



2024 ATHLETE INFORMATION GUIDE



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VENUE HOSTS



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RIDE DIRECTOR MESSAGE

I would like to welcome all the participants to the 2024 Sunlife Cycle Philippines. This event is for all members of the family who are into cycling or who are just beginning to into cycling. Our aim is to allow you to enjoy cycling as an activity to live an active lifestyle and to be part of a growing community in a safe environment.

We put together the Sunlife Cycle Philippines along with the City Government of Imus and Ayala Vermosa Sports Hub to provide you and your family and friends a riding experience that is enjoyable and safe.

Thank you and always ride safe!



Julian Valencia
Race Director

WELCOME MESSAGE

Summer is here and it's time for another fun ride out with Sun Life CyclePH!

Through the years, CyclePH has established a distinct identity in the local cycling scene: a family and beginner-friendly event that aims to infuse the love of physical movement as a way of prioritizing one's health and well-being.

The health benefits of cycling are widely recognized, from improving cardiovascular fitness to increasing athletic performance. It is also an environment-friendly and sustainable way to go from one place to another, as more Filipinos choose bicycles as their transportation of choice.

As a strong advocate for health, Sun Life is honored to be a partner in helping more Filipinos live healthier lives. We mount wellness events via our very own GoWell community, through partnerships such as CyclePH, and the upcoming Sun Life 5150 triathlon. We offer a suite of health protection plans, fully customizable to fit one's budget and lifestyle, that can help provide a safety net in case of health emergencies.

We also invest in the well-being of our communities by building Barangay Health Stations, providing financial assistance to indigents for surgical missions and training basketball coaches to deliver a holistic health education program for the youth around the country. These are efforts to ensure accessible healthcare and promote movement in remote areas.

Everything we've shared is only possible because of your support – whether as a

participant, a Sun Life client, or an advocate for living healthier lives. Welcome to our first-time CyclePH participants, we hope you enjoy the route and the camaraderie. For everyone who has supported CyclePH through the years, we look forward to new memories we can create together on the road.

We would like to thank the Sun Life CyclePH team for ensuring an enjoyable and safe route for our riders.

Let the summer's most fun ride out begin!



Carla Gonzalez-Chong
*Chief Client Experience and
Marketing Officer
Sun Life Philippines*

EVENT SCHEDULE

Event Schedule is up to date as of March 11, 2024 and is subject to change.
View the [Event Schedule](#) online for the most up to date version.

FRIDAY 5 APRIL 2024

Time	Event	Location
9:00 AM to 6:00 PM	Registration and Ride Pack Collection	Seda Hotel BGC
	Sun Life Cycle Philippines Expo	

SATURDAY 6 APRIL 2024

Time	Event	Location
9:00 AM to 3:00 PM	Registration and Ride Pack Collection	Seda Hotel BGC
	Sun Life Cycle Philippines Expo	

SUNDAY 7 APRIL 2024

Time	Event	Location
4:30 AM to 11:00 AM	Sun Life Cycle Philippines Expo	Ayala Vermosa Sports Hub
5:20 AM	Assembly at Start Line – 60 KM, 45KM, 30KM	
5:45 AM	Gun Start for 60 KM	
5:50 AM	Gun Start for 45 KM	
5:55 AM	Gun Start for 30 KM	
8:30 AM	Kid's Ride: 30-min Solo Ride 6 to 15 yrs. Old	
9:10 AM	Kid's Ride: 30-min Family Ride (with accompanying adult) 6 to 15 yrs. Old	
9:40 AM	Tricycle Ride 500 meters: 4 to 5 yrs. Old	
9:45 AM	Tricycle Ride 100 meters: 2 to 3 yrs. Old	

PRE-RIDE INFORMATION

ATHLETE CHECK LIST

PRE-EVENT

- Book/confirm accommodation & flights (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarize yourself with Event Schedule (know all check- in/drop off times).
- Familiarize yourself with the course - it is your responsibility to know this on run day.
- Check Registration Confirmation. If any details are wrong contact us via secretariat@cycleph.com

RIDE DAY

- Ensure you have all items for your race including, helmet, head light & bib number
- Start the ride - be at the start line at least 15 minutes prior.
- Finish the ride.
- Receive your medal.
- Recover.
- Collect your items – loot bag

KIT CLAIMING

See page 6 for time and location.

All kits will need to be collected during Registration opening hours. If you do not pick up during the designated Kit claiming hours you will not be permitted to ride. **Please note, no kits will be posted out prior to the event.**

ALL RACE PACKS MUST BE PICKED UP BY 3:00pm on April 6, Saturday.

WHERE:

Satin Room, SEDA Hotel, BGC.

What you will need to bring:

- Photo ID (driver's licence or passport).
- Confirmation email

Emergency Contact

Athletes are required to check-in at the venue during the dates and times listed above and on the Event Schedule. Ride kit claiming will not be available outside the posted times.

To inform Sun Life Cycle Philippines secretariat of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed below.

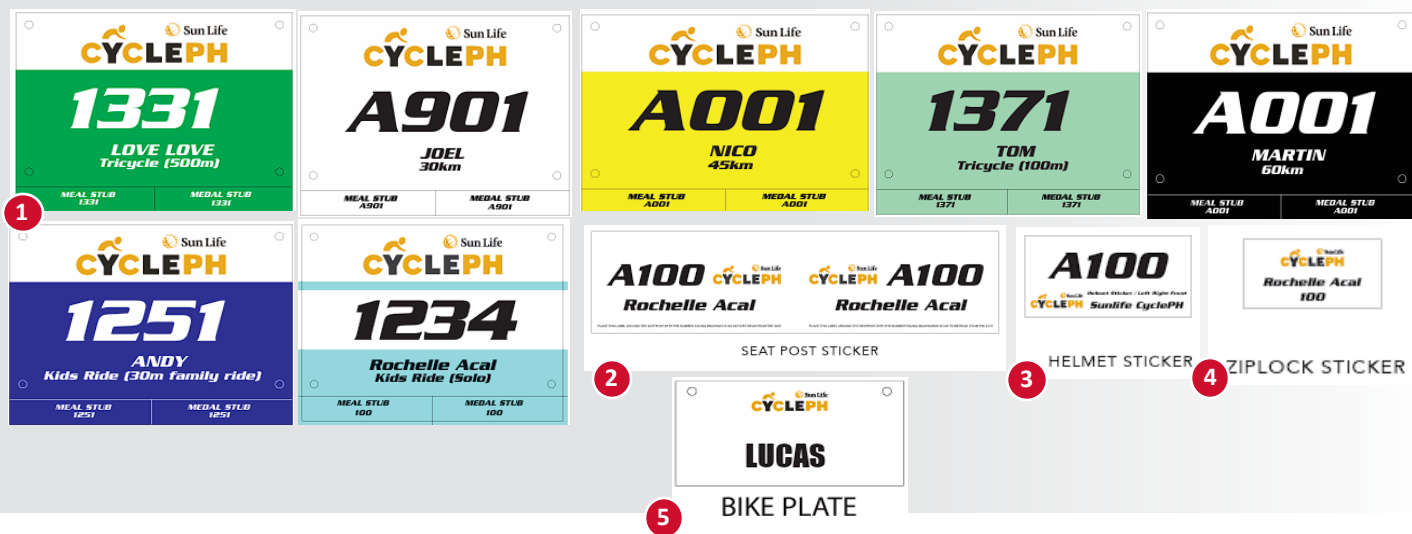
Number: +63 960 905 9142

Email: secretariat@cycleph.com

Who can collect?:

Only the person registered can pick up their race kit. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name

RIDE KIT



1. RACE BIB NUMBER

Worn on the front during run and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

60 KM – Black

45 KM – Yellow

30 KM – White

Tricycle Ride 500m – Green

Tricycle Ride 100m – Light Green

Kids Ride (Family Ride) – Blue

Kids Ride (Solo) – Aqua Blue

2. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike check in.

3. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on ride day.

4. ZIPLOCK STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right-hand corner of your ziplock and stick securely onto the back of itself.

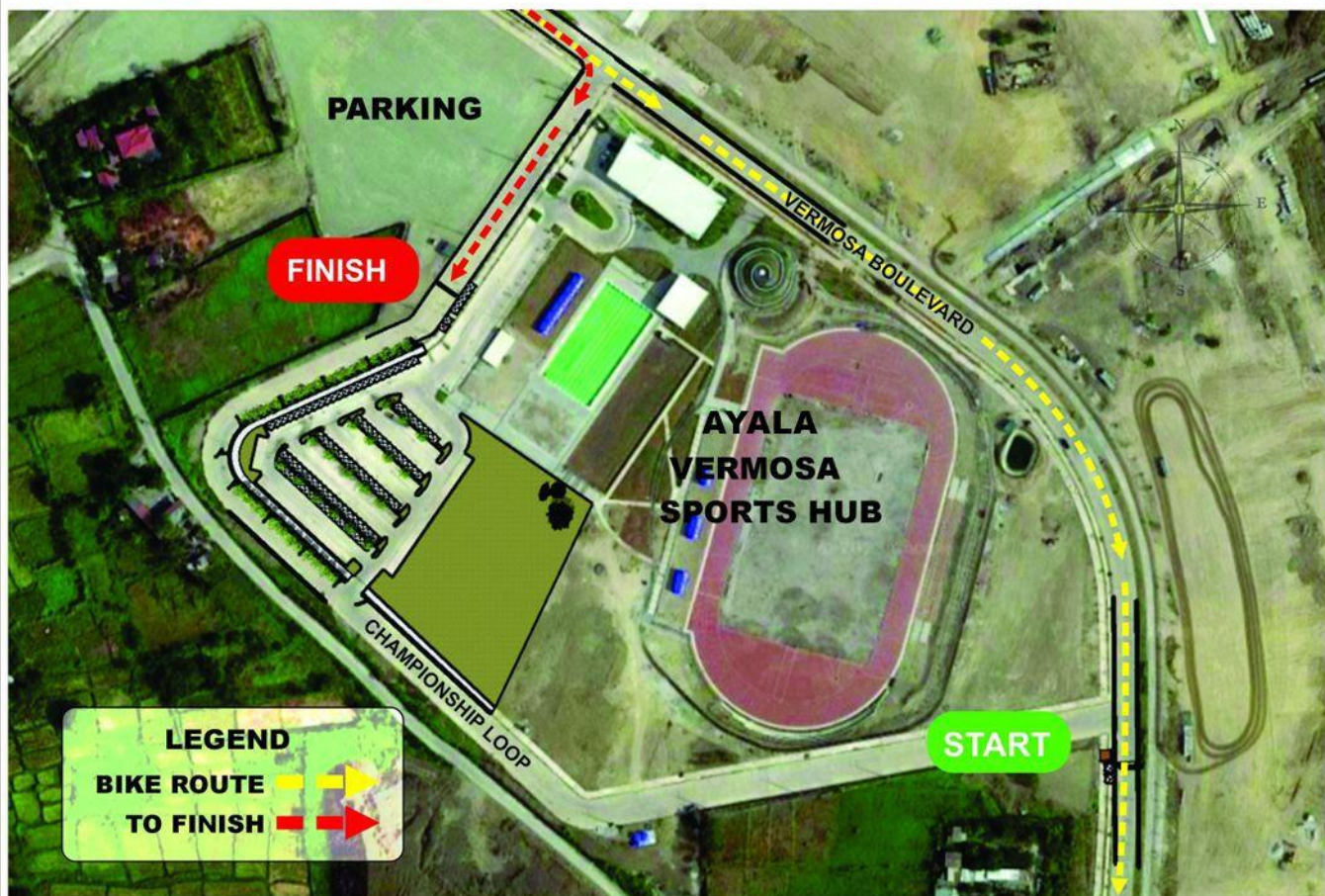
5. BIKE PLATE FOR KIDS

Place plate on bike back of wheels prior to start on ride day.

VENUE MAP



RACE CENTRAL



AYALA VERMOSA SPORTS HUB, IMUS, CAVITE

AID STATIONS

AID STATION

BIKE AID STATIONS

Aid stations will normally be positioned on the right-hand side of the course

Aid Station Locations:

The Bike Course has 1 aid station but have athletes will pass by four times.

- TA1 – KM 3.75/18.7/33.6/48.5

Will offer:

- Water
- Toilets

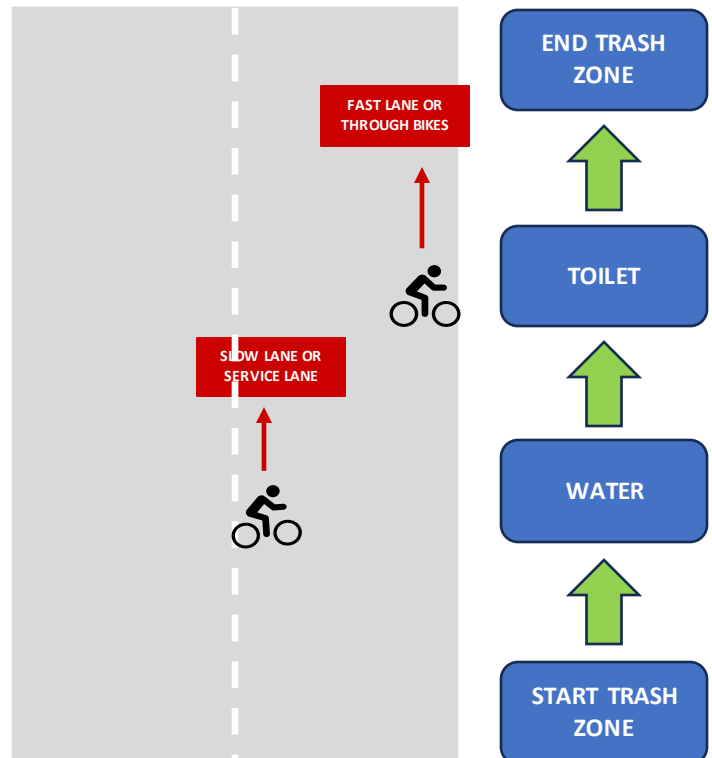
Process:

Slow down when entering a bike aid station, don't stop! If you do not require any product from a bike aid station, please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise the volunteer by calling out your needs.

BIDON/RUBBISH DISCARD

Please ensure bidons and any trash are only discarded in Aid Station Rubbish Zones. Don't discard anywhere else on course. Marshals will ask you to go back and pick up your rubbish.

AID STATION LAYOUT



RIDE DAY INFORMATION

CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Ride Director. This will be communicated by the event app or by the commentator.

RIDE DAY SERVICES

Medical

A first aid provider will be engaged to provide first aid at all events operated by The Sun Life Cycle Philippines Organizers.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed at [here](#). Athletes are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all athletes hold adequate travel or personal insurance that will provide coverage for participation in Sun Life Cycle Philippines event. Athletes are responsible for understanding the terms and conditions of insurances held.

SAG Vehicle

The SAG vehicle will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the event venue.

Should you require a SAG vehicle at any time, please wave down a motorbike official and they will contact Sun Life Cycle Philippines Organizers for SAG vehicle deployment. Alternatively advise volunteers at the nearest aid station.

Please Note: delays in SAG vehicle transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG vehicle has been requested as this could affect their ability to locate and transport you.

BIKE MECHANICS

Bike Mechanics will be available at both turnaround points on course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

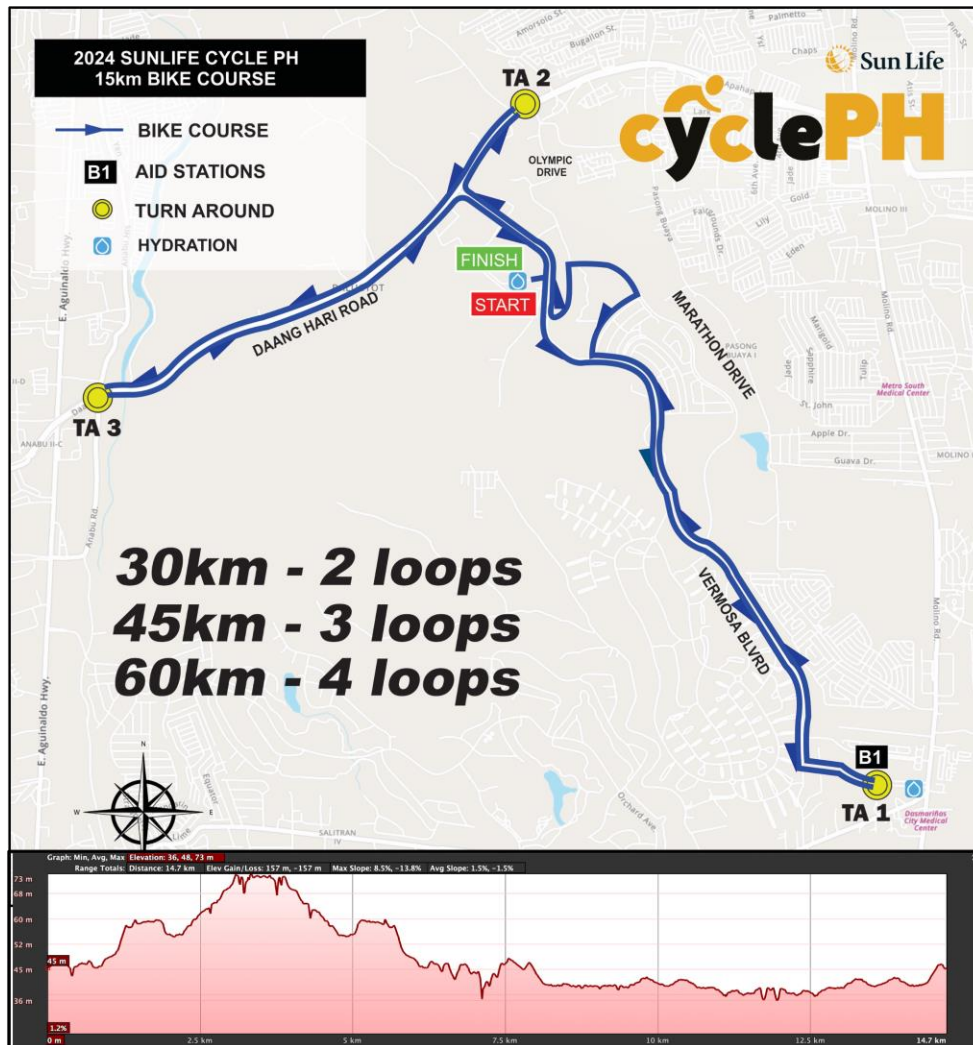
Please note: No responsibility or liability is taken by the Race Organizers for lost property.

All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any inquiries after the event please contact secretariat@cycle.com

ADULT RIDE BIKE COURSE

COURSE MAP

<https://sunlife.cycleph.com/ride-details/>



COURSE DESCRIPTION

- Start at Champion's Loop (south side) just before Vermosa Blvd
- Right on Vermosa Blvd southbound and follow the road
- Left on Promenade Blvd and TA1 is at the intersection of Promenade Blvd and Los Angeles Blvd.
- Right on Vermosa Blvd heading northbound
- Right on Intensity Road
- Left on road before dead end
- Left on Olympic Drive
- Right on Vermosa Blvd.
- Right on Daang Hari NE bound
- TA2 on the intersection of Daang Hari and Olympic Drive
- Ride along Daang Hari towards Aguinaldo Highway
- TA3 is just before the intersection of Daang Hari and Anabu Road
- Ride along Daang Hari towards Vermosa
- Right on Vermosa Blvd
- Finish line is along Champions Loop (north side) near the swimming pool

TRICYCLE KID'S RIDE BIKE COURSE

COURSE MAP

<https://sunlife.cycleph.com/ride-details/>



AYALA VERMOSA KIDS RIDE 500M

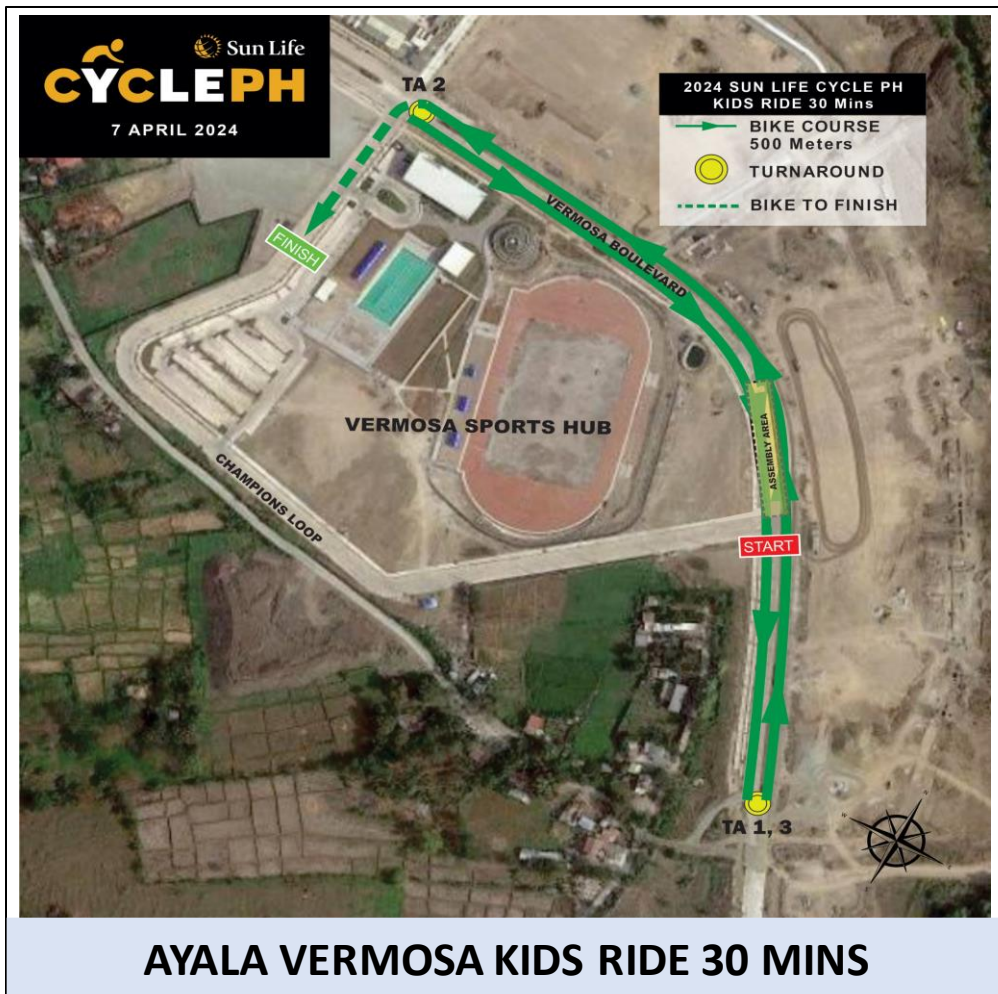
COURSE DESCRIPTION

- Ages 2 to 5 years old with one accompanying adult
- 100m Tricycle ride distance – ages 2 to 3 years old
- 500m Tricycle ride distance – ages 4 to 5 years old
- Will start along Vermosa Blvd near Champions Loop towards Daang Hari
- The kids will turn left at Champions Loop and head towards the finish line

30 MINS KID'S RIDE BIKE COURSE

COURSE MAP

<https://sunlife.cycleph.com/ride-details/>



COURSE DESCRIPTION

- Ages 6 to 15 years old
- 30 minutes solo ride
- 30 minutes with accompanying adult
- Will start along Vermosa Blvd near Champions Loop towards inside of Vermosa heading south
- TA1 is located just before the bridge and TA2 is at the intersection of Vermosa Blvd and Champions Loop near the parking lot
- After 30 mins., the kids will turn left at Champions Loop and head towards the finish line

RIDE RULES

- NO HELMET - NO RIDE, NO AEROBARS and NO FIXIES, rules will be strictly implemented on ALL ride categories, adults and kids.
- Bike should be in good working condition with rear reflectors **or bike lights**.
- Wear appropriate cycling attire
- This is a ride, **not a race. There are newbies** on the course, as well as seasoned cyclists. Let's be nice to one another.
- Although there is a hydration station at Turnaround 1 (Lightwater in sport bottles), you are encouraged to bring your own hydration.
- There is no timing chip or lap bands that will be given so just count laps on your own.
- You can finish at your convenience as long as you cross the finish line at 8:30 am.
- By 8:30 am, bike course will be closed everyone will be directed to the finish line. Kids Ride will start afterwards.
- Participants with unsportsmanlike conduct or unruly behavior will be pulled out of the bike course

EVENT PARTNERS

TITLE PARTNER



Sun Life

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MANILA BULLETIN

Tempo
NEWS IN A FLASH

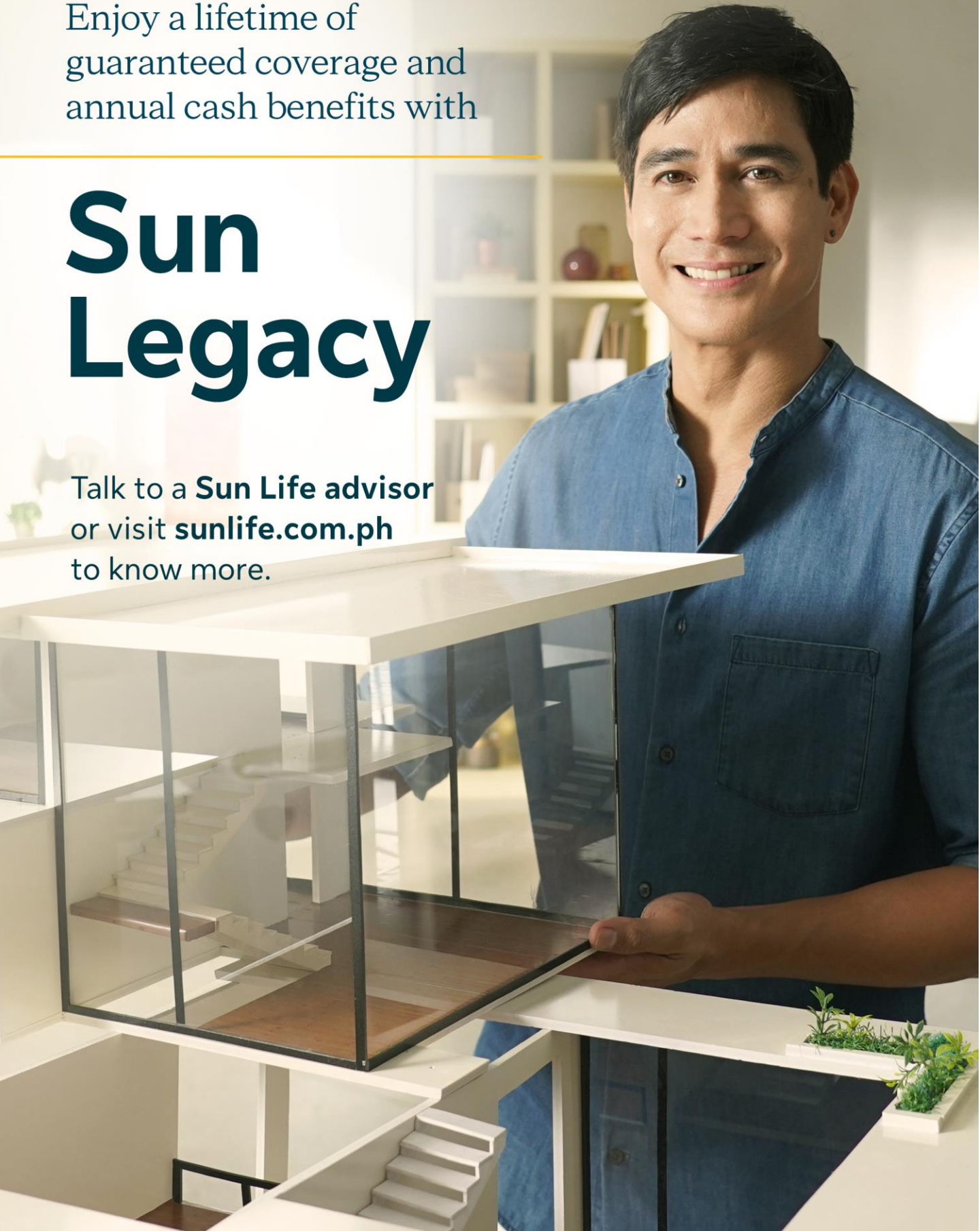
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HISTORICAL LANDMARKS & MARKERS IN

IMUS

How to Get Here:

The historical City of Imus is approximately 19 km south of Metro Manila and is easily reachable through various modes of public transport such as provincial buses, vans, and jeepneys. The nearest airport is the Ninoy Aquino International Airport in Parañaque City (T1 & T2) and Pasay City (T3 & T4). There are four main entry points to Imus, Cavite: Manila-Cavite Expressway (CAVITEX), Aguineldo Highway, Open Canal, and Daang Hari Road.



1 OLD MUNICIPAL BUILDING
Maestro G. Tirona Street, Poblacion IV-B



2 IMUS CATHEDRAL
Historical Marker, 2006
Gen. Castañeda Street, Poblacion III-A



3 GEN. LICERIO TOPACIO PARK
Gen. Castañeda Street cor.
Maestro G. Tirona Street, Poblacion IV-B



6 ANG BAHAY NG MGA TIRONA
Historical Marker, 1975
Captain Bella Street cor. Maestro G. Tirona Street,
Poblacion I-C



5 GENERAL LICERIO TOPACIO Y CUENCA (1839-1925)
Biographical Marker, 1984
Imus Plaza, Gen. Castañeda Street cor.
Maestro G. Tirona Street, Poblacion IV-B



4 IMUS
Historical Marker, 1954
Imus Plaza, Gen. Castañeda Street cor.
Maestro G. Tirona Street, Poblacion IV-B



7 PILAR LODGE NO. 3 F. & A.M.
Historical Marker, 1994
F. Tirona Street cor. Gen. Mascardo Street,
Poblacion III-A



8 ARSENAL NG IMUS
Historical Marker, 1999
Gen. Topacio Street, Poblacion I-A



13 ENRIQUE VIRATA (1899-1973)
Biographical Marker, 1984
Gen. Yengko Street, Medicion II-C



20 PASYALUBONG CENTER
162 Gen. Bautista Street,
Poblacion II-A
Imus E Pasyalubong



9 LABANAN SA IMUS
National Historical Landmark, 2006
Gen. Topacio Street, Poblacion I-A



10 BRIDGE OF ISABEL II
Historical Marker, 1999
Gen. Topacio Street, Poblacion I-A



11 GENERAL FLAVIANO YENCKO (1874-1897)
Biographical Marker, 1974
Gen. Yengko Street cor. Gen. Topacio Street, Poblacion IV-C



12 FRANCISCA TIRONA BENITEZ (1886-1974)
Biographical Marker, 1984
Imus Pilot Elementary School,
Home Economics Building, Nueno Avenue,
Poblacion I-B



14 JOSE S. TAGLE (1855-1910)
Biographical Marker, 1984
Gen. Yengko Street, Bayan Luma III



15 TULAY TOMAS MASCARDO
Historical Marker, 1975
Emilio Aguinaldo Highway,
Tanzang Luma II



19 BATTLE OF ALAPAN
National Historical Landmark, 1998
Dambana ng Pambansang Watawat ng Pilipinas,
Miguel Santa, Alapan II-B



16 JULIAN BRIDGE
Barangay Bucandala I



17 LABANAN SA PASONG SANTOL
Historical Marker, 1971
Santiago Subdivision, Anabu II-E



18 BANTAYOG NG MGA BAYANI SA LABANAN SA PASONG SANTOL
Pasong Santol, Anabu II-F

A few reminders to our dear visitors:

- ✓ Treat each site with respect.
- ✓ Take time to read inscriptions, but do not write or draw on the memorials.
- ✓ Please do not sit or climb on the memorials.
- ✓ Please avoid littering.
- ✓ Take a photo of your favorite site, and share it on Facebook using #TaraSalmus