

## **CARDIMAX-CLARK ULTRAMARATHON FOR IMMEDIATE RELEASE**

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### **Cardimax-Clark Ultramarathon Racers Ready to Rumble**

The long weeks of training are over as runners gather for the Cardimax-Clark Ultramarathon set to happen on September 5-6 at the Clark Parade Grounds in Clark Freeport Zone, Pampanga City.

Two hundred twenty runners are set to go beyond their limits, harness their own energy, and give their best in three race categories: 100K, 50K, and 100K two-man relay.

Total cash prizes and gifts from sponsors valued at about P300,000 await the 2015 team champions, top 3 overall male and female champions, age group champions, and relay champions.

On top of attracting competitive athletes, the race welcomed beginners and aspiring ultramarathoners by providing an 18-week training program and mentorship by top ultramarathoners Jon Lacanlale, Tin Ferrera, Alfred delos Reyes, Daphne Codilla, Doodsie Mallari, and Wilnar Iglesia.



Philip Salvador started looking for more challenge after doing two full marathons. Clark Ultramarathon's focus on beginners encouraged him to sign up. He looks forward to finishing strong and injury-free on race day. "I like what Dean Karnazes said -- how to run an ultramarathon? Puff out your chest, put one foot in front of the other, and don't stop till you cross the finish line," he says. (Photo from Clark Ultramarathon: Philip with his regular training buddies: Ronald Sacdalan and John Fulgencio and with them is Anne Endaya, fellow first-time ultramarathoner.



The weekend brings milestones for the running community. Seasoned ultramarathoner Victor Ting will run his 100th long-distance race; the hale and hearty 70-year-old will race the 100K Relay with 61 year old Pong Narciso. (Photo posted by Mang Victor Ting on facebook)



Father-and-son tandem Vlad and Kevin Hernandez will also participate in their first ultramarathon. Known in running circles as Team Never Run Alone, they race to promote the inclusion of people with special needs into mainstream community activities.

Organizer and avid ultramarathoner Tin Ferrera has always wanted to hold an ultramarathon in Clark. She says, "Having raced various distances from 5Ks to 200K, I have nurtured the intention to pay it forward to the community that has helped me sustain my love for running; a community that is a mix of aspiring and seasoned ultramarathoners. It is a joy to be able to gather everyone in an 18-week journey that culminates in their first or nth ultramarathon road race on September 5 in an ideal venue."

Part of the organizing team, Attorney Jon Lacanlale has raced road and trail ultramarathon races both locally and abroad. He says, "The Cardimax-Clark Ultramarathon race will be tough yet unforgettable. We want our runners to dig deep and explore the innate dormant strength in them. We want everyone to experience the special camaraderie and friendship among each competitor, volunteers, race officials and spectators."

### **ABOUT CARDIMAX-CLARK ULTRAMARATHON PARTNERSHIP**

Clark Ultramarathon partners with Cardimax L-Carnitine in staging the 2015 edition of the race. Cardimax L-Carnitine, as a supplement, helps improve mental and physical performance of an individual. During intense workouts, it helps reduce post exercise lactic acid accumulation and increase workout output. It maintains your fitness, enhances detoxification and aids fast recovery. Harness your own energy!

The race is supported by Simple Hydration Water Bottle, Soleus Running and L-Time Studio, and Urban Ashram. For hydration and nutrition, Gatorade, Pepsi, Light Water and Sultana Biscuits, Jollibee (Bertaphil) will be available at Aid Stations served with other local delicacies. Clark Development Corporation, 100 Miles Café, The Villages are the venue and lodging partners. Team Rescue 8 will provide the medical support.