

CARDIMAX-CLARK ULTRAMARATHON

JULY 2015

FOR IMMEDIATE RELEASE

Cardimax-Clark Ultramarathon has gathered aspiring and veteran ultramarathoners since May 1 in an 18-week journey of going beyond their limits and giving their best and harnessing their own energy.

This will culminate in an ultramarathon race on September 5-6. The race has three categories: the 50K Challenge, a 100K (two-man team) relay, and a 100K championship.

The participants have to finish a road course of 50k loop (two loops for 100k) inside the Clark Freeport Zone which will start and finish at the Clark Parade Grounds in front of Clark Museum. The route will take participants along the main highways of the Clark, Air Force City, long stretches of paved, tree-lined roads, passing through scenic spots along Sacobia River, Fontana Leisure Park, DongWang, and Nayong Pilipino. Runners are expected to experience a route that is a mix of flat and rolling hills with 400 meters++ of accumulated elevation gain. The weather is expected to be cold as they start at 10 pm on Saturday which could turn scorching hot from Sunday morning. There will be aid stations along the route and designated support aid stations.

Registration fee is as follows: 100K- P3,500, 100K Relay – P4,000, 50K – P2,500. The registered runners shall receive the official race bibs, Simple Hydration bottle, Urban Ashram 2-day pass, event bag and a recommended training program. Finishers will get a medal, shirt and post race meal.

For all categories, top overall finishers, age group champions and relay champions shall receive cash prizes. A team champion (five individual participants with minimum one female) will also be awarded. A total of about P300,000 cash prizes will be given away.

The race is brought in partnership with Cardimax L-Carnitine, a supplement that helps improve mental and physical performance, especially for an endurance race. Simple Hydration bottle and Urban Ashram two-day pass shall be given to all registered runners. The race is powered by Soleus as its official timing partner. Strider My RUN Time will be deploying timing stations along the route from the start to the finish line. Gatorade will be the official hydration partner.

THE HARNESS YOUR OWN ENERGY TRAINING SESSIONS. As part of the Recommended Training Program which is given to participants upon registration, participants have already finished three group sessions.

Session 1 on May 28 focused on **Running Basics**. Coach Saturnino Salazar taught basic running drills useful to improve running form and prevent injury during training. Daphne Codilla and Wilnar Iglesia shared about their ultramarathon experiences and important things to remember on your first. They highlighted the importance of proper training.

Session 2 which was held on June 20 focused on **Race Essentials** where Alfred delos Reyes and Doodsie Mallari shared ten (10) important tips about hydration and nutrition based on their years of experience in ultramarathon racing. Hector Yuzon of Second Wind Running Store talked about gears and how to choose what fits you.

Session 3 focused on **Managing Your Training**. JC Ty of Urban Ashram led the participants in an hour of yoga session. They enjoyed the FNR (Flexibility not Required) Athletics session which is a beginner/intro program of Urban Ashram that is ideal for endurance athletes. After the session ultramarathoners Zaldy Santillan and Gia Estrella of Ayala Triads, Jon Las Bruce of Insight Tees/RUNSIMPLE Team, Amor Gabriel and Roselle Abajo of Team Soleus and Clark Ultramarathon Mentors Tin Ferrera, Daphne Codilla and Wilnar Iglesia answered questions from participants on everything about ultramarathon training and racing.

The last session, **Race Preparation**, on August 22 will be at the Clark Parade Grounds. After a 90 minutes run, participants will be free to ask questions from Race Director Jon Lacanlale about the race. He will share also some tips on physically and mentally preparing for the race.

For more details, visit clarkultramarathon.com.

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