



## CONSULATE GENERAL OF THE REPUBLIC OF THE PHILIPPINES CHICAGO

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### PH CONSULATE GENERAL MEETS THE PH TEAM CHICAGO MARATHON 2019

Chicago 15 October 2019 – Fifty Filipino runners participating in the 2019 Chicago Marathon called on the Philippine Consulate General in Chicago on Friday, 11 October 2019.

Acting Head of Post Melchor P. Lalunio, Jr. welcomed the runners and delivered his inspirational message, reading the “10 commandments” for runners and urging them to give it their best shot.

As part of the first-ever Chicago Filipino Restaurant Week (FRW), the Consulate – in partnership with the International Society of Filipinos in Finance and Accounting (ISFFA), Philippine American Cultural Foundation (PACF), Mama Sita’s and Cathay Land, Inc. – hosted a carbo-loading session to prepare the runners for the marathon on 13 October 2019. The runners were served pancit, rice, pork tocino, barbecued chicken, *tulingan* (tuna), *ginataang kalabasa* with assorted vegetables, and *turon*. The food was prepared by *Chicken Ati-Atihan* and *Lola Tining’s*, two of the twenty-two FRW participating restaurants, using delicious ingredients from Mama Sita’s.

Afterwards, Post organized a short program for the runners. Administrative Officer Alvar Rosales reminded the runners to keep safe and provided contact information of the marathon organizers in case of emergency. Mr. Jan Paul Ferrer, ISFFA President and PACF representative, shared that the carbo-loading event was part of the Filipino American History Month celebration and the Chicago FRW, and vowed to continue welcoming the runners to Chicago every year. Mr. Eric Umali, Cathay Land Regional Marketing Head for North America, shared the projects of his company and efforts to heighten its presence in the Midwest. He also awarded raffle prizes to lucky runners.

A total of 150 runners from the Philippines participated in the marathon, with many of them arriving after the above-mentioned event hosted by Post. Running the Bank of America Chicago Marathon is the pinnacle of achievement for elite athletes and everyday runners alike. On race day, runners from all 50 states and more than 100 countries set out to accomplish a personal dream by reaching the finish line in Grant Park. **END**





Group photo of the Philippine Consulate Officers and staff with the PH Team Chicago Marathon 2019



Acting Head of Post Melchor P. Lalunio, Jr. (standing second from left) poses with the PH Team Chicago Marathon 2019



*(Left) Filipino marathon runners partake of the food during the carbo-loading event. (right) Food served at Carbo-loading event was prepared by Lola Tining's (Oak Park, IL) and Chicken Ati-Atihan (Niles, IL), in partnership with Philippine American Cultural Foundation, Cathay Land and Mama Sita's.*



*Administrative Officer Alvar Rosales (right) Provided safety pointers and urged the runners to be vigilant during the marathon and Mr Eric Umali (left) Regional Marketing Head North America of Cathay Land*