SUN LIFE

BIKE &RUN

ATHLETE INFORMATION GUIDE

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Welcome Message

Welcome to Sun Life Bike & Run!

We come together not just to bike or run, but to celebrate movement, well-being, and the community that makes the journey even more meaningful.

Sun Life Cycle PH has evolved into Bike & Run, opening the experience to more people and more ways to get moving. This evolution reflects our commitment to helping Filipinos lead healthier, brighter lives, one positive choice, one step, and one ride at a time.

Whether you're joining us on two wheels or on foot, we hope you enjoy the journey, cheer on the people around you, and soak in the energy of moving as a community.

We're thrilled to have you as part of the Sun Life Bike & Run. Let's move toward a brighter life together.

See you there!

CARLA GONZALEZ - CHONG

CHIEF CLIENT EXPERIENCE
AND MARKETING OFFICER
SUN LIFE PHILIPPINES

Ride and Run Director's Message

Welcome to the Sun Life Bike + Run at Vermosa Sports Hub! It is wonderful to have all of you here for a day filled with energy, excitement, and community spirit. Whether you are joining us for the bike course, the run course, or taking on both challenges, we hope you enjoy every moment and feel proud of what you accomplish today.

This event is more than a race—it is an opportunity to move together, support one another, and celebrate the commitment to living healthier and brighter lives. Every pedal, every stride, and every encouraging cheer helps create a memorable experience for everyone at Vermosa Sports Hub. As you make your way through the course, please stay aware of your surroundings, follow the instructions of our ride marshals and event staff, and be considerate of your fellow participants. Take care of one another, enjoy the atmosphere, and do not forget to smile along the way!

A heartfelt thank-you goes to our dedicated volunteers, partners, medical teams, event staff, and supporters. Your time, care, and hard work help make this celebration possible and ensure that our participants feel safe, supported, and encouraged from the starting line to the finish line.

Most of all, remember to enjoy the journey at your own pace. Celebrate every milestone, cheer for the people around you, and take pride in being part of this inspiring community. We hope today brings you a strong finish, wonderful memories, and an even greater love for an active lifestyle.

Have a safe, rewarding, and truly memorable Sun Life Bike + Run!

JULIAN VALENCIA
RIDE AND RUN 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.

NOVEMBER 5-6, 2026 – THURSDAY-FRIDAY		
TIME	**ACTIVITIES**	**VENUE**
11:00 AM – 8:00 PM	Ride and Run Kit Collection	2F, One Bonifacio High Street Mall, 5th Ave. corner 28th St., BGC
11:00 AM – 8:00 PM	Sun Life Bike and Run Expo	

NO KIT CLAIM ON NOVEMBER 7, 2026, SATURDAY

NOVEMBER 8, 2026 - SUNDAY (RIDE DAY)		
TIME	**ACTIVITIES**	**VENUE**
5:00 AM – 11:00 AM	Sun Life Bike and Run Expo	Ayala Vermosa Sports Hub Parking
5:00 AM	Riders' Assembly – 60KM	Start Line, Vermosa Blvd., Ayala Vermosa Sports Hub
5:25 AM	Ride Start for 60KM	
	Riders' Assembly – 15KM, 30KM & 45KM	
5:35 AM	60KM Ride Start Closes	
	Ride Start for 45KM	
5:40 AM	Ride Start for 30KM & 15KM	
5:45 AM	45KM Ride Start Closes	
	5KM Runners Assembly	
5:50 AM	30KM & 15KM Ride Start Closes	
6:00 AM	5KM Run Start	
6:10 AM	5KM Run Start Closes	
7:20 AM	5Km Run Finish Line Closes	Finish Line, Ayala Vermosa Sports Hub
8:00 AM	Adult Ride Finish Line Closes	
8:30 AM	Kids Ride 30 minutes (6 to 15 yrs. old) and Family Ride Start	Start Line, Vermosa Blvd., Ayala Vermosa Sports Hub
	Sun Life Bike & Run Media Conference	Athlete Lounge
9:00 AM	Tricycle Ride 500 meters (4-5 yrs. old) and Push Bike 500 meters (4-5 yrs. Ols and 6-7 yrs. old) Start	Start Line, Vermosa Blvd., Ayala Vermosa Sports Hub
9:10 AM	Tricycle Ride 100 meters and Push Bike 100 meters (2-3 yrs. old) Start	
9:30 AM	Kids Ride Finish Line Closes	Finish Line, Ayala Vermosa Sports Hub
10:00 AM	Sun Life Bike and Run Expo Closes	Ayala Vermosa Sports Hub Parking

Pre-Event 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 and 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 and run - 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 kit claiming on November 7, Saturday, and on race morning – November 8.**

ALL RACE PACKS MUST BE PICKED UP BY 8:00pm on November 6, Friday.

WHERE:

2F, One Bonifacio High Street Mall,
5th Ave. corner 28th St., 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 Bike and Run secretariat of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed below.

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

Pre-Event Information

BIKE PARKING

Bike Parking around One Bonifacio High Street Mall and Bonifacio Global City (BGC) area is limited. Please make sure to plan your trip accordingly, and use public transport, drop-off, or nearby bike parking options.

Pre-Event Information

PARKING AT AYALA VERMOSA

Here are the available parking areas on event day, November 8, 2026, at Ayala Vermosa, Imus City, Cavite.

Bike & Run Kits

BIBS

ZIPLOCK STICKER HELMET STICKER SEAT POST STICKER BIKE PLATE

CERTIFICATE

1. RACE BIB NUMBER

Worn on the front during ride & 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 – Gray
45 KM – Orange
30 KM – Yellow
15 KM – Black
Tricycle Ride 500m – Blue Gray
Tricycle Ride 100m – Pink
Push Bike - White
Kids Ride (Family Ride) – Purple
Kids Ride (Solo) – Aqua Blue
5 KM Run – Rainbow-colored

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

Start small, start today:
Sun Life and Donny invite Filipinos to Live Bright Now

As the face of Sun Life Philippines' ongoing Live Bright Now campaign, Donny is proving that you don't have to choose between enjoying your best life today and building security for tomorrow. The message is simple yet powerful: it's about intention, not sacrifice.

Donny's story resonates because of his candidness about his financial journey. He openly shares that stepping outside his comfort zone—whether in his career, personal growth, or finances—wasn't easy. But it taught him something crucial: confidence comes from action, not perfection.

"I wish I had started earlier," he admits, reflecting on conversations with mentors about investments and insurance.

That vulnerability is the point. It's a reminder that living bright now is not about reckless spending or putting life on hold. It's about building confidence that lets you enjoy the moment while securing your future.

"Confidence is important because if you have confidence, you're able to take calculated risks," Donny explains. "You have more of the ability to decide on things that could create opportunities for you."

To build confidence when it comes to your finances, Donny suggests starting with an amount you are comfortable setting aside, then build the habit of saving consistently over time. Small, regular steps can help build both confidence and long-term financial resilience, especially as you begin to explore more sophisticated financial solutions, like investment funds and insurance plans.

> "You have more of the ability to decide on things that could create opportunities for you."

As with any pursuit in life, you are likely to encounter obstacles in the journey to your financial goals. The key is to level up your financial literacy and seek expert guidance to make informed decisions.

Talk to mentors, trusted friends, and professionals who can guide you. A conversation with a Sun Life financial advisor can be a valuable first step, helping you explore your goals, understand your options, and create a plan that's tailored to your needs and priorities.

Start small and start today. Your brighter tomorrow won't happen all at once. It begins with the small decisions you make today, and the commitment to keep taking the next step.

Ready to start securing your life goals today?

Visit **sunlife.co/LiveBrightNow** to know more.

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

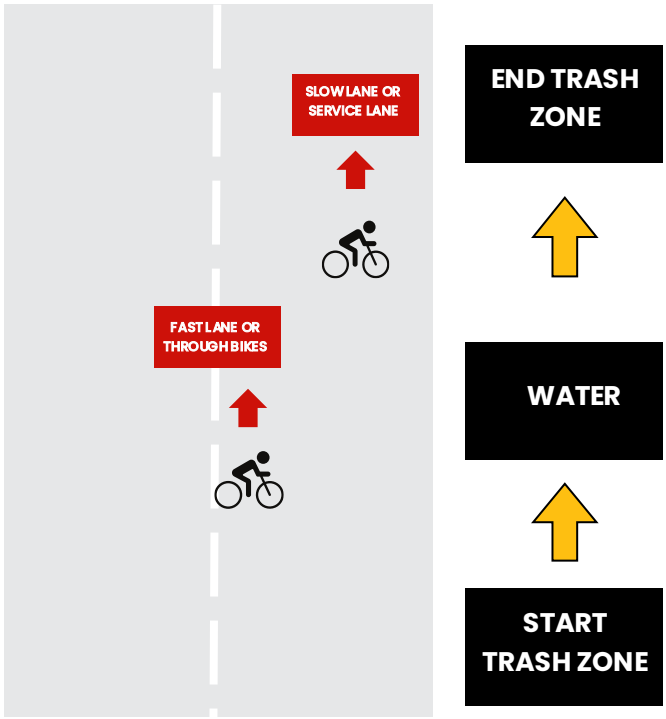
Aid Station Locations:
The Bike Course has 2 aid stations but have athletes will pass by four times.
- BA1 – KM 3.97/18.97/33.9748.97
- BA2 – KM 12.5/27.5/42.5/57.5

Will Offer:
- Water

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/TRASH DISCARD

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



Bike and Run Day Information

CONTIGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race 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 Sun Life Bike and Run Organizers.

First aid will be positioned in a variety of locations. The exact positions of first aid stations. 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 Bike and Rin 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 Bike and Run 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.

CONTIGENCY 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 30days 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

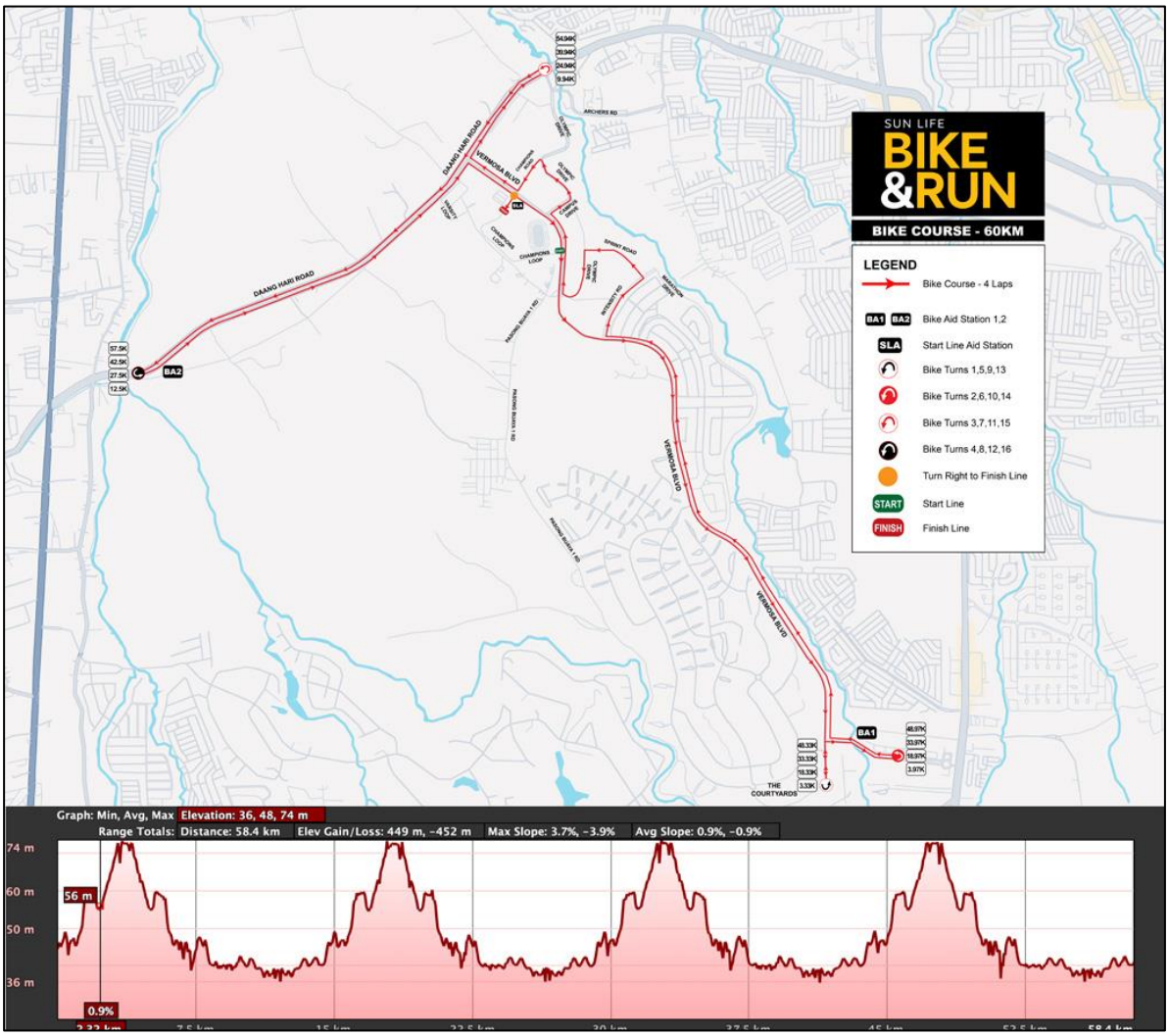
MEDIA CONSENT AND EVENT PROMOTION

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.

Adult Ride Bike Course – 60KM

COURSE MAPS

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



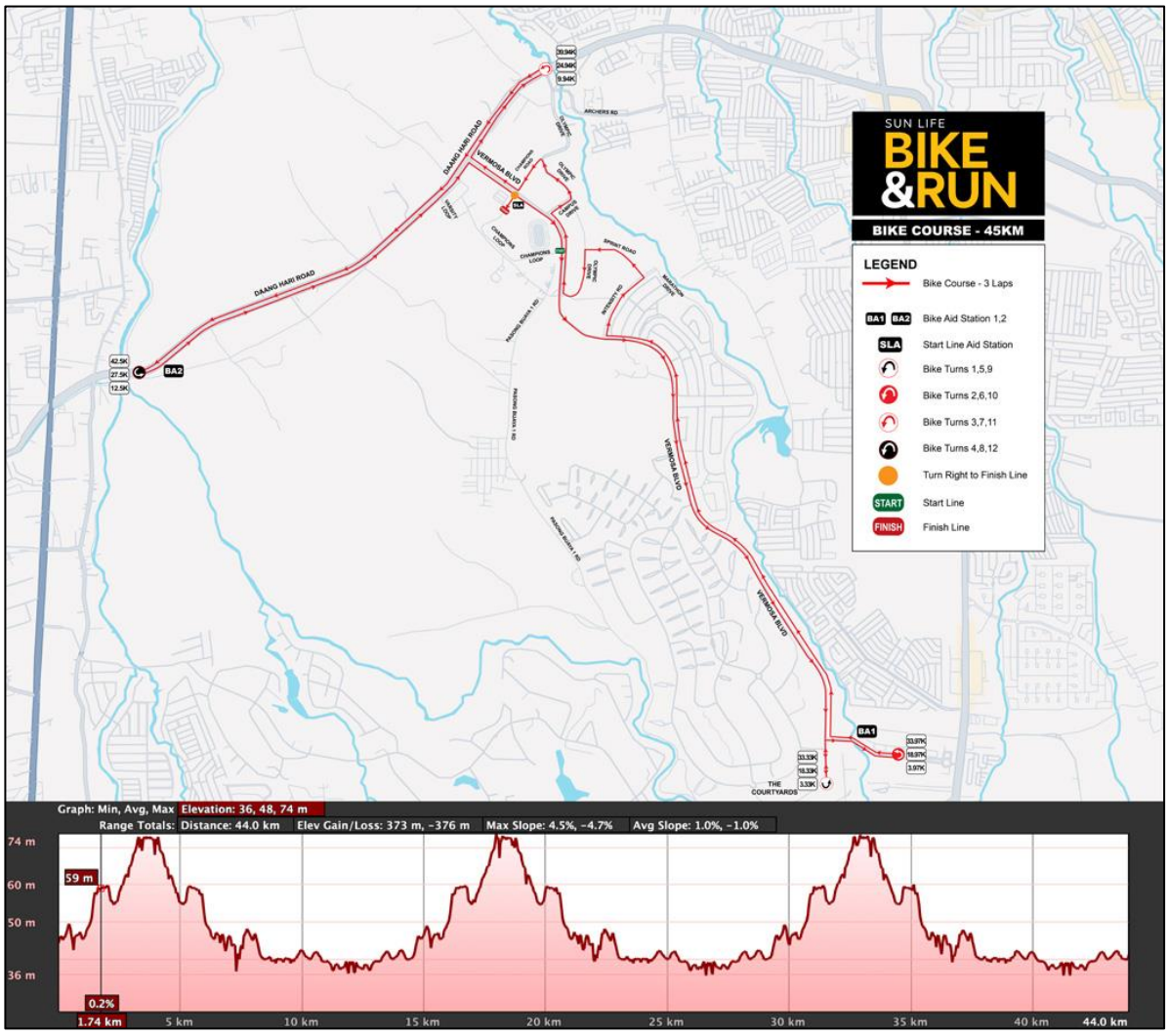
COURSE DESCRIPTION

- 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 Turnaround 1(TA1) is after the guard house. 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 Campus Dr
- Left on Olympic Drive
- Left on Champions Road
- Right on Vermosa Blvd
- Right on Daang Hari NE bound
- Turnaround 2 (TA2) on the intersection of Daang Hari and Olympic Drive
- Ride along Daang Hari towards Aguinaldo Highway
- Turnaround 3 (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 area)

Adult Ride Bike Course – 45KM

COURSE MAPS

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



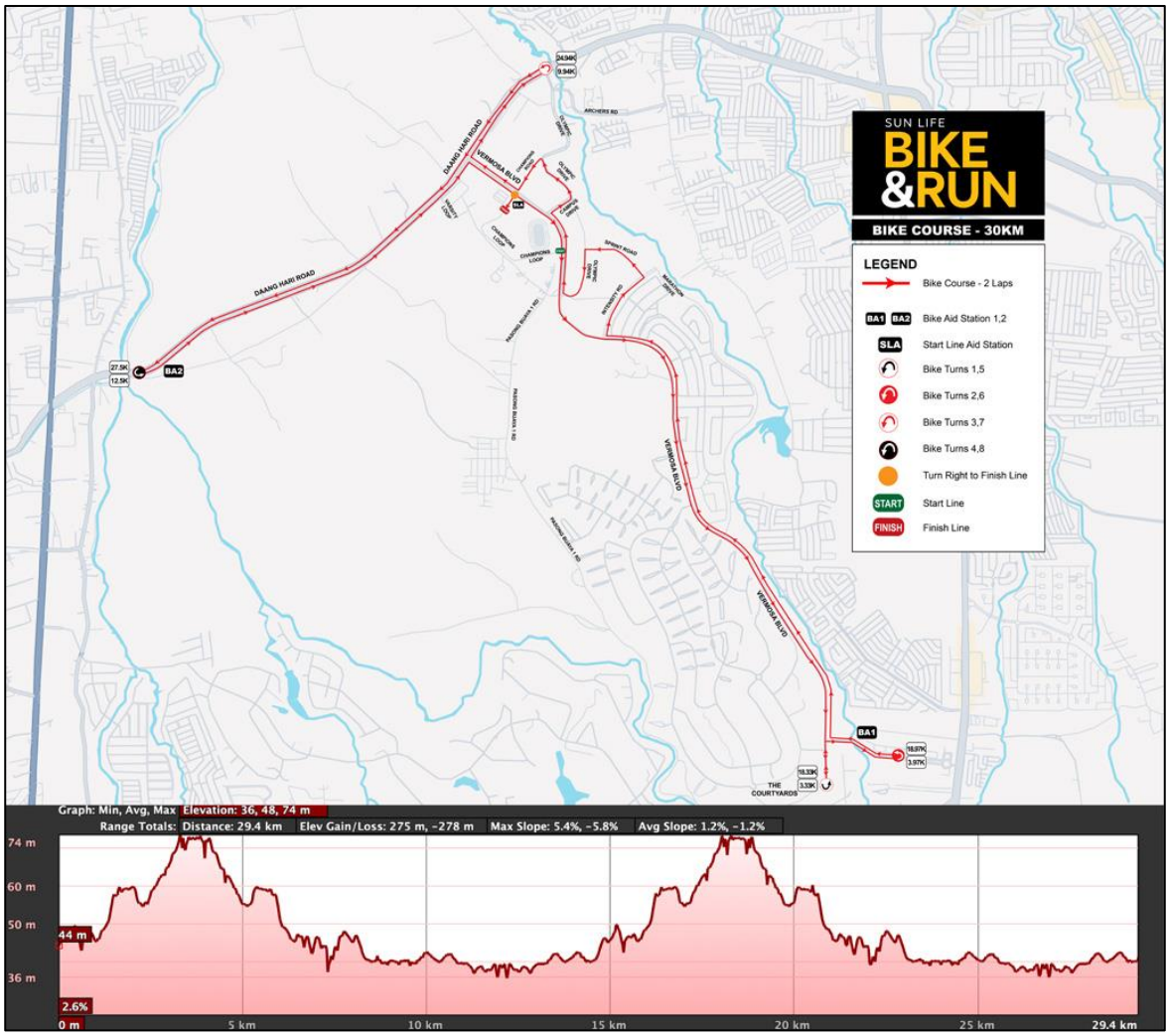
COURSE DESCRIPTION

- The 45 km bike course is a 3-loop counterclockwise course
- Start is at the intersection of Vermosa Blvd. and Champions Loop Drive heading towards Promenade Blvd.
- Left on Promenade Blvd and Turnaround 1(TA1) is after the guard house. 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 Campus Dr
- Left on Olympic Drive
- Left on Champions Road
- Right on Vermosa Blvd
- Right on Daang Hari NE bound
- Turnaround 2 (TA2) on the intersection of Daang Hari and Olympic Drive
- Ride along Daang Hari towards Aguinaldo Highway
- Turnaround 3 (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 area)

Adult Ride Bike Course – 30KM

COURSE MAPS

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



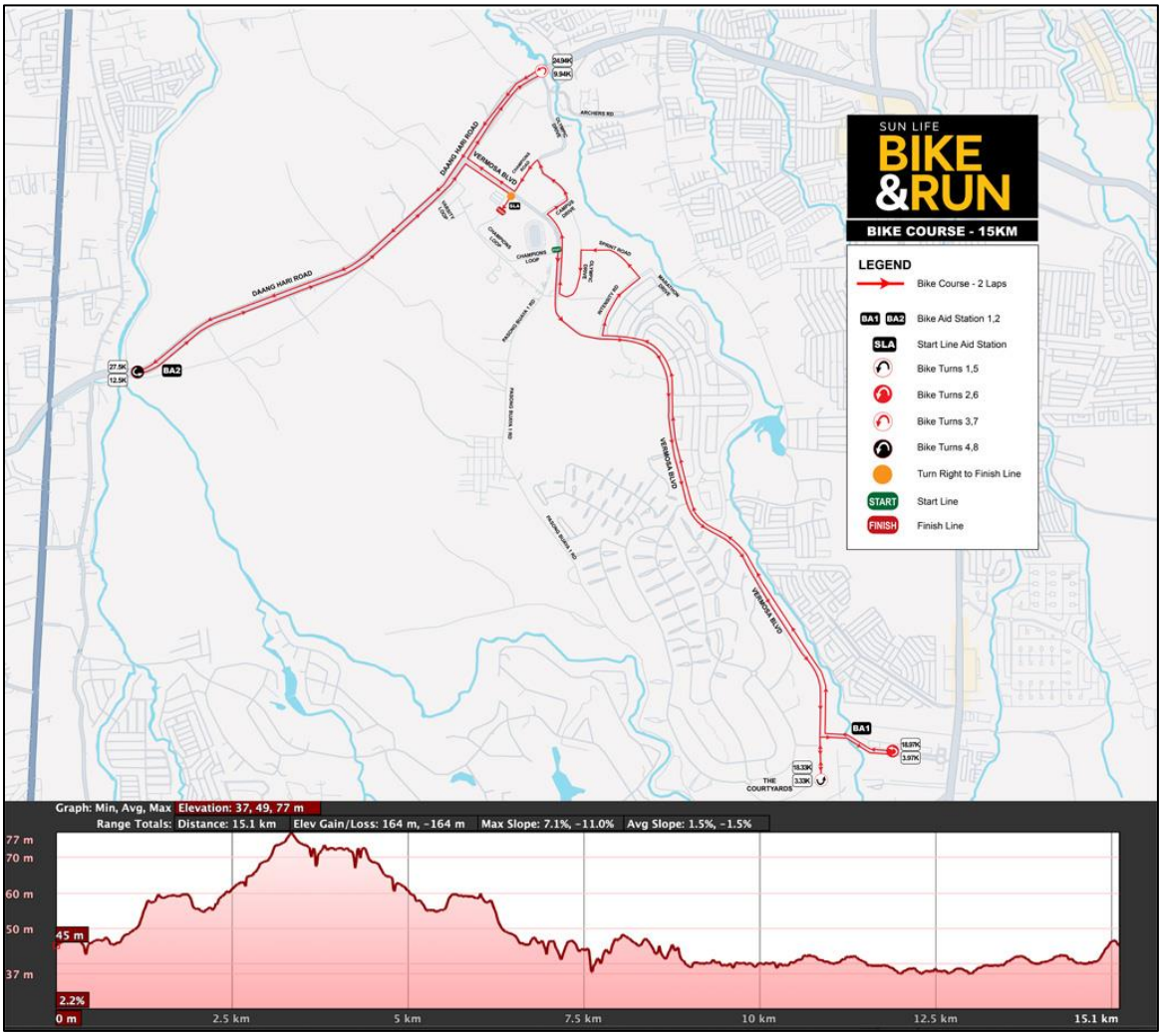
COURSE DESCRIPTION

- The 30 km bike course is a 2-loop counterclockwise course
- Start is at the intersection of Vermosa Blvd. and Champions Loop Drive heading towards Promenade Blvd.
- Left on Promenade Blvd and Turnaround 1(TA1) is after the guard house. 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 Campus Dr
- Left on Olympic Drive
- Left on Champions Road
- Right on Vermosa Blvd
- Right on Daang Hari NE bound
- Turnaround 2 (TA2) on the intersection of Daang Hari and Olympic Drive
- Ride along Daang Hari towards Aguinaldo Highway
- Turnaround (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 area)

Adult Ride Bike Course – 15KM

COURSE MAPS

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



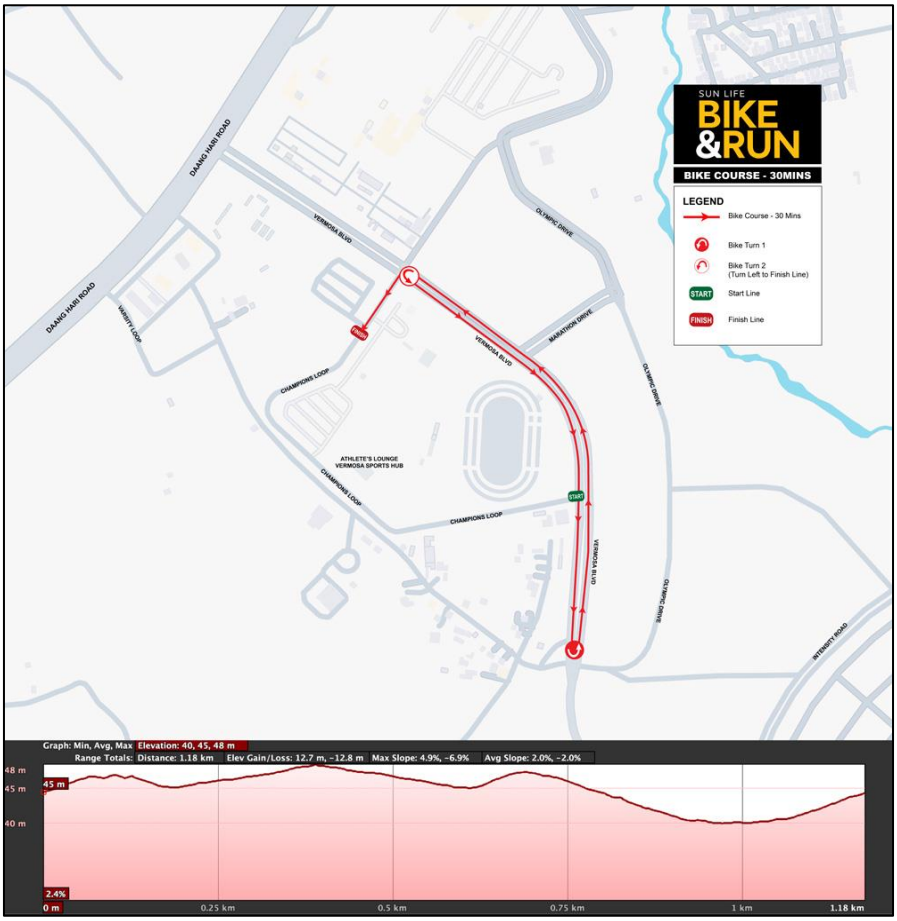
COURSE DESCRIPTION

- The 15 km bike course is a 1-loop counterclockwise course
- Start is at the intersection of Vermosa Blvd. and Champions Loop Drive heading towards Promenade Blvd.
- Left on Promenade Blvd and Turnaround 1(TA1) is after the guard house. 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 Campus Dr
- Right on Campus Dr
- Left on Olympic Drive
- Left on Champions Road
- Right on Vermosa Blvd
- Right on Daang Hari NE bound
- Turnaround 2 (TA2) on the intersection of Daang Hari and Olympic Drive
- Ride along Daang Hari towards Aguinaldo Highway
- Turnaround (TA3) is just before the intersection of Daang Hari and Anabu Road
- Ride along Daang Hari towards Vermosa
- Right on Vermosa Blvd
- Participants will turn right on Champions Loop for the finish line (beside gravel parking area)

30 Mins Kid's Ride Bike Course

COURSE MAPS

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



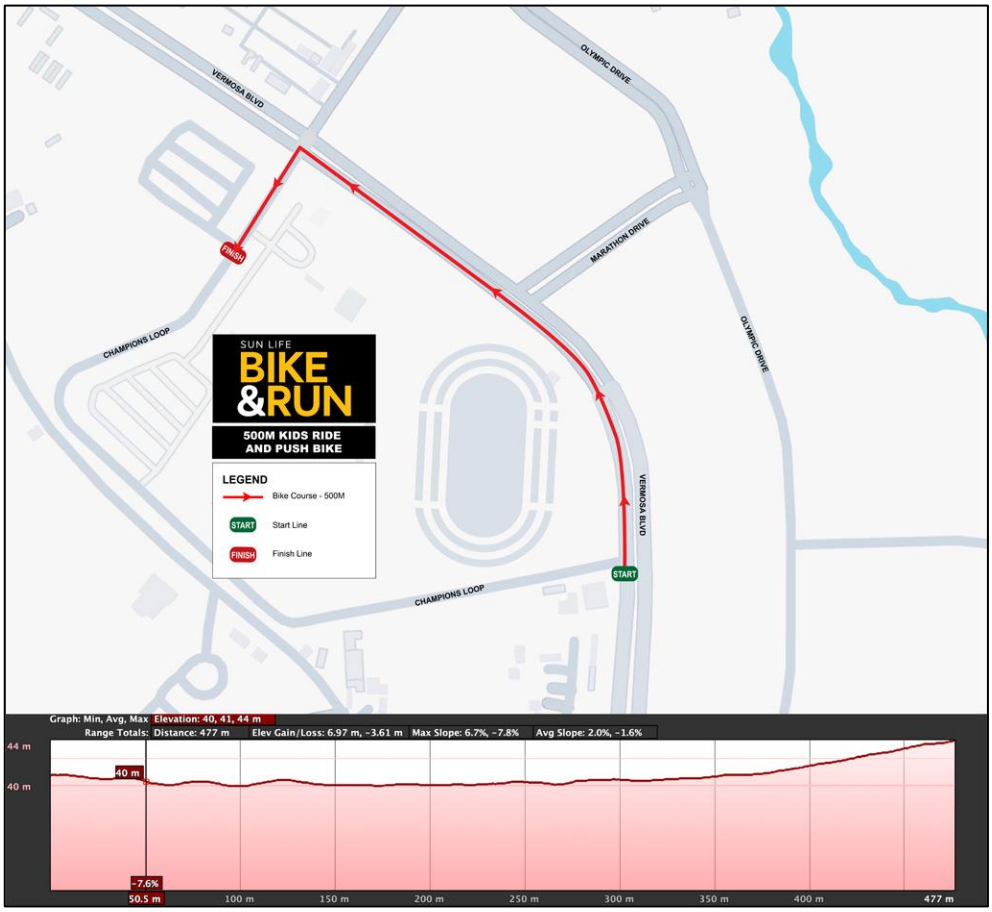
COURSE DESCRIPTION

- 6 to 15 years old
- 30-minute solo ride
- 30-minute accompanying adult
- The 30-minute 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 area)

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

COURSE MAPS

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



AYALA VERMOSA KIDS RIDE 500M

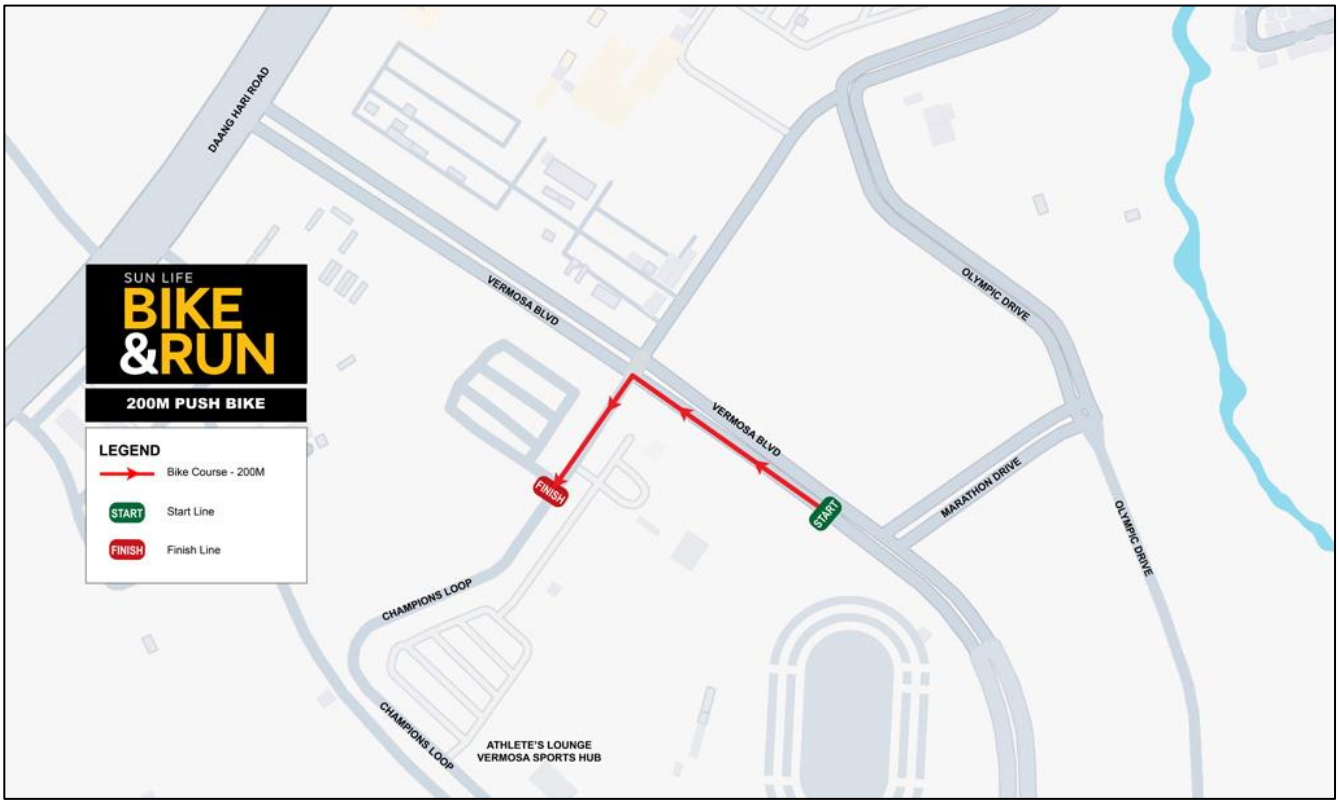
COURSE DESCRIPTION

- 500m Tricycle Ride and Push Bike
- Ages 4 to 5 years old with one adult for Tricycle Ride, ages 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 area)

Push Bike Ride
Bike Course – 200m

COURSE MAPS

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



AYALA VERMOSA KIDS RIDE 200M

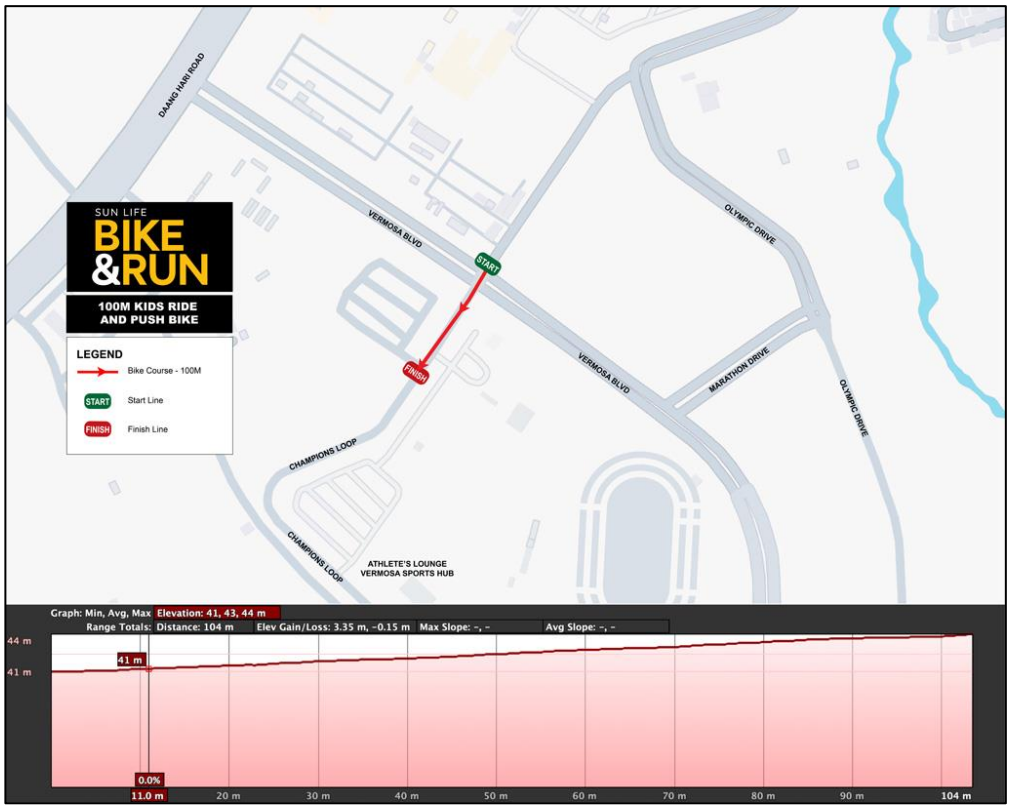
COURSE DESCRIPTION

- 200m Push Bike
- Ages 4 to 5 years old with one adult
- 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 area)

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

COURSE MAPS

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



AYALA VERMOSA KIDS RIDE 100M

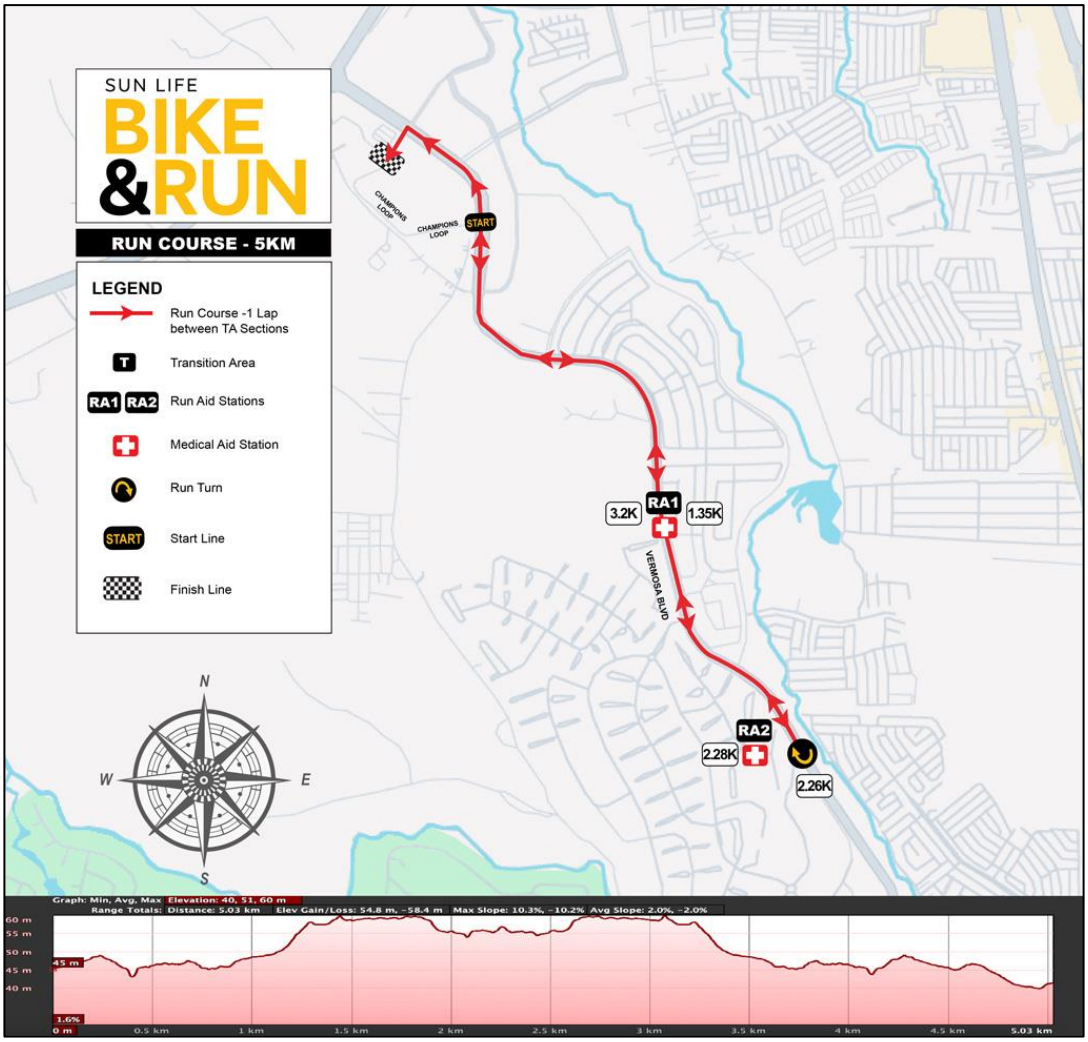
COURSE DESCRIPTION

- 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.

Run Course – 5KM

COURSE MAPS

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



COURSE DESCRIPTION

- The 5 km run course is a single loop counterclockwise course
- Start is at the intersection of Vermosa Blvd. and Champions Loop heading towards The Courtyard main driveway entrance.
- Turnaround is along Vermosa Blvd. in front on the main entrance driveway of The Courtyard village
- Runner will head back towards Vermosa Sports Hub
- Left on Champions Loop (Gravel parking side) towards the finish line.

Rules

RIDE RULES

- NO HELMET - NO RIDE, helmet must be worn the whole time during the ride
- NO AEROBARS and NO FIXIES without proper brakes, 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.
- Start line will close after 10 minutes from ride start.
- 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 (water 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 by 8:00 am.
- By 8:00 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.

RUN RULES

- Know the course.
- Be at the start line 15 minutes before gun start
- Wear your run bibs. No bibs = no run.
- For the safety of the cycling that are doing their loops, start line will close at 6:10 AM
- The run course is a shared road with cyclists, stay on the run lane. Course will be divided by cones and signages.
- There is no timing chip.
- Stay hydrated. Hydration is located along the course.
- By 7:20 am, run course will be closed everyone will be directed to the finish line.

Event Partners

v5, as of Oct 29, 2026

SUN LIFE BIKE & RUN

TITLE SPONSOR

Sun Life

HOST CITY

LUNGSOD NG IMUS
LALAWIGAN NG CAVITE
2012

HOST VENUE

Ayala
VERMOSA SPORTS HUB

VERMOSA
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