

RLC
RESIDENCES
IRONKIDS
SUBIC  BAY

ATHLETE INFORMATION GUIDE 14 JUNE 2025



WELCOME MESSAGE

Dear Little Champions and Loving Parents,

We believe in you!

We've seen you race your hearts out, simply because it's exciting and fun. We've watched you cross the finish line, beaming with pride for your parents. Your passion and determination shine so brightly at a very young age—it's truly inspiring to witness!

Now, it's time to start another race together here in Puerto Princesa, where it all started for RLC Residences and IRONKIDS.

Back in November 2023, we fell in love with everything IRONKIDS stands for—building a supportive community with a strong sense of belongingness, for aspiring young athletes. We knew we had to partner with that vision!

After all, RLC Residences shares the same values. We are committed to designing and building thoughtful, safe spaces that nurture families and communities.

Since then, we have brought to life our very own RLC Residences Junior Triathlon team, and introduced the first-ever 'Family Day' pre-race event in the history of IRONKIDS.

We've also jumpstarted our race-prep training activities within select RLC Residences developments, utilizing property and estate amenities that support this active lifestyle. But more importantly, we want our junior athletes to feel safe, secure, and at home.

We felt your appreciation for our vision and mission in this partnership, thank you for the overwhelming reception. It is in knowing that we are able to make an impact on the aspiration of your kids—our young athletes—that we come home with full hearts at RLC



Karen D. Cesario
Senior Director
Marketing Head &
Chief Integration Officer
RLC RESIDENCES

HELLO IRONKIDS!

Congratulations! By being here on event week,
you are already a CHAMPION!

YOU ARE AN IRONKID!

Here is some information you will need to
know. Please do read carefully.



GOGGLES

Ensure that your goggles are in good
condition. We will be providing you with an
IRONKIDS swim cap.



BIKE

Ensure your bike is race-ready—check the
brakes and tires. Helmets are mandatory
during the ride.



SHOES

For the run, remember to bring your favourite
running shoes! Roller shoes, Heelys or Street
Gliders are not allowed in the race.

RACE KIT COLLECTION

12 JUNE | THURSDAY

2PM-6PM - Athlete Check-In

2PM-6PM - Expo Open

Hall B, Subic Bay Exhibition and Convention Center

13 JUNE | FRIDAY

9AM-6PM - Athlete Check-In

9AM-6PM - Expo Open

1PM - 4PM - RLC Residences Family Day (Subic Grand Hotel)

3PM - Media Conference

Hall B, Subic Bay Exhibition and Convention Center

RACE DAY

14 JUNE | SATURDAY

No Kit Claiming

5:00 am	IRONKIDS Transition Open	Hall B, Subic Bay Exhibition and Convention Center
5:45 am	IRONKIDS RUN 2KMS (11-15yrs) Start	Espiritu Street cor. Waterfront Road
5:55 am	IRONKIDS RUN 1KM (6-10yrs) Start	(Subic Bay Boardwalk)
6:00 am	13-15 yrs old Assembly and Race Briefing	
6:10 am	13-15 yrs old Start	Subic Bay Boardwalk
6:30 am	11-12 yrs old & Relay 11-15 yrs old Assembly & Race Briefing	
6:40 am	11-12 yrs old & Relay 11-15 yrs old Start	
6:55 am	9-10 yrs old Assembly & Race Briefing	
7:05 am	9-10 yrs old Start	
7:20 am	6-8 yrs old & Relay 6-10 yrs old Assembly & Race Briefing	
7:30 am	6-8 yrs old & Relay 6-10 yrs old Start	
8:30 am	Awarding - IRONKIDS Swim.Bike. Run	Espiritu Street, right after the Finish Line

For IRONKIDS Swim.Run, participants will receive race bib number & tattoo, wristband, timing chip and swim cap.

For IRONKIDS Run only, participants will receive race bib number & tattoo.

INCLUSIONS

IRONKIDS SWIM.RUN



IRONKIDS RUN ONLY



FINISHER'S SHIRT & MEDALS

IRONKIDS SWIM.RUN



IRONKIDS RUN ONLY



WRISTBAND

This wristband must be worn throughout the race. There will be 2 wristbands provided in the race kit. One for the parent and one for the child. Parents will have to show event staff the wristband to collect their child after the race.

SWIM CAP

The swim cap is important for the water safety team to see you. Please do wear it during the swim.

RACE NUMBER & TATTOO

The bib number is to be pinned to the race belt or the T-shirt. It must be worn during the Run. The tattoo should be placed on your upper or lower right hand using a wet cloth or sponge.

BIKE & HELMET STICKERS

These are to be attached to the bike and helmet. Helmet stickers should be on the front of the helmet. Bike sticker should be on the seat post.

TIMING CHIP

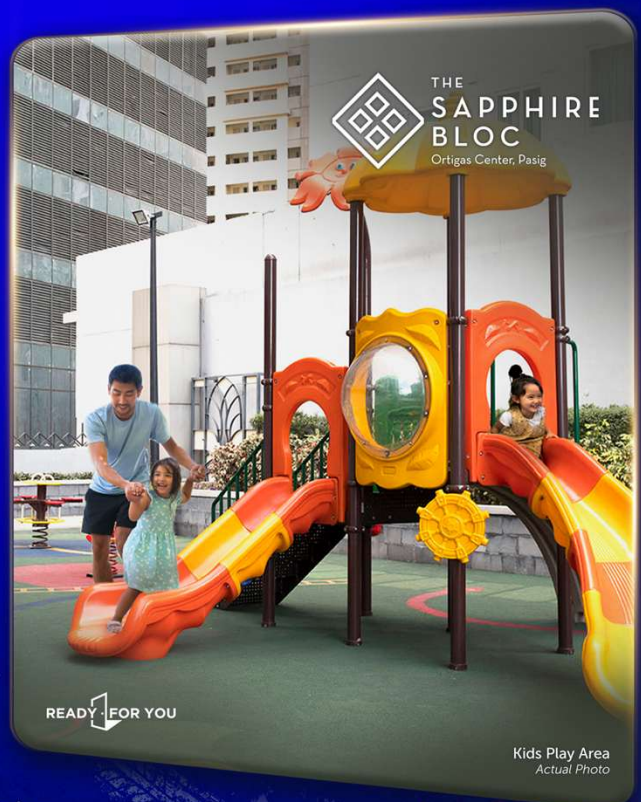
This timing chip is to be worn around your left ankle. Please do not lose this timing chip and ensure you return it to the timing team after your race.

FINISHER MEDAL & SHIRT

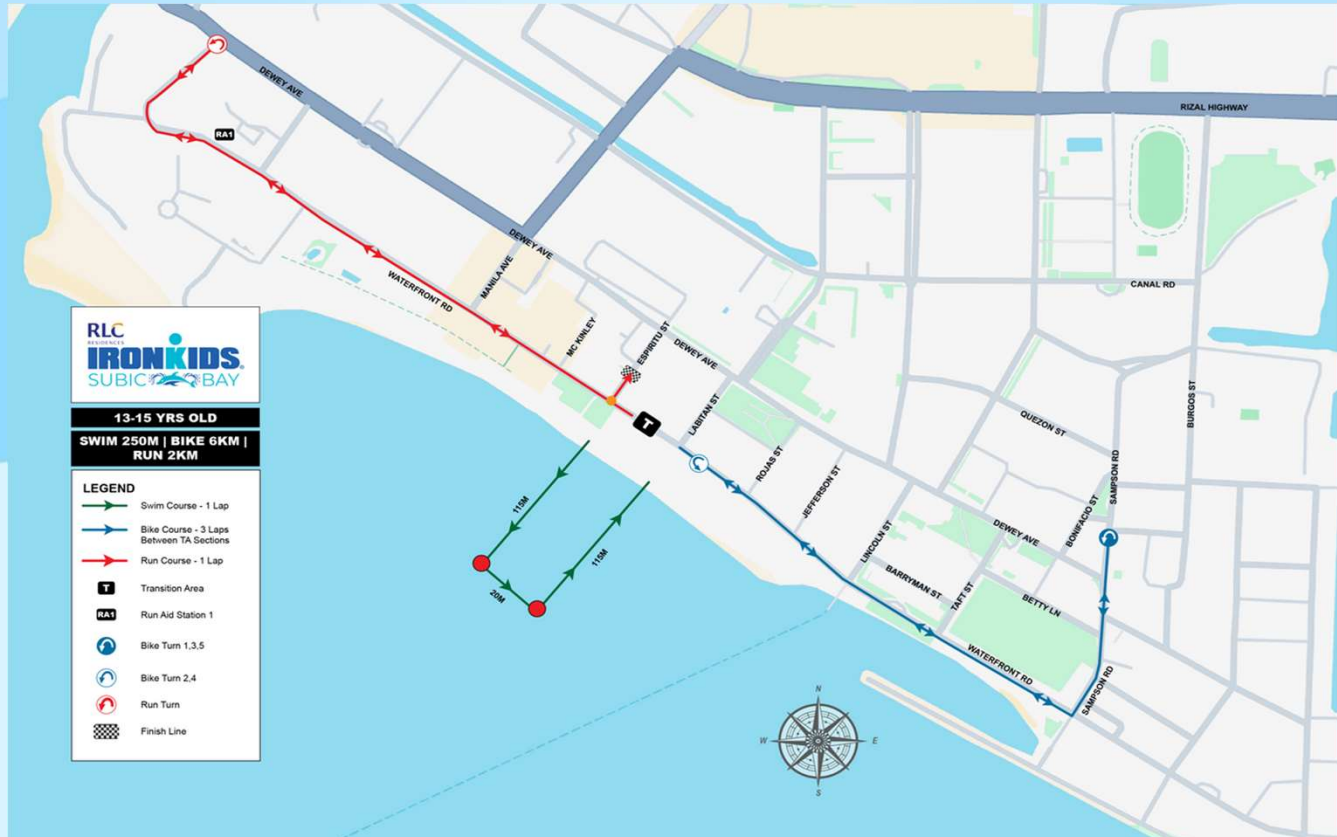
Upon completion of the race, you will receive an RLC Residence IRONKIDS Subic Bay medal & shirt.



BUILD A FUTURE IN HOMES THAT RAISE LITTLE CHAMPIONS



SWIM-BIKE-RUN | 13-15 YRS OLD

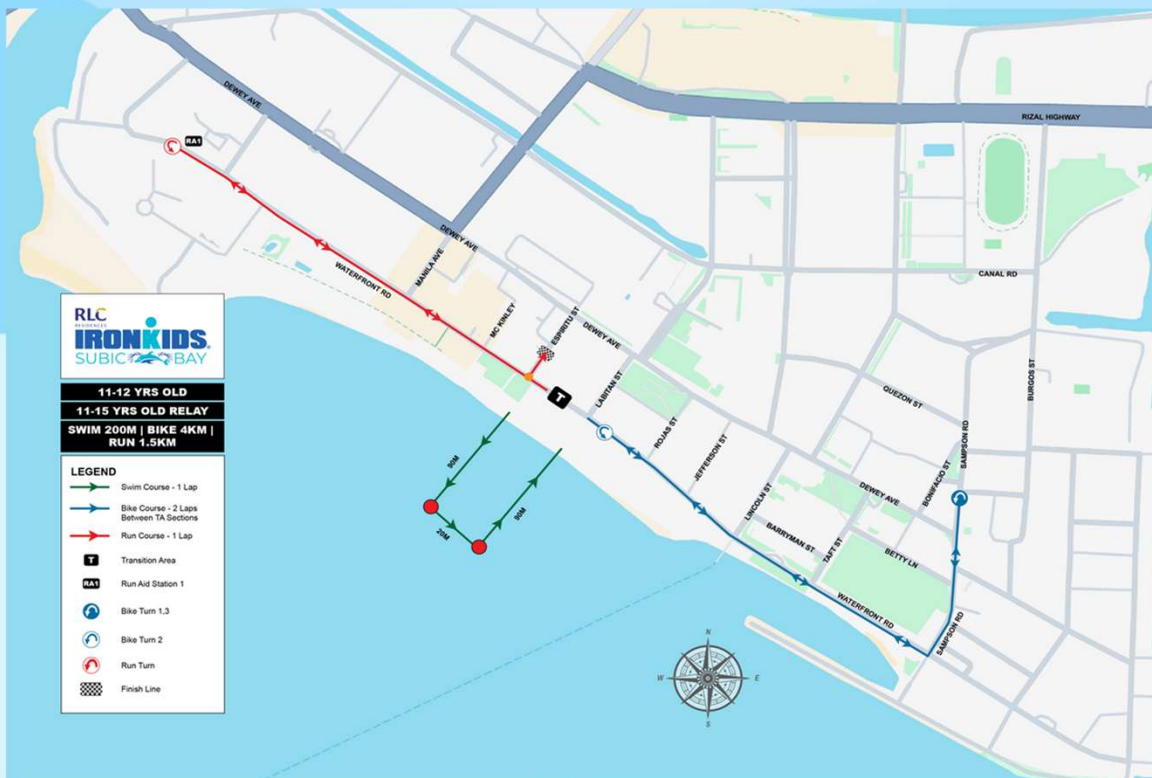


COURSE

- Swim will start at the beach of the boardwalk along Waterfront Road. Kids will swim out 115m then make a left and swim 20m and another left for the last 115m to the swim finish. Kids will proceed to transition located along Waterfront Road between Espiritu Street and Labitan Street.
- Bike course is a 3-loop course that will start at the corner of Waterfront Road and Labitan Street
 - The kids will ride towards Sampson Road
 - Left on Sampson Road
 - TA 1/3/5 is in front of the fire station along Sampson Road
 - Kids will head back towards transition where TA 2/4 is located
 - After finishing 3 loops, the kids will go back to transition for the run
- Run course is a 1-loop course starting from the corner of Waterfront Road and Espiritu Street
 - Kids will run towards the direction of the Dewey Avenue
 - TA is at the intersection of Waterfront Road and Dewey Avenue
 - Kids will head back towards transition and make a left at Espiritu Street to the finish line

SWIM-BIKE-RUN | 11-12 YRS OLD

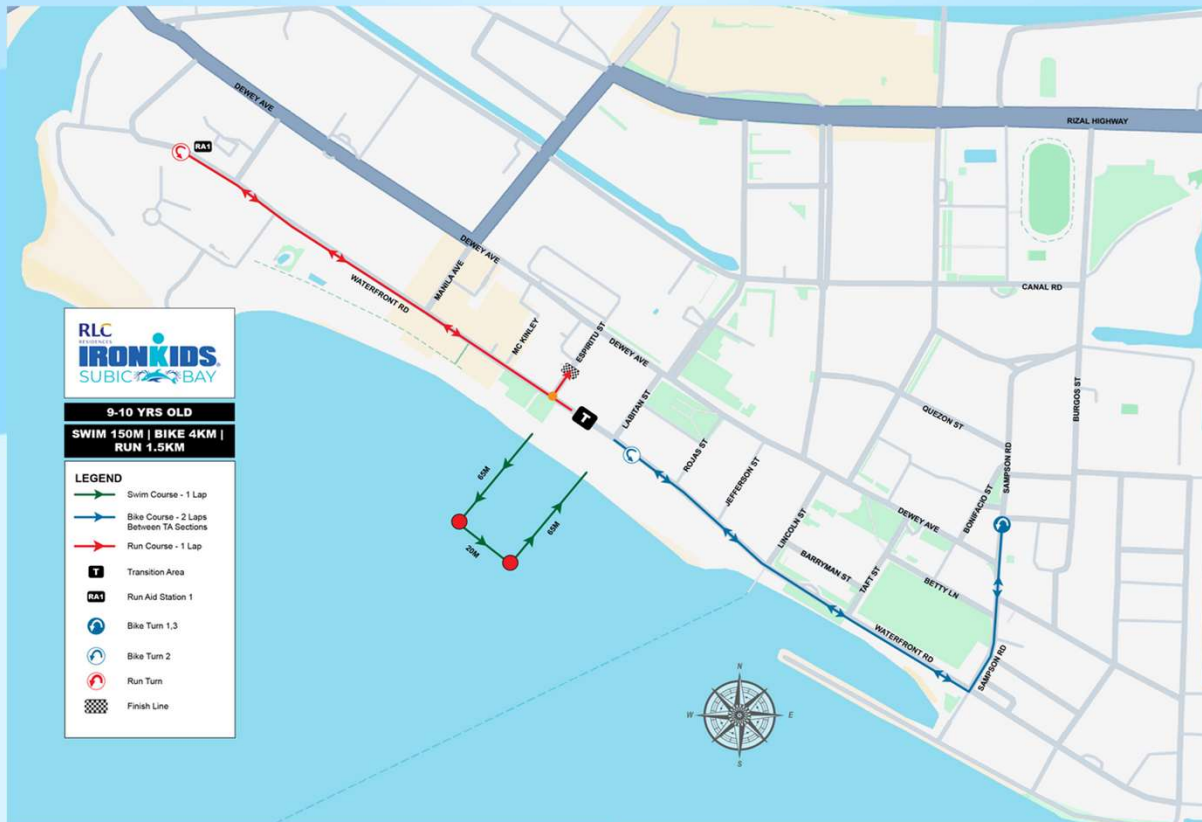
SWIM-BIKE-RUN | 11-15 YRS OLD RELAY



COURSE

- Swim will start at the beach of the boardwalk along Waterfront Road. Kids will swim out 90m then make a left and swim 20m and another left for the last 90m to the swim finish. Kids will proceed to transition located along Waterfront Road between Espiritu Street and Labitan Street.
- Bike course is a 2-loop course that will start at the corner of Waterfront Road and Labitan Street
 - The kids will ride towards Sampson Road
 - Left on Sampson Road
 - TA 1/3 is in front of the fire station along Sampson Road
 - Kids will head back towards transition where TA 2 is located
 - After finishing 2 loops, the kids will go back to transition for the run
- Run course is a 1-loop course starting from the corner of Waterfront Road and Espiritu Street
 - Kids will run towards the direction of the Dewey Avenue
 - TA is at 750m mark along Waterfront Road
 - Kids will head back towards transition and make a left at Espiritu Street to the finish line

SWIM-BIKE-RUN | 9-10 YRS OLD

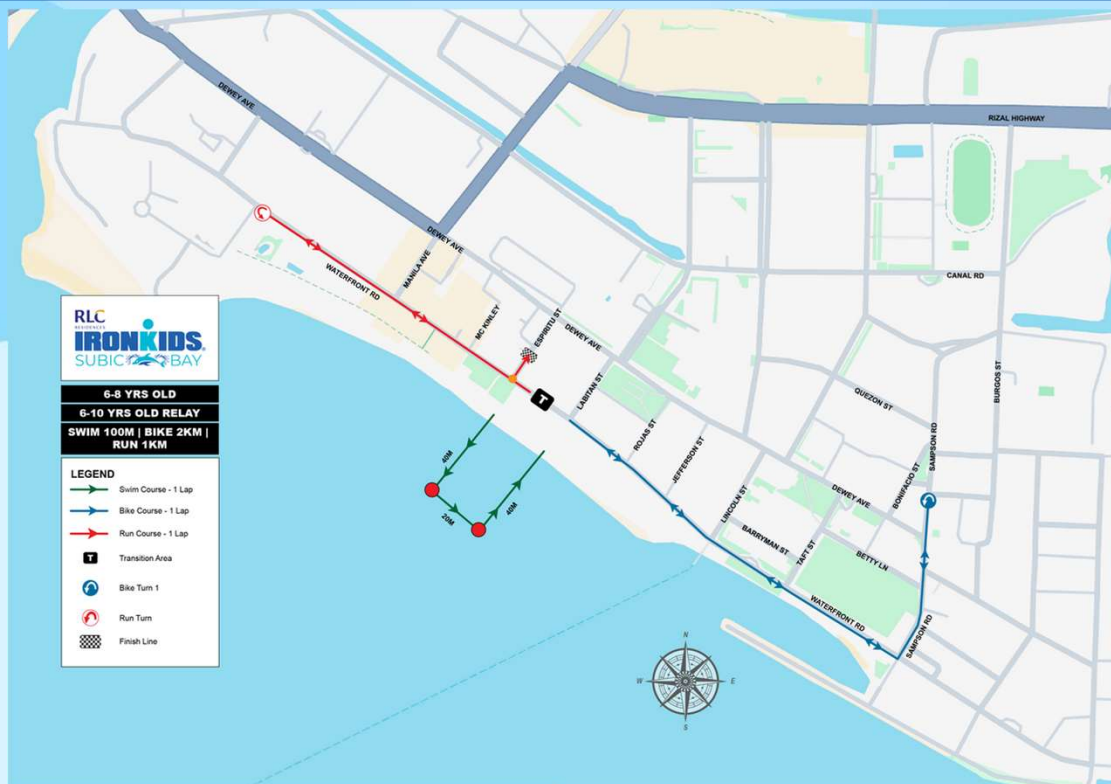


COURSE

- Swim will start at the beach of the boardwalk along Waterfront Road. Kids will swim out 65m then make a left and swim 20m and another left for the last 65m to the swim finish. Kids will proceed to transition located along Waterfront Road between Espiritu Street and Labitan Street.
- Bike course is a 2-loop course that will start at the corner of Waterfront Road and Labitan Street
 - The kids will ride towards Sampson Road
 - Left on Sampson Road
 - TA 1/3 is in front of the fire station along Sampson Road
 - Kids will head back towards transition where TA 2 is located
 - After finishing 2 loops, the kids will go back to transition for the run
- Run course is a 1-loop course starting from the corner of Waterfront road and Espiritu Street
 - Kids will run towards the direction of the Dewey Avenue
 - TA is at 750m mark along Waterfront Road
 - Kids will head back towards transition and make a left at Espiritu Street to the finish line

SWIM-BIKE-RUN | 6-8 YRS OLD

SWIM-BIKE-RUN | 6-10 YRS OLD RELAY



COURSE

- Swim will start at the beach of the boardwalk along Waterfront Road. Kids will swim out 40m then make a left and swim 20m and another left for the last 40m to the swim finish. Kids will proceed to transition located along Waterfront Road between Espiritu Street and Labitan Street
- Bike course is a 1-loop course that will start at the corner of Waterfront Road and Labitan Street
 - The kids will ride towards Sampson Road
 - Left on Sampson Road
 - TA 1/3 is in front of the fire station along Sampson Road
 - Kids will head back towards transition where TA 2 is located
 - After finishing 1 loops, the kids will go back to transition for the run
- Run course is a 1-loop course starting from the corner of Waterfront Road and Espiritu Street
 - Kids will run towards the direction of the Dewey Avenue
 - TA is at 500m mark along Waterfront Road
 - Kids will head back towards transition and make a left at Espiritu Street to the finish line

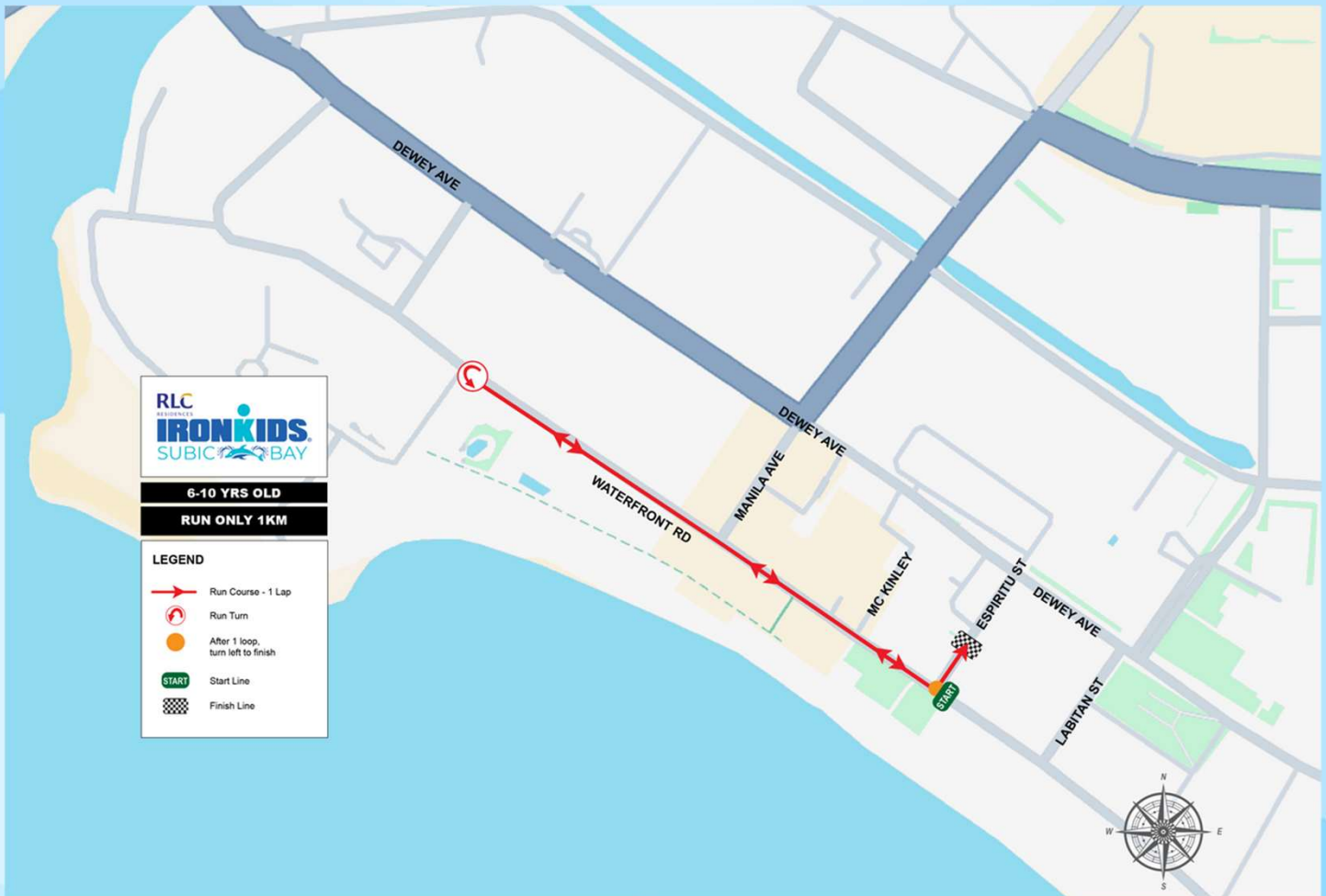
RUN ONLY | 11-15 YRS OLD



KIDS RUN 2KM COURSE

- Run course is a 1-loop course starting from the corner of Waterfront Road and Espiritu Street
- Kids will run towards the direction of the Dewey Avenue
- TA is at 500m mark along Waterfront Road
- Kids will head back towards transition and make a left at Espiritu Street to the finish line

RUN ONLY | 6-10 YRS OLD



KIDS RUN 1KM COURSE

- Run course is a 1-loop course starting from the corner of Waterfront Road and Espiritu Street
- Kids will run towards the direction of the Dewey Avenue
- TA is at the intersection of Waterfront Road and Dewey Avenue
- Kids will head back towards transition and make a left at Espiritu Street to the finish line

OTHER IMPORTANT INFORMATION

- There will be an aid station available in Transition. This aid station will be serving water.
- If you do not feel well, please do not start the race. You are already a champion by being at the event.
- If you have any questions, feel free to approach any of our friendly IRONKIDS crew.
- Remember to enjoy your race and always SMILE !!!

IMPORTANT NOTES FOR PARENTS

- If your child is unwell, please do not let him / her race.
- Please clear the path for kids to race safely. Do not block their access.
- Parents are not allowed in Transition while the race is ongoing.
- Refrain from entering the swim area during race. This may be a hazard for other kids in the area.
- Please do not rush your children during the race. The idea is to have fun and to have an enjoyable race. NO PRESSURE.
- It is not about winning. Every child is a champion by being here on race day.
- You can collect your child's race gear and belongings after the IRONKIDS Subic Bay race has ended.
- Please wear the provided wristband when collecting your child after the race. No wristband = No collection



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