



RLC  
RESIDENCES  
**IRONKIDS**  
LAPU-LAPU 

# ATHLETE INFORMATION GUIDE

09 AUGUST  
2025



## WELCOME MESSAGE

### Dear Loving Parents and Little Champions...

Let's celebrate one more race for the year!

IRONKIDS Lapu-Lapu may be the most special race for RLC Residences, because it's happening right here in Cebu, our second-biggest territory next to Metro Manila! We are more than proud to host this final leg of the IRONKIDS race for 2025 at Robinsons Land's very own property in Punta Engaño—Dusit Thani Mactan.

We are getting better and bigger at every single race, from 200+ junior athletes in Palawan, to 350 in Subic Bay, and finally here in Lapu-Lapu, we are expecting over 500 IRONKIDS to race for the finish line.

Our very own RLC Residences Junior Triathlon team is also thriving! What started as a team of 8 kids has grown into a group of 20 young aspiring athletes coming from various cities and regions of Luzon, Cebu, and Davao.



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

We are overwhelmed by the turnout, overflowing with gratitude for the support of the community, but more than anything we are inspired by the passion of aspiring young athletes and the strong sense of commitment from their parents and families—you are our north star in this partnership!

For some of you little champs, it started with curiosity and wonder about the sport, while others just want to have fun with their playmates on the team. There are also those of you who dream of becoming more... someone who would one day bring pride to our nation. Whatever the reason may be for why you wanted to be part of this community, the most important thing for us is that we are building together the foundations for your dreams.

It's been almost two years since we started immersing ourselves in the IRONKIDS community, wherein we pioneered the '*Family Day*' pre-race event in IRONKIDS history. It started with a vision of creating a space for belongingness, because we believe in fostering bonds and connection over competition. But this year, we are making it more meaningful. Our gathering will also provide a safe space to hold and encourage discussions on what it takes to build an empathetic and motivating community that will support our young athletes on and off the race tracks. We see parents being inspired by their children to actively participate in the sport, because they want to be the motivation for their kids' newly-found passion. Thus, this is the perfect time to deepen what '*Family Day*' means for IRONKIDS.

We felt your appreciation for our vision and mission in this partnership. Thank you for the overwhelming reception. It is when we see the future generation lead us into becoming better versions of ourselves that we know we have invested in the right cause...that we come home with full hearts at 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.



### 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

### 7 JUNE | THURSDAY

2PM-6PM - Athlete Check-In

2PM-6PM - Expo Open

Grand Ballroom 1, Dusit Thani Mactan

### 8 AUGUST | FRIDAY

9AM-6PM - Athlete Check-In

9AM-6PM - Expo Open

2PM - Media Conference

Grand Ballroom 1, Dusit Thani Mactan





## RACE DAY

**9 AUGUST | SATURDAY**

**No Kit Claiming**

5:00 am	IRONKIDS Transition Open	Ballroom Entrance, Dusit Thani Mactan
5:45 am	<b>IRONKIDS RUN 2KMS (11-15yrs) Start</b>	<b>Roundabout, Dusit Thani Mactan</b>
5:50 am	<b>IRONKIDS RUN 1KM (6-10yrs) Start</b>	
6:00 am	13-15 yrs old Assembly and Race Briefing	
<b>6:10 am</b>	<b>13-15 yrs old Wave Start</b>	Beachfront, Dusit Thani Mactan
6:30 am	11-12 yrs old & Relay 11-15 yrs old Assembly & Race Briefing	
6:40 am	<b>11-12 yrs old &amp; Relay 11-15 yrs old Wave Start</b>	
6:55 am	9-10 yrs old Assembly & Race Briefing	
<b>7:05 am</b>	<b>9-10 yrs old Wave Start</b>	
7:20 am	6-8 yrs old & Relay 6-10 yrs old Assembly & Race Briefing	
<b>7:30 am</b>	<b>6-8 yrs old &amp; Relay 6-10 yrs old Wave Start</b>	
<b>8:10 am</b>	<b>Awarding - IRONKIDS Swim.Run</b>	Post Race Area, Dusit Thani Mactan

• Subject to change without prior notice



# FRONTIER OF PROGRESS



Ouano Ave., Brgy. Subangdaku, Mandaue City, Cebu  
[rlcresidences.com](http://rlcresidences.com)

**RLC**  
RESIDENCES

DHSUD-R7 AA-2023/04-028 | DHSUD TLTS#: (Tower 1) 012 | (Tower 2) 013  
Developer/Owner: Robinsons Land Corporation  
Project Completion: (Tower 1&2) July 31, 2029 | (Tower 2) July 31, 2030  
ASC Reference Code: R0236P051023R

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

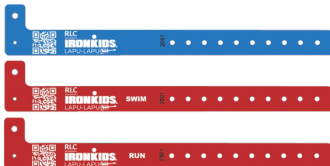
### IRONKIDS SWIM.RUN



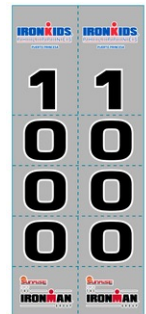
INDIVIDUAL



RELAY



### IRONKIDS RUN ONLY



## FINISHER'S SHIRT & MEDALS

### IRONKIDS SWIM.RUN

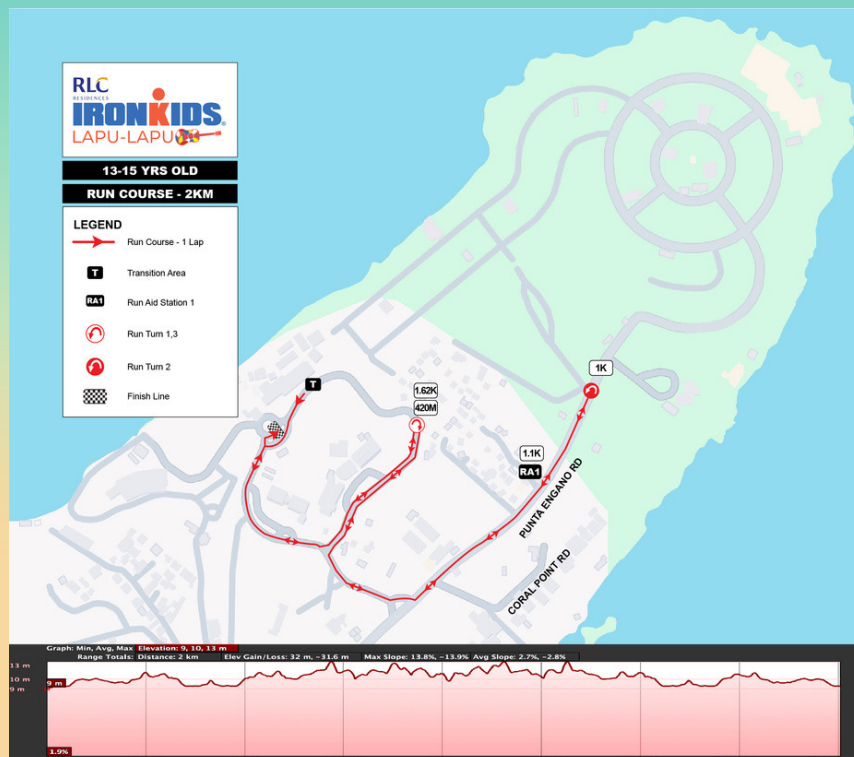
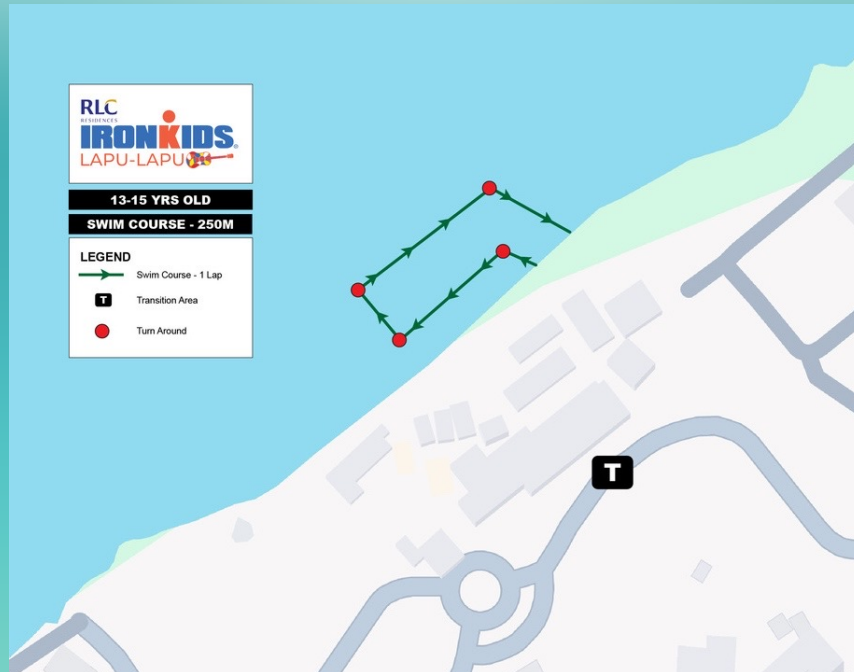


### IRONKIDS RUN



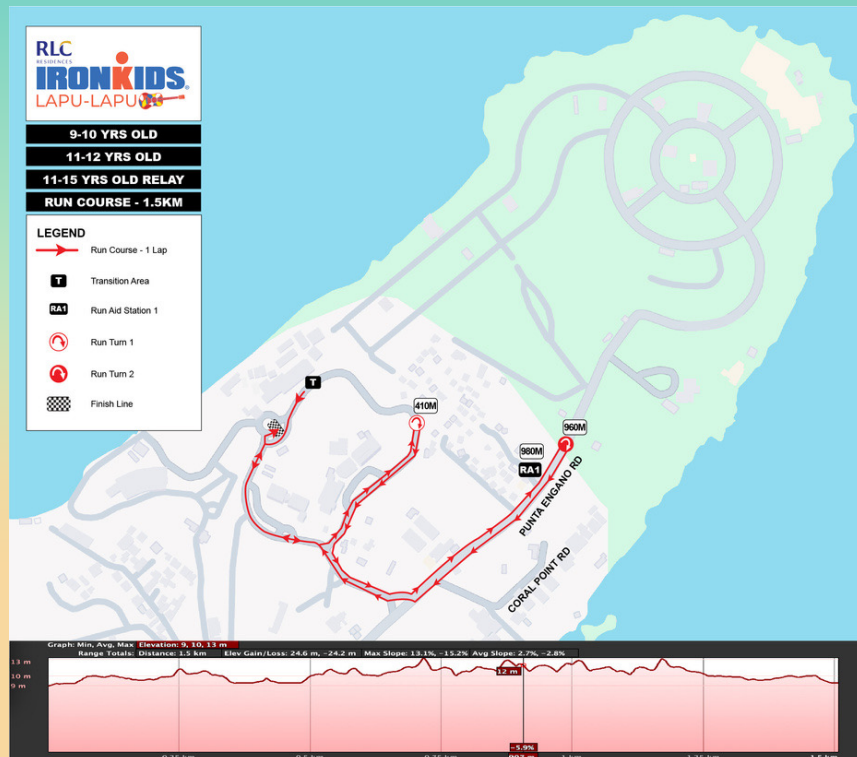
## SWIM - RUN

13-15 YRS OLD (INDIVIDUAL)



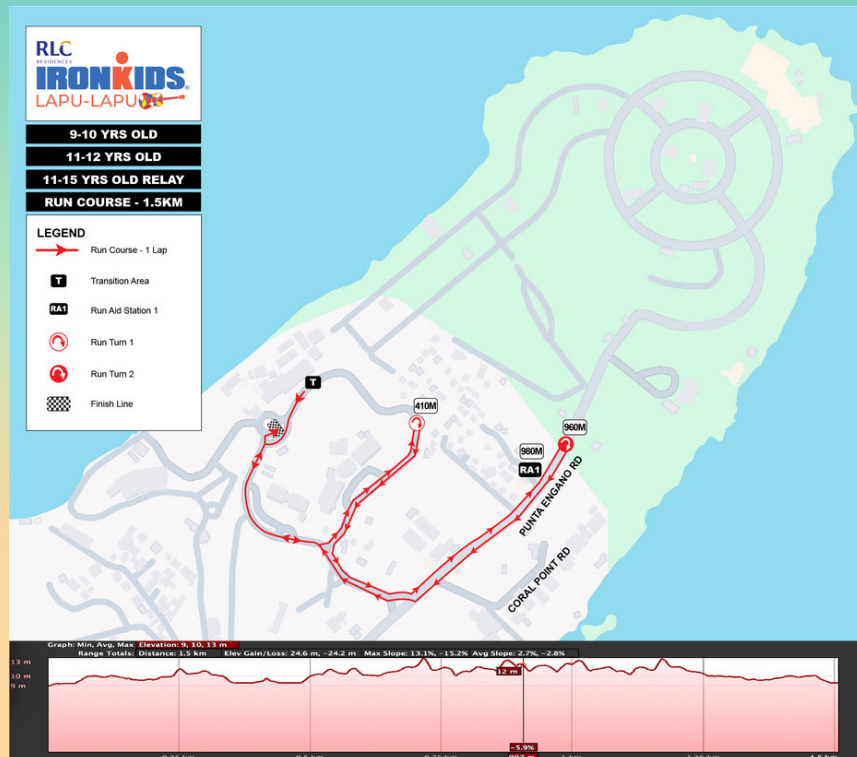
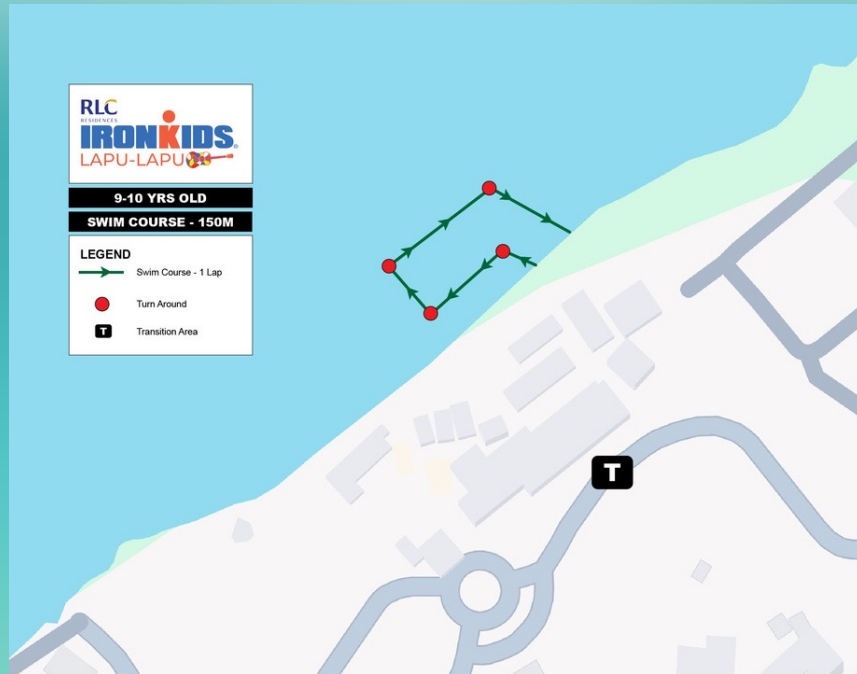
## SWIM - RUN

### 11-12 YRS OLD (INDIVIDUAL)



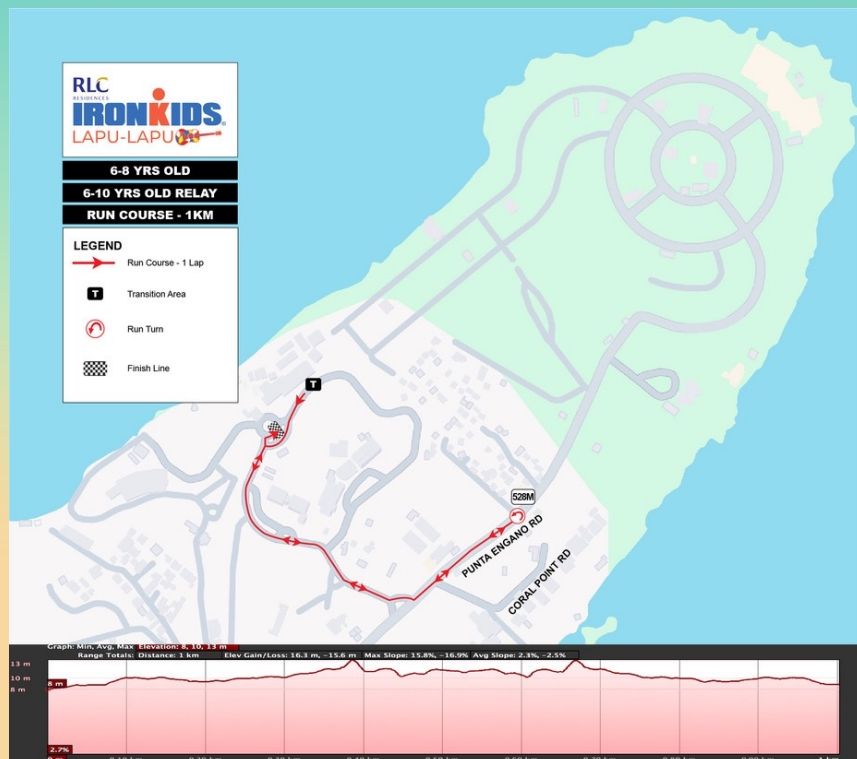
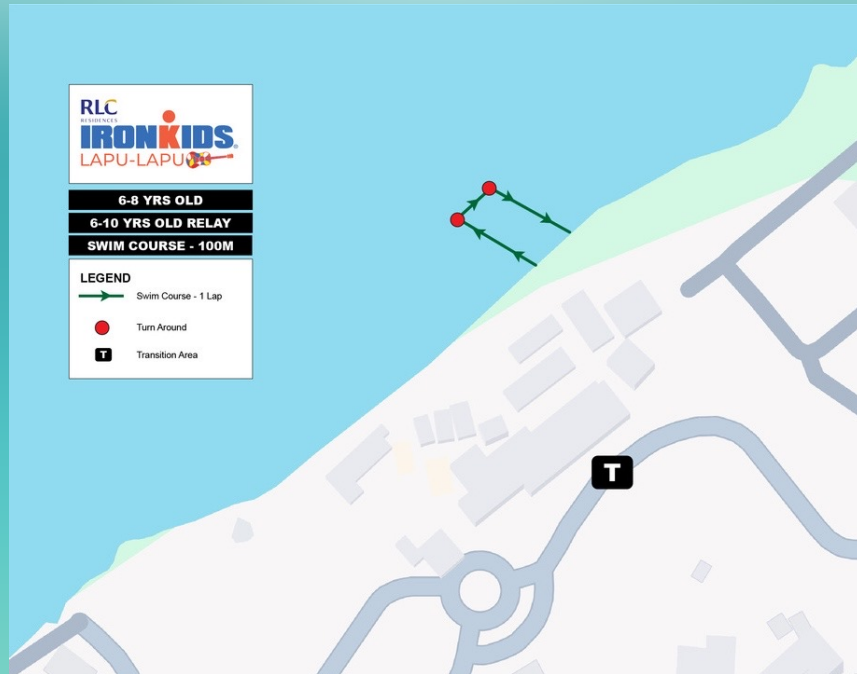
## SWIM - RUN

9-10 YRS OLD (INDIVIDUAL)



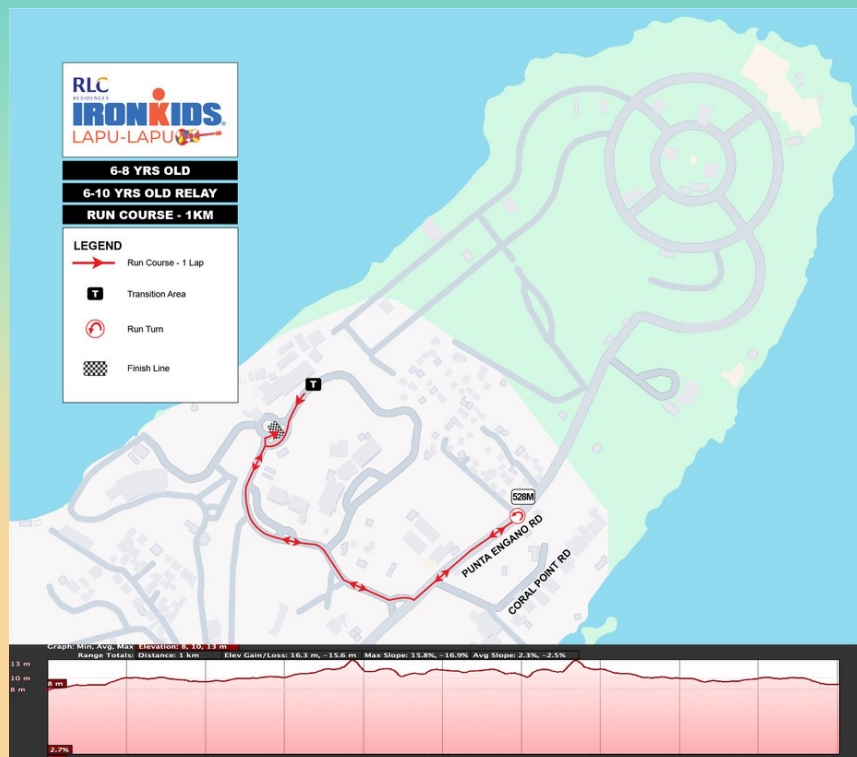
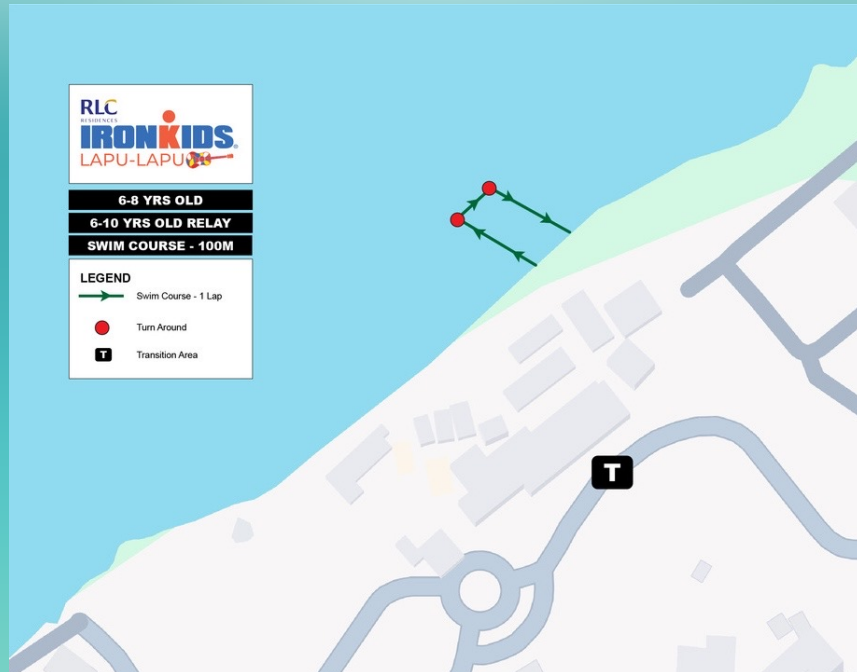
## SWIM - RUN

6-8 YRS OLD (INDIVIDUAL)



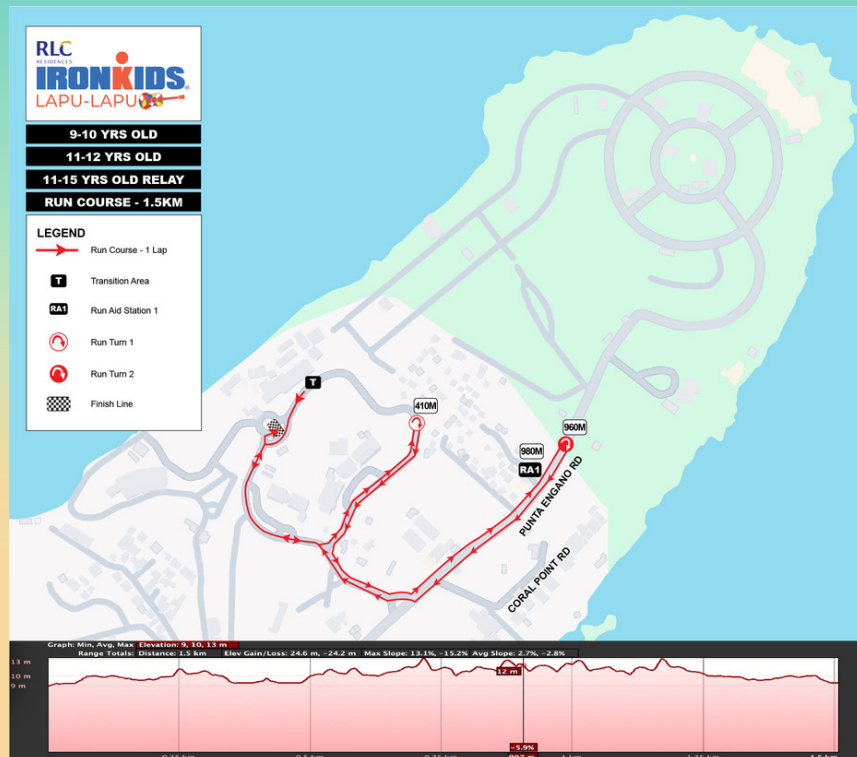
## SWIM - RUN

### 6-10 YRS OLD (RELAY)



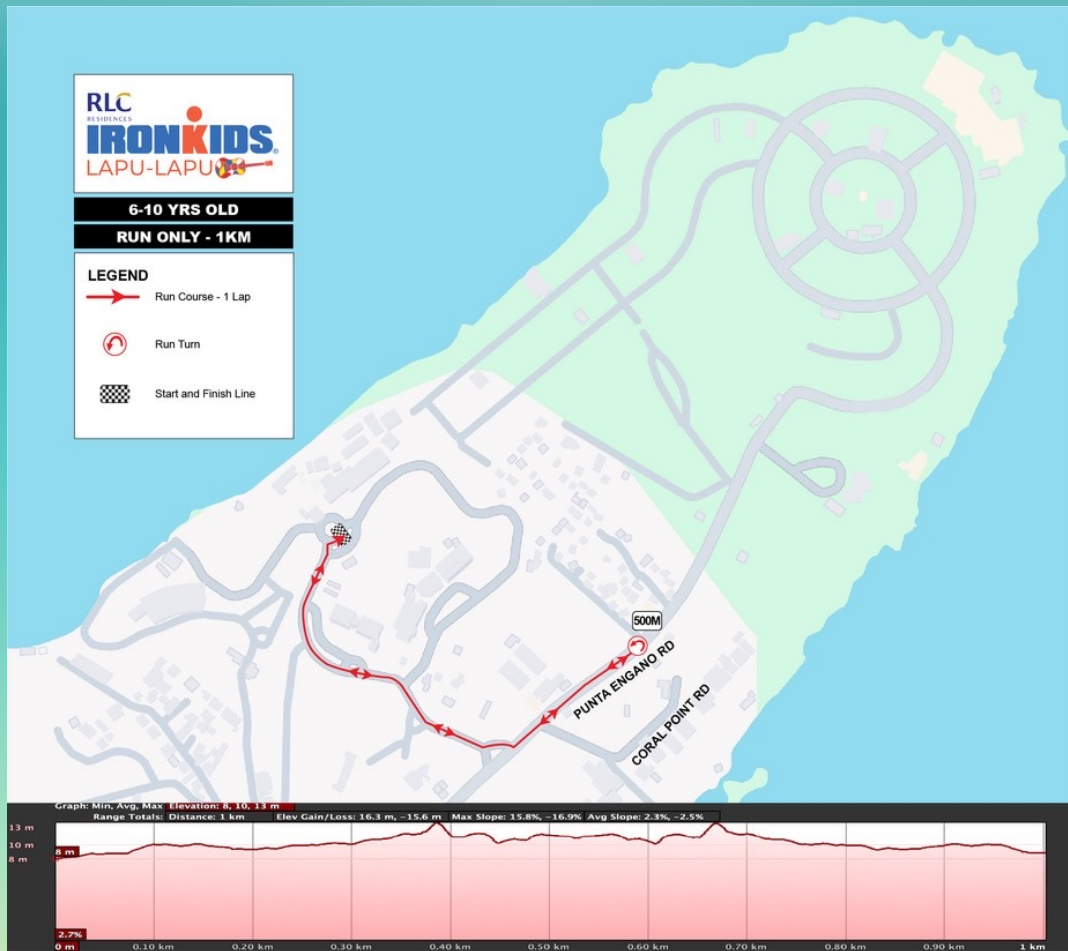
## SWIM - RUN

### 11-15 YRS OLD (RELAY)



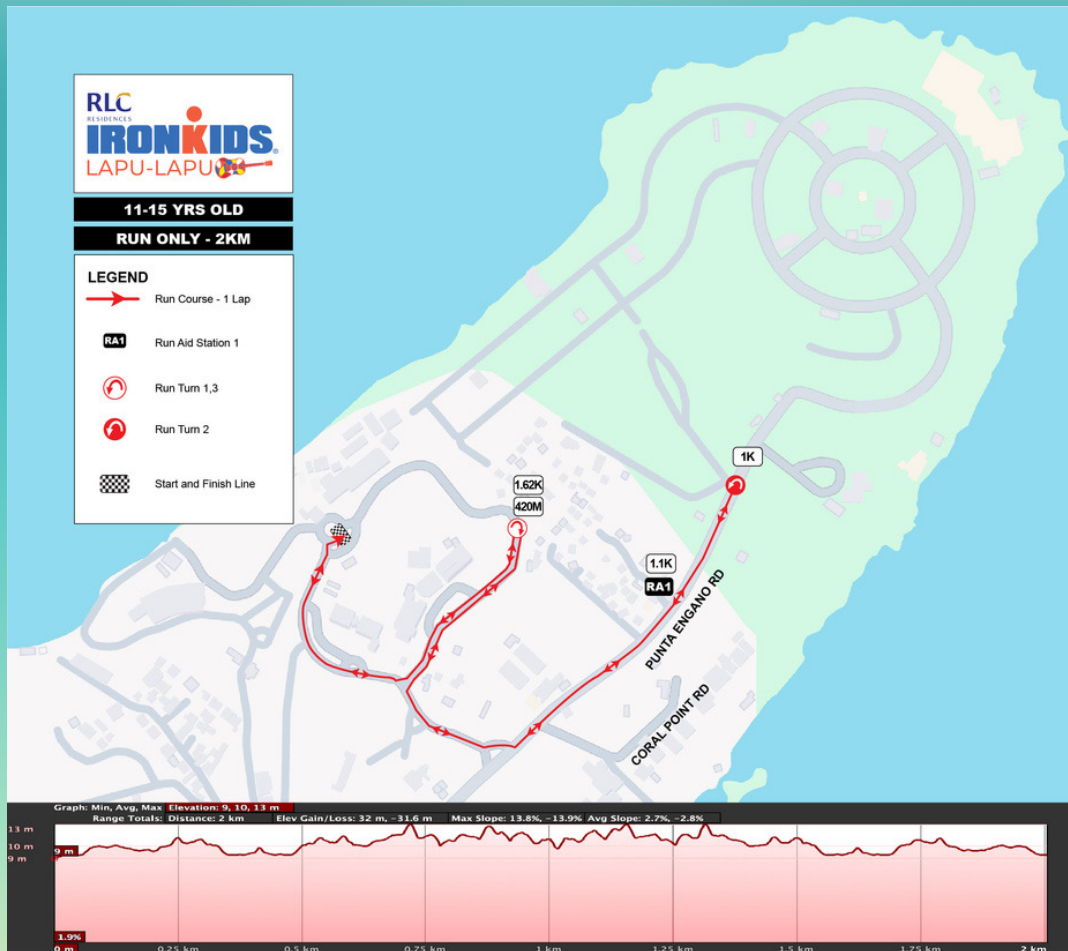
## SWIM - RUN

### IRONKIDS RUN ONLY - 6-10 YRS OLD



## SWIM - RUN

### IRONKIDS RUN ONLY - 11-15 YRS OLD



## WRISTBAND (SWIM.RUN)

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 (SWIM.RUN)

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

## RACE BIB NUMBER & TATTOO

The bib number is to be pinned to the race belt (supplied by athlete) or the T-shirt. It has to be worn during the Run. The tattoo on upper right arm and lower left leg using a wet cloth or sponge. Tattoos are compulsory.

## TIMING CHIP (SWIM.RUN)

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 Puerto Princesa medal & shirt.

## 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 Puerto Princesa race has ended.
- Please wear the provided wristband when collecting your child after the race. No wristband = No collection



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