

# ATHLETE INFORMATION GUIDE





# Table of Contents

**03**

WELCOME MESSAGE

---

**04**

RIDE DIRECTOR MESSAGE

---

**05**

EVENT SCHEDULE

---

**06**

PRE-RIDE INFORMATION

---

**07**

RIDE KIT

---

**09**

VENUE MAP

---

**10**

AID STATIONS

---

**11**

RIDE DAY INFORMATION

---

**12-13**

ADULT RIDE BIKE COURSE

---

**14**

30 MINS – KID'S RIDE BIKE COURSE

---

**15-17**

TRICYCLE KID'S RIDE & PUSH BIKE COURSE

---

**18**

RIDE RULES

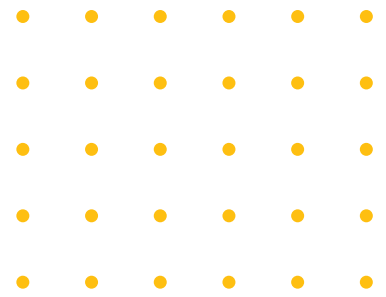
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**19**

EVENT PARTNERS

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# Welcome Message



It's time to ride again under the sun!  
Welcome to Sun Life Cycle PH!

In celebration of Sun Life's 130<sup>th</sup> anniversary, we're marking this milestone by reinforcing our commitment to **health** and **financial security**. From strengthened partnerships to innovative product offerings, we are showing what it means to be a Partner for Life and how we are shining brighter together.

Sun Life Cycle PH thrives on the spirit of community: the riders, our valued partners, and Sun Lifers spreading financial wellness. On behalf of the Sun Life Cycle PH team, thank you for being part of this journey.

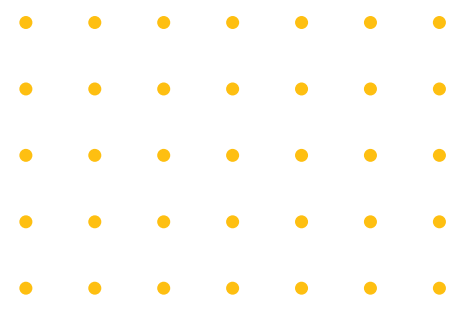
In this Rider's Guide, you will find all information pertinent for your upcoming ride: event schedules, course details, safety protocols, and other details. Please take a moment to review and plan your ride accordingly.

Have a safe and fun ride, everyone!



**CARLA GONZALEZ - CHONG**

CHIEF CLIENT EXPERIENCE AND  
MARKETING OFFICER  
**SUN LIFE PHILIPPINES**



# Ride Director's Message

We welcome all participants to the 2025 Sun Life Cycle Ph. This event is intended for individuals and families, whether they are cycling enthusiasts or newcomers to the activity. The goal is to promote cycling as a method to maintain an active lifestyle and to foster community spirit in a safe environment. The event provides a wonderful opportunity for people of all ages to come together and experience the joy of cycling.

The Sun Life Cycle Ph is organized in collaboration with the City Government of Imus and Ayala Vermosa Sports Hub to provide an enjoyable and secure cycling experience for everyone involved. The course is designed to cater to different skill levels, ensuring that everyone from beginners to seasoned cyclists can have a fulfilling and challenging ride.

Important reminders to ensure a safe and pleasant ride:

- Ensure that your bike is in good condition before the event. Check your brakes, tires, and gears to avoid any issues during the ride.
- Stay hydrated throughout the ride. Hydration stations are available along the course. It is important to drink water regularly to keep your energy levels up.
- Bring front and back lights, as it may still be dark at the beginning of the ride. Proper lighting ensures visibility and safety, especially if you start early in the morning.
- Carry tools and spare parts in case of any mechanical issues. Having a small repair kit and knowing how to use it can save you a lot of trouble if something goes wrong.
- Wear appropriate cycling attire, including a helmet, gloves, and shoes. Safety gear not only protects you but also enhances your riding comfort.
- Follow the route markers and instructions provided by the event staff. Staying on the designated path helps maintain order and safety for all participants.

We look forward to your participation in the 2025 Sun Life Cycle Ph. Enjoy the ride, connect with fellow cyclists, and make memorable moments. Let's pedal towards a healthier and more vibrant community. Have a fantastic time.



**JULIAN VALENCIA**  
RIDE DIRECTOR

# Event Schedule

Event Schedule is up to date as of March 13, 2025, and is subject to change. View the Event Schedule online for the most up to date version.



## MARCH 26, 2025 – WEDNESDAY

TIME	ACTIVITIES	VENUE
11:00 AM – 8:00 PM	Registration and Ride Pack Collection	Velvet 1, Seda Hotel BGC
11:00 AM – 8:00 PM	Sun Life Cycle Philippines Expo	

## MARCH 27, 2025 – FRIDAY

TIME	ACTIVITIES	VENUE
11:00 AM – 8:00 PM	Registration and Ride Pack Collection	Velvet 1, Seda Hotel BGC
11:00 AM – 8:00 PM	Sun Life Cycle Philippines Expo	

**NO KIT CLAIM ON MARCH 28–30, 2025, FRIDAY–SUNDAY**

## MARCH 30, 2025 – SUNDAY (RIDE DAY)

TIME	ACTIVITIES	VENUE
5:00 AM – 11:00 AM	Sun Life Cycle Philippines Expo	Ayala Vermosa Sports Hub
5:00 AM	Assembly at the Starting Line – 60KM, 45KM, 30KM	
5:25 AM	Gun Start for 60KM	
5:35 AM	Gun Start for 45KM	
5:40 AM	Gun Start for 30KM	
8:30 AM	Kid's Ride: 30-min Solo Ride 6 to 15 yrs. Old	
	Kid's Ride: 30-min Family Ride (with accompanying adult) 6 to 15 yrs. Old	
9:00 AM	Tricycle Ride 500 meters 4 to 5 yrs. old and Push Bike: 4 to 5 yrs. old and 6 to 7 yrs. old	
9:10 AM	Tricycle Ride 100 meters and Push Bike 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 ride day.
- Check Registration Confirmation. If any details are wrong contact us via [secretariat@cycleph.com](mailto: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 5 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 8:00pm on March 27, Thursday.**

### WHERE:

Velvet 1 Room, SEDA Hotel, BGC.

### What you will need to bring:

- Photo ID (driver's license 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

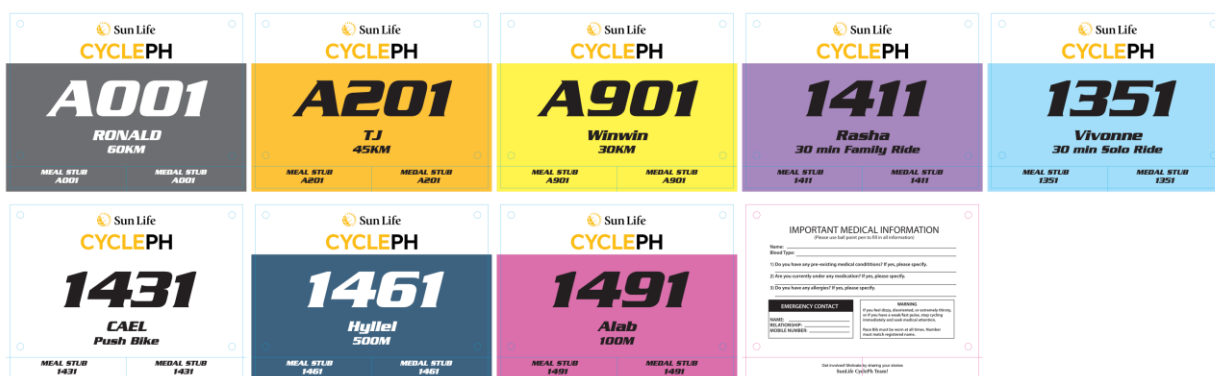
Email:[secretariat@cycleph.com](mailto:secretariat@cycleph.com)

## 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



BIBS



CERTIFICATE



ZIPLOCK STICKER



HELMET STICKER



SEAT POST STICKER



BIKE PLATE

## 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 – Orange

30 KM – Yellow

Tricycle Ride 500m – Blue Gray

Tricycle Ride 100m – Pink

Push Bike – White

Kids Ride (Family Ride) – Purple

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.





Sun Life

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for life with Sun Life Secure Income



- **Lifetime\* Insurance Protection** equal to 200% of your Face Amount
- **Centenarian Bonus** coming from your insurance benefit and provided in advance to enjoy at certain points in your golden years
- **Lifetime Guaranteed Cash Benefits** equal to 6% of the Face Amount yearly, starting at the end of 6th policy year until age 100
- **Living Benefits** in case of emergencies
- **Manageable Premium Payments**

Talk to a Sun Life advisor today or visit [sunlife.co/SLSecureIncome](https://sunlife.co/SLSecureIncome) to know more.

\*until age 100, coverage is reduced by Centenarian Bonus

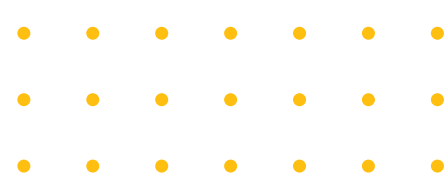
Note: Benefits indicated above are subject to the specific guidelines set by Sun Life and the actual provisions of the insurance policy contract.

Sun Life of Canada (Philippines), Inc. is regulated by the Philippines' Insurance Commission (IC).

For client assistance, know about our process at [sunlife.co/SunLifeCAMS](https://sunlife.co/SunLifeCAMS) or contact: 02-8849-9888 | [sunlink@sunlife.com](mailto:sunlink@sunlife.com) | Sun Life Centre, 5th Ave. cor. Rizal Drive, BGC, Taguig City  
For consumer concerns, contact IC (Manila, Cebu & Davao): 02-8523-8461 | [publicassistance@insurance.gov.ph](mailto:publicassistance@insurance.gov.ph)



# Race Central



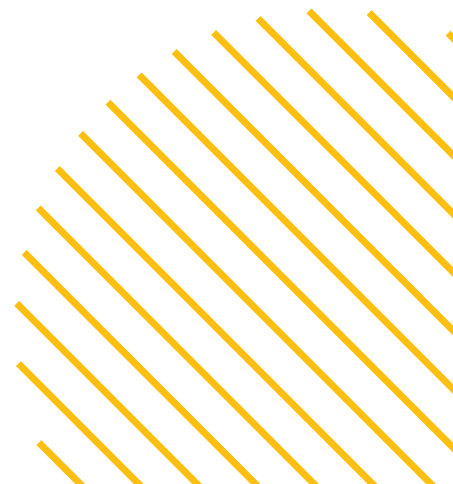




**AYALA VERMOSA SPORTS HUB, IMUS CAVITE** **RACE CENTRAL**



**AYALA VERMOSA SPORTS HUB**  
**VERMOSA, IMUS CITY, CAVITE**



# Aid Stations

## BIKE AID STATIONS

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

### Aid Station Locations:

The Bike Course has 2 aid stations but have athletes will pass by four times.

- BA1 – KM 3.86/18.4/33.1/47.7
- BA2 – KM 12.3/26.9/41.5/56.2

### Will Offer:

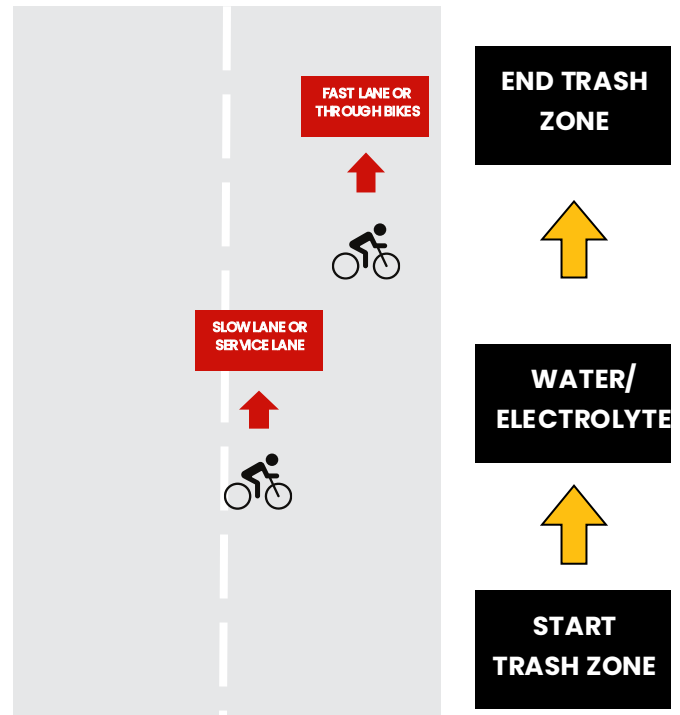
- Lightwater
- ION+ Advanced Electrolyte

### 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.



# Ride Day Information



## CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the RideDirector. 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.

## CONTINGENCY PLAN

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 30 days post event. After this time all left over items will be donated to charity. For any inquiries after the event please contact [secretariat@cycleph.com](mailto:secretariat@cycleph.com)

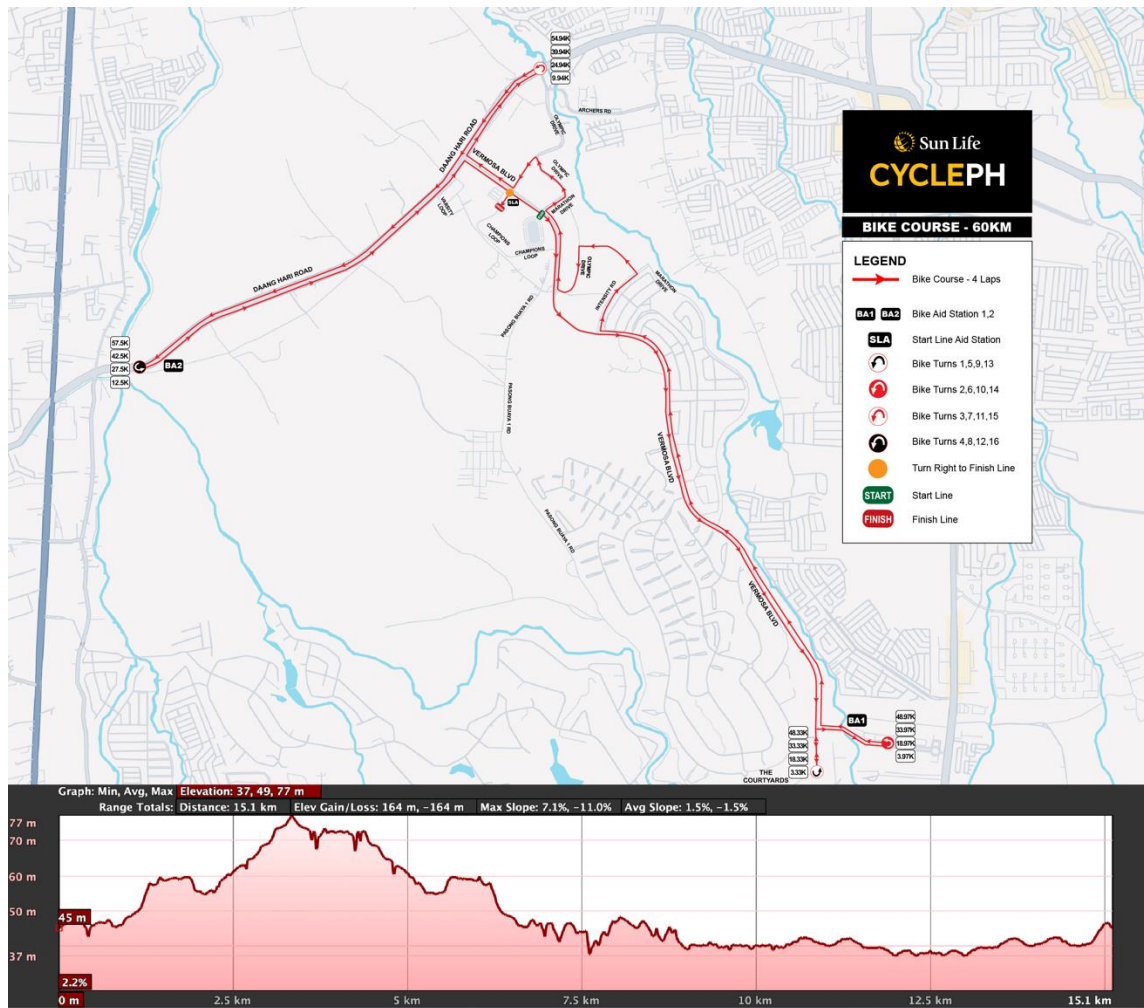
## MEDIA CONSENT AND EVENT PROMOTION

By completing the registration, participants acknowledge and accept that event organizers have the right to capture and use these materials for promotional purposes, without the need for additional approvals or compensation. This includes, but is not limited to, social media, marketing campaigns, and official event publications, ensuring the celebration and promotion of the event experience. For any further inquiries or concerns, please contact [secretariat@cycleph.com](mailto:secretariat@cycleph.com).

# Adult Ride Bike Course – 60KM

## COURSE MAPS

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



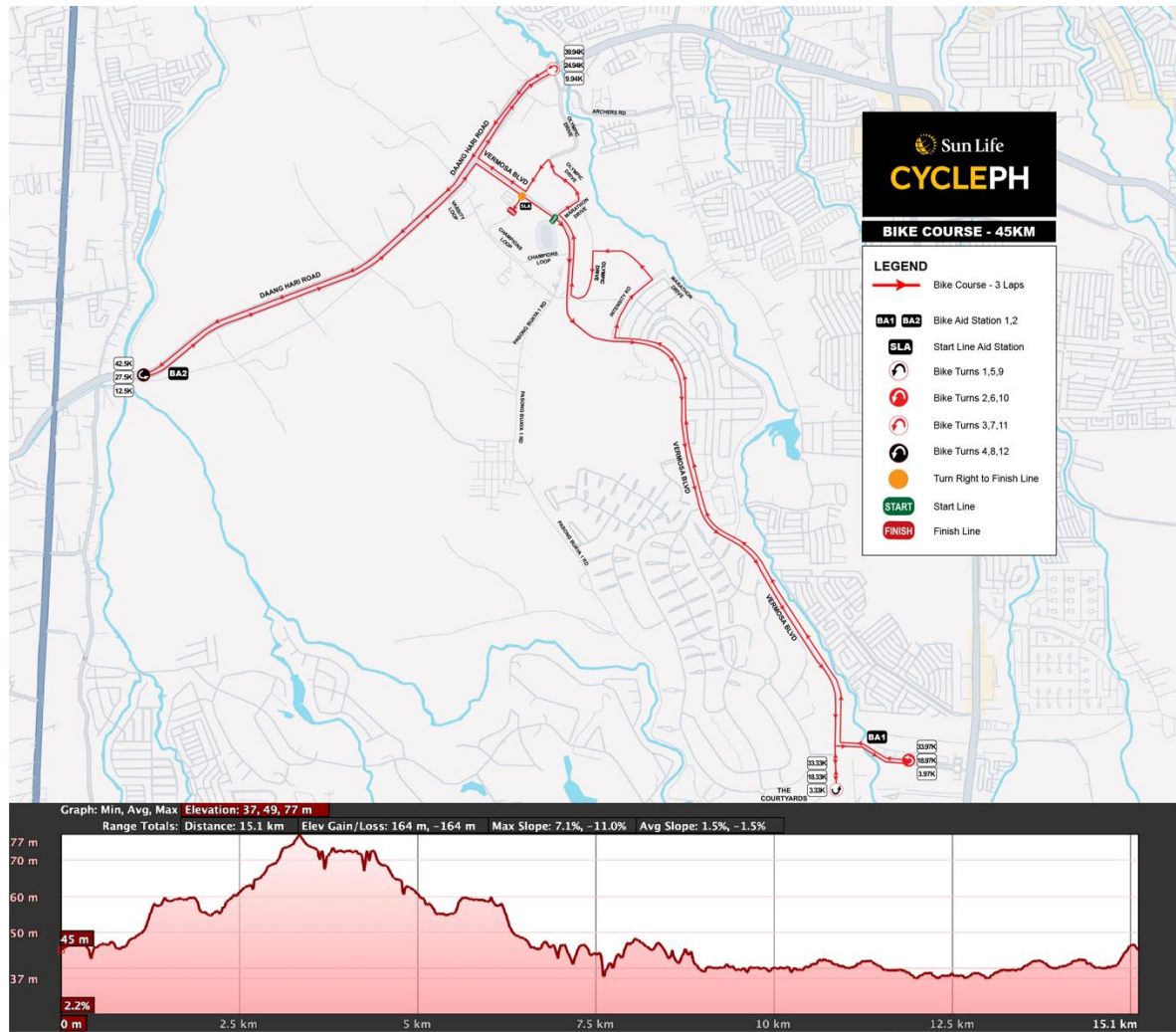
## COURSE DESCRIPTION

- The 60 km bike course is a 4-loop counterclockwise course
- Start is at the intersection of Vermosa Blvd. and Champions Loop Drive heading towards Promenade Blvd.
- Left on Promenade Blvd and TA1 is after the guardhouse. Head back towards Vermosa Blvd.
- Right on Vermosa Blvd heading towards Daang Hari
- Right on Intensity Road
- Left on Sprint Road
- Left on Olympic Drive
- Right on Vermosa Blvd.
- Right on Marathon Drive
- Left on Olympic Blvd.
- Left on Champions Loop (Landers side)
- 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
- After completing 4 loops, participants will turn right on Champions Loop for the finish line (beside gravel parking)

# Adult Ride Bike Course – 45KM

## COURSE MAPS

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



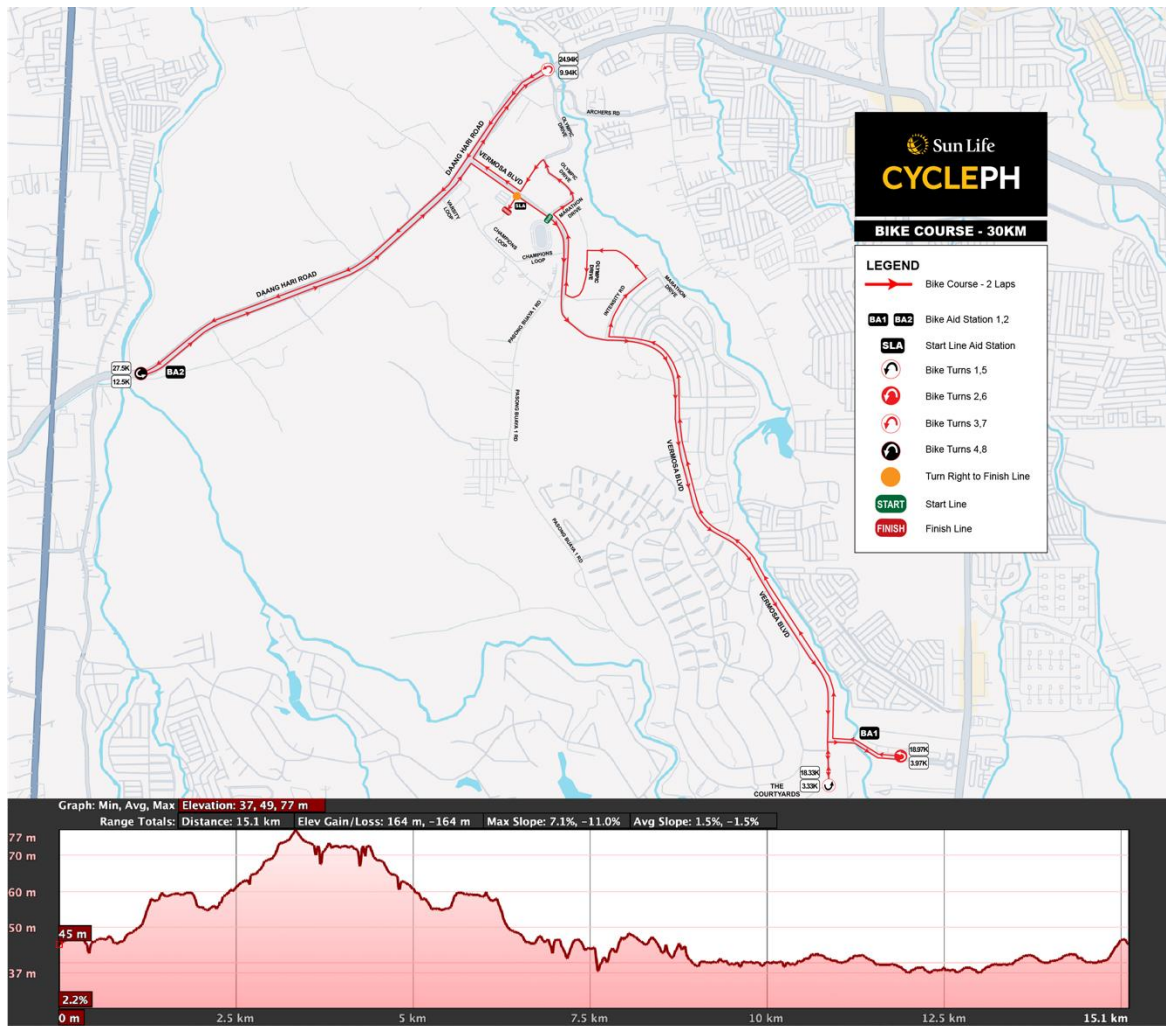
## COURSE DESCRIPTION

- The 45 km bike course is a 3-loop counterclockwise course
- Start is at the intersection of Vermosa Blvd. and Champions Loop heading towards Promenade Blvd.
- Left on Promenade Blvd and TA1 is after the guardhouse. Head back towards Vermosa Blvd.
- Right on Vermosa Blvd heading towards Daang Hari
- Right on Intensity Road
- Left on Sprint Road Road
- Left on Olympic Drive
- Right on Vermosa Blvd.
- Right on Marathon Drive
- Left on Olympic Blvd.
- Left on Champions Loop (Landers side)
- 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
- After completing 3 loops, participants will turn right on Champions Loop for the finish line (beside gravel parking)

# Adult Ride Bike Course – 30KM

## COURSE MAPS

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



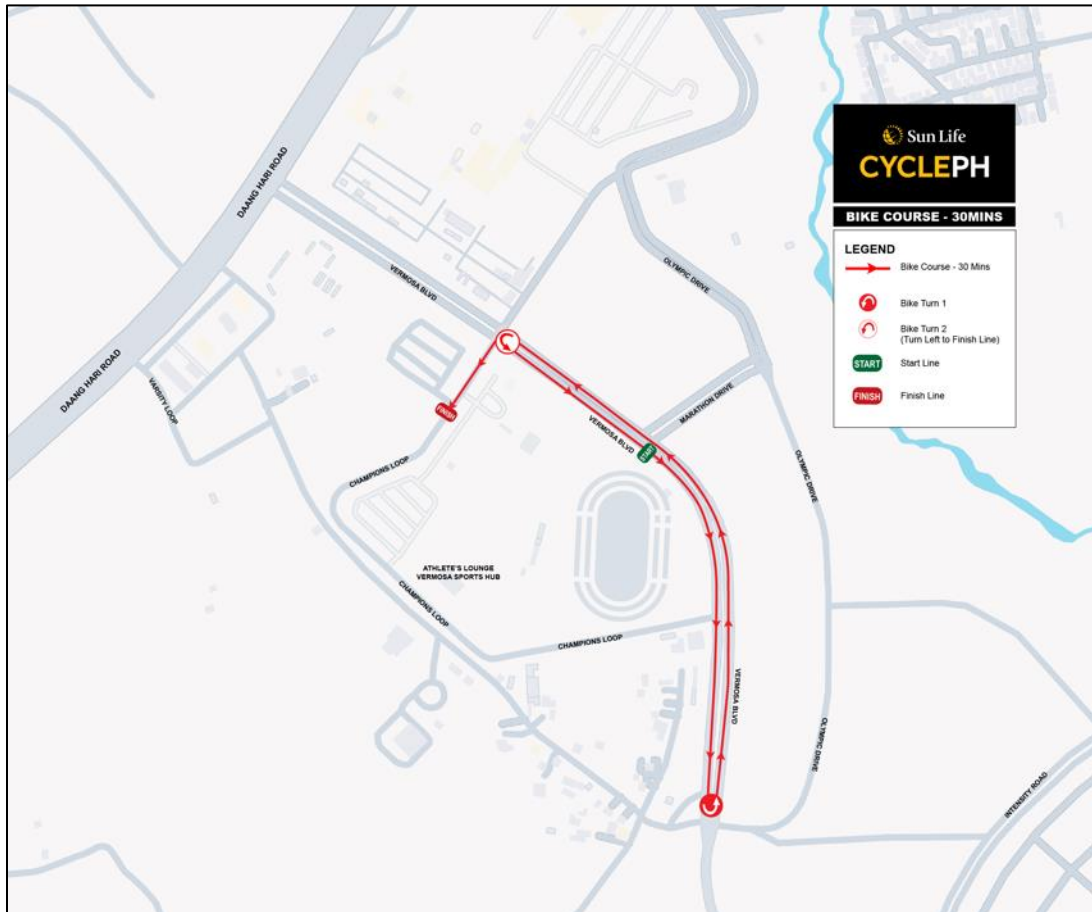
## COURSE DESCRIPTION

- The 30 km bike course is a 2-loop counterclockwise course
- Start is at the intersection of Vermosa Blvd. and Champions Loop heading towards Promenade Blvd.
- Left on Promenade Blvd and TA1 is after the guardhouse. Head back towards Vermosa Blvd.
- Right on Vermosa Blvd heading towards Daang Hari
- Right on Intensity Road
- Left on Sprint Road Road
- Left on Olympic Drive
- Right on Vermosa Blvd.
- Right on Marathon Drive
- Left on Olympic Blvd.
- Left on Champions Loop (Landers side)
- 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
- After completing 2 loops, participants will turn right on Champions Loop for the finish line (beside gravel parking)

# 30 Mins Kid's and Family Ride Bike Course

## COURSE MAPS

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



## COURSE DESCRIPTION

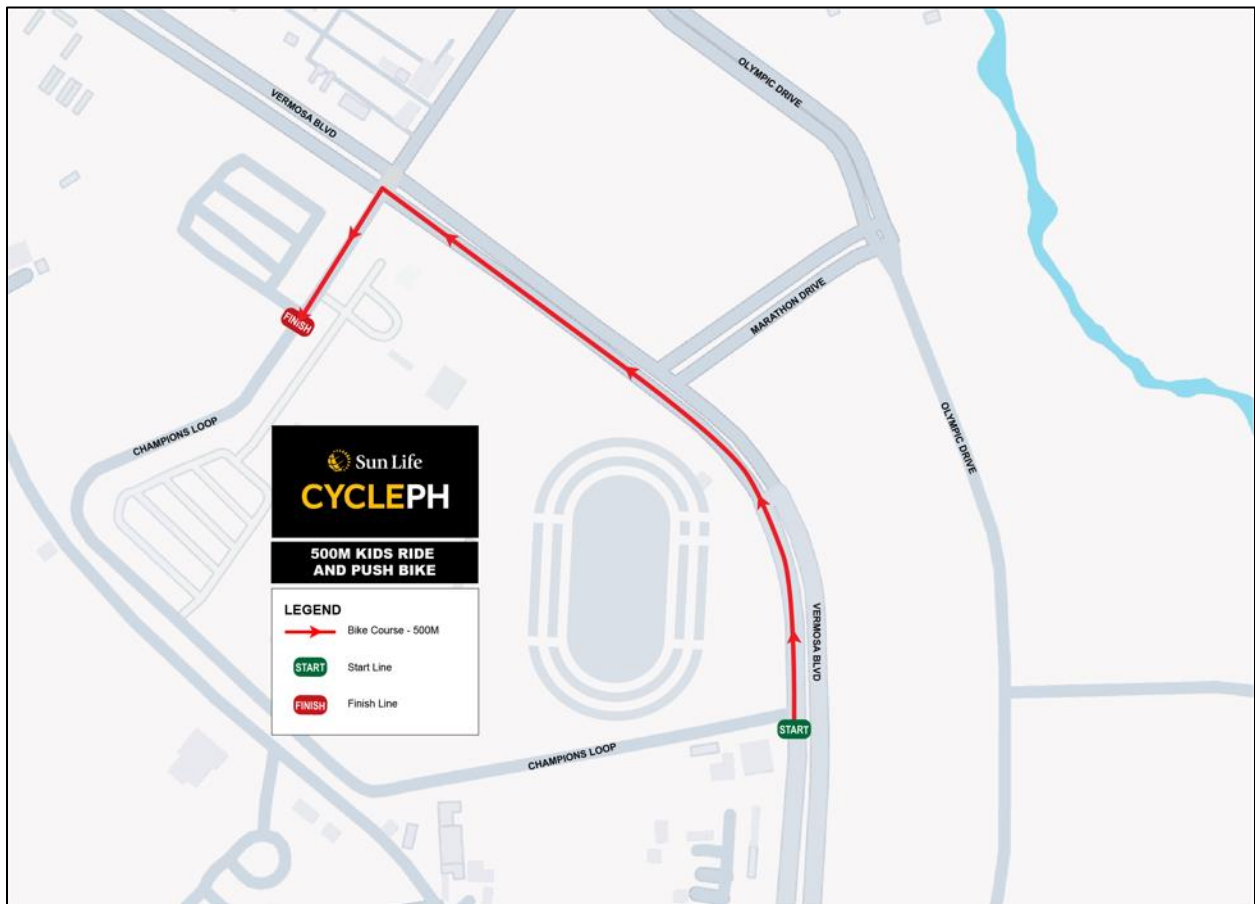
- 6 to 15 years old
- 30 minutes solo ride
- 30 minutes accompanying adult
- The 30 mins ride bike course is a counterclockwise course along Vermosa Blvd. between Champions Loop (near gravel parking) and Olympic Drive
- Start is at the intersection of Vermosa Blvd and Marathon Drive heading towards Olympic Drive
- After completing 30 minutes, Participants will turn left on Champions Loop for the finish line (beside gravel parking)



# Tricycle Kid's / Push Bike Ride Bike Course – 500m

## COURSE MAPS

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



## AYALA VERMOSA KIDS RIDE 500M

### COURSE DESCRIPTION

- 500m Tricycle Ride and Push Bike
- Ages 4 to 5 years old with one adult for Tricycle Ride, ages 4 to 5, 6 to 7 years old for Push Bike
- Start at the intersection of Vermosa Blvd and Champions Loop near Athlete's Ground heading towards Daang Hari
- Participants will turn left on Champions Loop for the finish line (beside gravel parking)

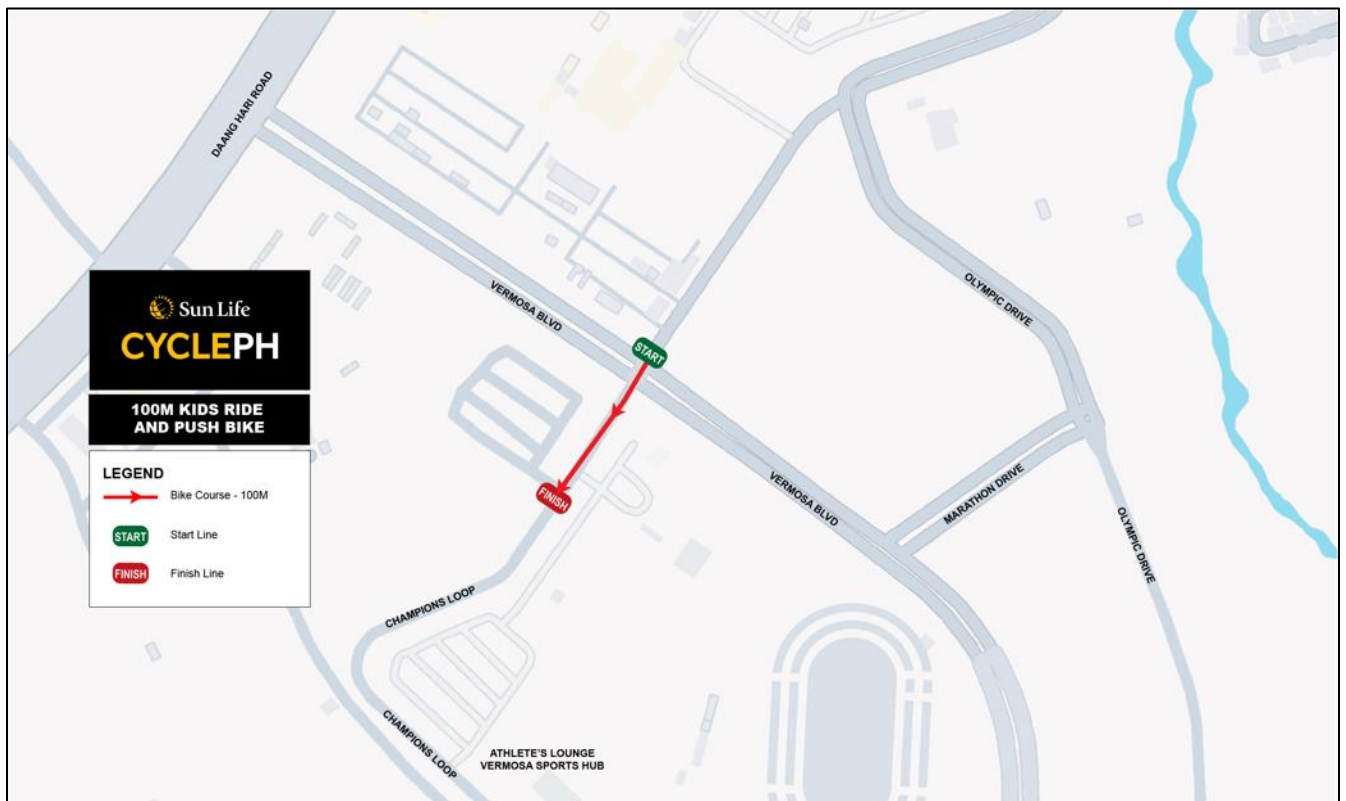




# Tricycle Kid's / Push Bike Ride Bike Course – 100m

## COURSE MAPS

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



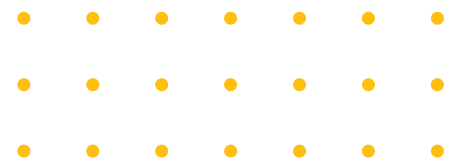
## AYALA VERMOSA KIDS RIDE 100M

### COURSE DESCRIPTION

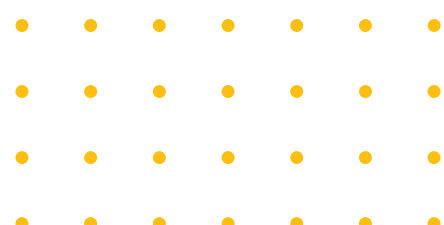
- 100m Tricycle Ride and Push Bike
- Ages 2 to 3 years old with one adult
- Start at the intersection of Vermosa Blvd and Champions Loop (gravel parking side)
- Participants will ride straight on Champions Loop for the finish line.



# Ride Rules



- NO HELMET - NO RIDE, helmet must be worn the whole time during the ride
- NO AEROBARS and NO FIXIES, rules will be strictly implemented on ALL ride categories, adults and kids.
- Wear your ride bibs. No bibs = no ride.
- 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 stations along the course (Lightwater and Ion+ Advanced Electrolyte 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



HOST CITY



HOST VENUE



OFFICIAL WATER



OFFICIAL ELECTROLYTE BEVERAGE



SPONSORS



MARKETING PARTNER



ORGANIZED & PRODUCED BY

