5:00 AM	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, 2012 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

National Finals qualifiers are entitled to the following:

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



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 (Eliminations)		21K Run (National Finals)			
MEN'S AND WOMEN'S DIVISIONS		OPEN CATEGORY MEN'S AND WOMEN'S DIVISIONS		LOCAL CATEGORY MEN'S AND WOMEN'S DIVISIONS	
Champion	P10,000 + Trophy	Champion	P15,000 + Trophy	Champion	P8,000 + Trophy
Runner-up	P6,000 + Trophy	Runner-up	P12,000 + Trophy	Runner-up	P6,000 + Trophy
3rd Place	P4,000 + Trophy	3rd Place	P10,000 + Trophy	3rd Place	P4,000 + Trophy
4th Place	P2,000 + Medal			4th Place	P2,000 + Medal
5th-10th Place	P1,000 + Medal			5th-10th Place	P1,000 + Medal

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

42K Run (Eliminations)		42K Run (National Finals)			
MEN'S AND WOMEN'S DIVISIONS		OPEN CATEGORY MEN'S AND WOMEN'S DIVISIONS		LOCAL CATEGORY MEN'S AND WOMEN'S DIVISIONS	
Champion	P50,000 + Trophy	<b>Champion</b>	<b>P300,000 + Trophy</b>	<b>Champion</b>	<b>P150,000 + Trophy</b>
Runner-up	P30,000 + Trophy	Runner-up	P250,000 + Trophy	Runner-up	P100,000 + Trophy
3rd Place	P20,000 + Trophy	3rd Place	P200,000 + Trophy	3rd Place	P75,000 + Trophy
4th Place	P10,000 + Medal			4th Place	P30,000 + Medal
5th-10th Place	P5,000 + Medal			5th-10th Place	P10,000 + Medal

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

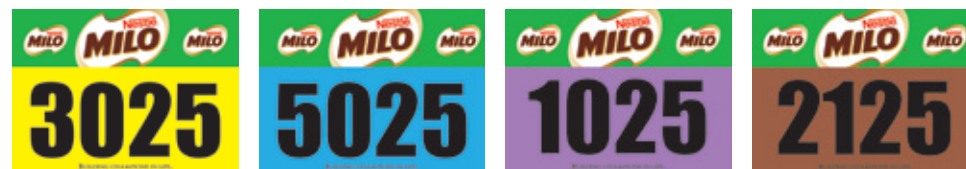
- \* Finishers in all categories within the cut-off time will receive a certificate of finish.
- \* Winners must be physically present to receive their awards during the awarding ceremony. Uncollected prizes will be donated to the "HELP GIVE SHOES ADVOCACY" or disposed at the discretion of the race organizer.

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 29 will range from 24° - 30°C, while on December 9 it will range from 23° - 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](http://www.milo.com.ph).



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!



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.



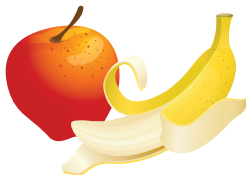
The Day of the Race



- 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.



1. The 36th National MILO® Marathon is organized by RUNRIO, INC. with local partners in all regional elimination races nationwide.
2. Interested participants are required to pay a non-refundable entry fee plus **one (1) MILO® 220g empty pack** alongside the accomplished and signed official registration form.



Entry Fees for Provincial Races	
21K Half Marathon Elimination Race	- P500.00
10K Run	- P500.00
5K Fun Run (Adults)	- P100.00
3K Kiddie Run & 5K Fun Run (Students)	- P50.00

Entry Fees for Metro Manila Races	
42.195K Elimination Race	- P500.00
21K Run	- P500.00
10K Run	- P500.00
5K Fun Run (Adults)	- P100.00
3K Kiddie Run & 5K Fun Run (Students)	- P50.00

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.

3. Participants must be 18 years and above on the race day to participate in the Full Marathon (42.195-K) and Half Marathon (21-K).
4. Participants must be 16 years and above on the race day to participate in the 10-K race.
5. Participants must be 7 years and above on the race day to participate in the 5-K Fun Run.
6. Participants must be 7 to 12 years old on race day to participate in the 3-K Kiddie Run. They are required to have their entry forms signed by a parent/guardian and must submit a photocopy of their NSO birth certificate or current school ID.
7. Participants below the age of 18 who wants to join the 10-K and 5-K race categories must seek their parental/guardian consent and fill up the entry form where the parent/guardian is required to sign.
8. Only local participants (Filipinos and foreigners with working visa) can join and win in the 42.195-K and 21-K elimination races. Overseas participants may join and compete in the 42.195-K and 21-K National Finals for as long as they fulfill the requirements (see item # 19).
9. Participants may claim their official race packets (containing the race number with timing chip attached, safety pins, and route map) upon complete registration. Race numbers are non-transferable.
10. 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.
11. Pets, bicycles, motorcycles, vehicles and any other wheel-run objects are not allowed on the course other than the official race and medical vehicles.
12. Participants being paced during the race by a person who is not officially registered in the 36th National MILO® Marathon and accepting assistance from non-race participants will be disqualified.
13. Participants who begin before the actual start time of his/her race category will be disqualified. Likewise, 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 participants.

14. "Gun Time" will be considered to determine the winners. Elite runners are advised to stay in front.
15. 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 participant found not physically fit to continue the race.
16. Metro Manila qualifiers from the 42.195-K race and provincial qualifiers from the 21-K race CAN NO LONGER compete in any of the elimination races. They will not be accepted even in shorter distance races. They may only compete in the full marathon of the National Finals.
17. All winners in the 21-K, 10-K, 5-K, and 3-K races (top 10 male and female) CAN NO LONGER compete in any of the succeeding elimination races. However, they (excluding the qualifiers) can compete in the 21-K, 10-K, 5-K, and 3-K races of the National Finals.
18. The 42.195-K and 21-K races of the National Finals will have two categories, Open and Local. Both overseas and local participants can compete and win in the Open category (only the top 3 winners will be recognized). In case a local participant finishes in the top 3 of the Open category, he/she waives the right to win the prize in the Local category.
19. To qualify, overseas runners must provide proof of finish in any AIMS/IAAF accredited races dating back at least one (1) year before race day or they may qualify in the Manila elimination race. They must have a finish time within the specified age-bracket and time identified on page 5.
20. The race organizer 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.
21. Qualifiers in the 42.195-K who decides not to join the race is prohibited from competing in the other race categories of the National Finals (i.e., 21-K, 10-K and 5-K races).
22. Provincial qualifiers in the 42.195-K who were able to collect their travel allowances and at the last minute decided not to join and compete in the National Finals without prior advice to the race organizer will be banned from joining the MILO® marathon races for one year.
23. The baggage area is exclusive for 42.195-K, 21-K, and 10-K participants. 5-K and 3-K runners are advised to bring only the essential items needed for the race. The race organizer will not be responsible for any lost item.
24. 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.
25. The race organizer may change without prior notice any of the rules and regulations that they deem necessary to ensure the success of the race. The race 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.



A member of:







# HELP GIVE SHOES ADVOCACY

In 2010, MILO marathon launched 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 barefoot. These were children to whom a pair of shoes meant a life-transforming gear for better performance and better life. With about 200,000 runners this year, a portion of their registration fee allowed the advocacy to give 4,200 running shoes to school children across the nation.



In 2011, in light of the centennial anniversary of Nestle in the Philippines, a golden opportunity came to make the cause even bigger. 100 pairs of running shoes were handed out to 100 public schools. That's a total of 10,000 more pairs given out.

This 2012, on top of the 14,200 pairs of shoes that has been donated in the past 2 years, the 36th National MILO Marathon aims to provide another 10,000 pairs of running shoes in hope that we may again inspire, motivate and equip more children with the basic necessity in achieving their dreams.

Let's spread the passion for running and help build future champions out of deserving young students across the country.

Takbo na!

