



CONSULATE GENERAL OF THE REPUBLIC OF THE PHILIPPINES
NEW YORK

P R E S S R E L E A S E

PR-CSC-096-2019

5November2019

Philippine Consulate Hosts Carbo-loading for Pinoy Marathoners



Consul General Claro S. Cristobal and Mrs. Marilou Cristobal joins our Filipino runners during the Carbo-loading even at the Philippine Centert. (photo by PCGNY)

5November 2019, New York City. –The Philippine Consulate General in New York hosted a carbo-loading reception for Filipino runners who participated in the 49th New York City Marathon on 1 November 2019 at the Philippine Center. The 2019 New York Marathon, the largest and most popular in the world with more than 53,625 finishers this year, was held on 3 November.

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More than 200 runners and guests from all over the world participated in the highly anticipated event which served as venue for networking and sharing of marathon experiences among the runners. Expert runners shared marathon tips with beginners while everyone was loading with carbohydrates and enjoying pansit, spaghetti, empanada, cassava cake, and of course, New York pizza and bottles of soda.

Consul General Claro S. Cristobal welcomed the runners to New York and wished them a safe and fun marathon. The Consulate distributed Philippine flag stickers with the hotline number of the Consulate and he encouraged them to place a sticker on their marathon bib to facilitate identification and communication in case of emergency.

Games and music provided by Fil-Am DJs added to the energy and excitement of the participants. Mr. TJ Isla, a trail runner based in the Philippines, thanked the Consulate General and its partners on behalf of the runners for organizing the event. Mr. Paul Casino who has completed several NYC Marathons, gave advice on how to finish the marathon. He said emphasized the importance of running safely while enjoying the experience. Fr. Patrick Longalong, Filipino priest based in Queens, led the prayer for the safety of the runners.

The event was held in partnership with the Philippine department of Tourism in New York, Fil-Am Triathlon Club, JCI Philippine- New York, and Balut Patrol, with the support of GMA Pinoy TV, Pinoy Runners Global, Pinoy Runners USA, Papa's Kitchen and International Women Artists.

Consul Arman R. Talbo and New York-based marathoner Bel Molina served as the event's emcees.

The Consulate and different Fil-Am groups set up cheering areas along the marathon route, encouraging Filipino runners and giving them water and food, if needed. Based on data from the New York Road Runners, the event organizer, there are 197 runners (101 men, 96 women) who identified themselves as runners from the Philippines. There are other Filipino runners who chose to be listed under their country of residence. Mr. Mark Deligero is the top finisher from the Philippines with a time of 2:50:28, followed by Juan Francisco Balagtas with a time of 3:11:22. The oldest Filipino who completed the event is Josephine Villanueva, 66 years old from Quezon City. She finished the marathon with an official time of 7:24:40. END.



Consul General Claro S. Cristobal giving his welcome remarks. (Photo by PCGNY)



All smiles for the camera during the carbo-loading event. (Photo by PCGNY)

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Runners fill up on carbs before Sunday's big race. (Photo by PCGNY)

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Raising it high and proud for some Filipino pride. (Photo by PCGNY)

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Runners from all over the world make their turn for the final miles. (Photo by PCGNY)



Filipino runner Florian Cabuyao waves to the cheering Filipino crowd. (Photo by PCGNY)

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Consulate staff and members of the Filipino community cheer on the runners as they approach the final 3-mile stretch. (Photo by PCGNY)