



ATHLETE INFORMATION GUIDE

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MESSAGE FROM SUNRISE EVENTS, INC.

Dear Triathletes,

We are excited to welcome you back in Davao for another momentous race.

Thanks to our newest sponsor, Penong's Barbecue Seafood and Grill, we are able to continue the momentum of the triathlon community and its growth in Davao. The inaugural Penong's 5i50 Triathlon Davao City is the perfect race for all types of triathletes-from first timers to veterans and IRONMAN in training ones.

The standard distance race will offer a completely new experience for the triathlete. So, we want to make sure that each of you participating in the race will be more than prepared for the upcoming Penong's 5i50 Triathlon in Davao City.

Aside from the unwavering warm welcome you will receive, expect a challenging course

that will allow you to best yourself. The 1.5-kilometer swim starts in the beachfront of Waterfront Insular Hotel. The 40km bike course is a two-loop course, participant exits transition and head towards the main road and turn right heading to Daang Maharlika Highway heading north. The long flat coastal road will make a fast and easy to navigate bike course. The 10km run course is a flat one-loop course. After exiting transition in Waterfront Insular Hotel, participants will turn right using the right side of the Daang Maharlika Highway heading to North.

From start to end, we only wish for a safe and exciting race for you all. To make sure you get everything you need ready and all the details and in- between down, we have prepared the Athlete Information Guide for you to study and thoroughly go back to for all concerns regarding the Inaugural Penong's 5i50 Triathlon in Davao City.

Good luck and we will see you at the finish line!

ATHLETE CHECK LIST

We have provided the below checklist for the convenience of athletes participating in the Penong's 5150 Triathlon Davao City to make sure everybody is prepared to have a great event.

- Read the Athlete Information Guide in its entirety
 - Familiarise yourself with the event schedule
 - Ensure you have received your email confirmation - check all personal details are correct, print and bring along with you to Athlete Check-In
 - Book flights and accommodation ensuring you arrive in time for Athlete Registration from
 - 2.00pm – 5.30pm Friday 5 July
 - 8.00am – 3.00pm Saturday 6 July
 - 6.00pm – 8.00pm Saturday 6 July*
- *Athlete Late Check-in Service with a 100USD Fee*
- Check the athlete list online and ensure your name, country and details are correct (if incorrect please contact penongs@5150philippines.com)
 - Ensure you have government-issued photo identification and bring to Athlete Registration
 - Confirm that your Emergency Contact person will be contactable on race day and is not also racing. Ensure that the full number including area / country code is provided
 - Confirm your Medical/Health Insurance details are current
 - Check the weather forecast to ensure you bring all relevant clothing and equipment
 - Familiarise yourself with the venue and race day road closures
 - Familiarise yourself with the course – it is your responsibility to know this on race day
 - Tick off all items in the Race Day Check List (located at the end of this booklet)

EVENT SCHEDULE

*Event Schedule is as of June 11, 2019. Please check the event schedule at the website: <http://penongs.5150philippines.com> as it is subject to change. Event schedule is continued on the next page.

JULY 5, 2019 (FRIDAY)		
2:00 PM to 5:30 PM	Penong's 5150 and Go For Gold Sunrise Sprint Athlete Registration Open	Garden Pavillion @Waterfront Hotel
	Media Center Open	
	Expo Open	
	Penong's 5150 and Go For Gold Sunrise Sprint Bike Service Open	
JULY 6, 2019 (SATURDAY)		
8:00 AM to 3:00 PM	Penong's 5150 and Go For Gold Sunrise Sprint Athlete Registration Open	Garden Pavillion @Waterfront Hotel
8:00 AM to 6:00 PM	Expo Open	
	Media Center Open	
	Penong's 5150 and Go For Gold Sunrise Sprint Bike Service Open	
Penong's 5150 and Sunrise Sprint Athlete Bike Check-In, Helmet Check and Timing Chip Collection		
10:00 AM - 4:00 PM	Mandatory Athlete Bike Check-In	Garden Pavillion @Waterfront Hotel
11:00 AM	Pro Briefing	Waterfront Hotel
1:00 PM to 3:00 PM	Penong's 5150 and Go For Gold Sunrise Sprint Swim Course Open	Waterfront Hotel Beach Area
2:30 PM	Media Briefing	Waterfront Hotel
3:00 PM to 4:00 PM	Meet the Pros Press Conference	
4:30 PM to 5:00 PM	Race Briefing 1 - Penong's 5150 Participants	Garden Pavillion @Waterfront Hotel
5:00 PM to 5:30 PM	Race Briefing 2 - Go For Gold Sunrise Sprint Participants	
5:30 PM to 6:30 PM	Catholic Mass	
6:00 PM to 8:00 PM	Penong's 5150 and Go For Gold Sunrise Sprint Athlete Late Check-in Arrangement	Waterfront Hotel
6:30 PM	Penong's 5150 and Go For Gold Sunrise Sprint Carbo Load Dinner	Garden Pavillion @Waterfront

		Hotel
9:00 PM	Last Shuttle Back to the Hotels	Sunrise Events Inc. Hotel Guests
JULY 7, 2019 (SUNDAY) - RACE DAY		
4:00 AM	First Shuttle from Hotels to Start Line	Sunrise Events Inc. Hotel Guests
4:30 AM	Penong's 5150 and Go For Gold Sunrise Sprint Transition Open	Waterfront Hotel
	Last Shuttle from Hotels to Start Line	Sunrise Events Inc. Hotel Guests
5:30 AM	All Roads Close	
6:00 AM	Penong's 5150 and Go For Gold Sunrise Sprint Transition Closes	Waterfront Hotel
RACE START: Penong's 5150		
5:50 AM	GUNSTART: MALE PRO, MALE Asian Elite	Waterfront Hotel Beach Area
5:52 AM	GUNSTART: FEMALE PRO, FEMALE Asian Elite	
WAVE GUN START		
6:20 AM	Swim Zone 1 - Below 25 minutes	
SWIM ZONES - Participants are expected to seed according to their swim zones	Swim Zone 2 - 25-30 minutes	
	Swim Zone 3 - 31-35 minutes	
	Swim Zone 4 - 36-40 minutes	
	Swim Zone 5 - Above 41 minutes	
5150 Swim Cut Off: 1 hour after the final Age Group Participant crosses the start line to begin the swim		
5150 Bike Cut Off: 3 hours and 30 minutes after the final Age Group Participant crosses the start line to begin the swim		
5150 Finish Line Cut Off: 5 hours and 30 minutes after the final Age Group Participant crosses the start line to begin the swim		
RACE START: SUNRISE SPRINT		
7:00 AM	WAVE 1: ALL MALE	Waterfront Hotel Beach Area
7:05 AM	WAVE 2: ALL FEMALE	
Sunrise Sprint Swim Cut Off: 30 minutes after the final wave of Sunrise Sprint participants crosses the start line to begin the swim*		
Sunrise Sprint Bike Cut Off: 2 hours after the final wave of Sunrise Sprint participants crosses the start line to begin the swim**		
Sunrise Sprint Finish Line Cut Off: 3 hours after the final wave of Sunrise Sprint participants crosses the start line to begin the swim		

10:00 AM to 12:30 PM	Bike Check Out #1: PROs and Asian Elites	Waterfront Hotel
10:15 AM to 12:30 PM	Penong's 5150 and Go For Gold Sunrise Sprint Bike Check Out #2: Age Groupers and Relay Teams	
10:00 AM	Meet the Champs	Garden Pavillion @Waterfront Hotel
6:00 AM to 12:00 PM	Expo Open to All	
8:00 AM - 11:00 AM	Penong's 5150 and Go For Gold Sunrise Sprint Post Race Celebration Meal	Garden Pavillion @Waterfront Hotel
11:00 AM	Penong's 5150 and Go For Gold Sunrise Sprint Awarding	
<i>* No participant will be allowed to bike if they do not reach the swim exit by the cut-off time.</i>		
<i>* No participant will be allowed to begin the run if they do not enter transition 2 before the cut-off time.</i>		

ATHLETE REGISTRATION/CHECK-IN

Check-In for all athletes participating in the Penong's 5150 will take place at the Garden Pavilion, Waterfront Insular Hotel on the following days and times:

- 2.00pm – 5.30pm Friday 5 July
 - 8.00am – 3.00pm Saturday 6 July
 - 6.00pm – 8.00pm Saturday 6 July*
- *Athlete Late Check-in Service with a 100USD Fee*

It is compulsory for all athletes (including all Relay Team members) to Check-In during these times. There will be a late check-in on Saturday, July 6 at 6.00pm – 8.00pm with a fine of **\$100**. No athlete will be able to Check-In after 8.00pm on Saturday 6 July 2019.

You are required to show photo identification to register – i.e. Driver's License, Passport or any government-issued ID.

Please do not take your bike into the Check-In venue as this congests the area and makes it dangerous for other athletes. Bike racks will be located at the boardwalk. Please allow time for delays when making travel arrangements.

Relay Teams Check-In

All Relay Team members are required to Check-In together at the same time to confirm their personal information (including medical), sign their waiver and collect their race items. A Relay Team member cannot sign a waiver on another member's behalf. For more information

please view our Relay Teams Page under the Athletes tab on the website. If you have any issues regarding checking in, please email penongs@5150philippines.com.

It is important that all Relay Team information is amended and up-to-date at completion of Check-In. Please note, whilst changes to Relay Team members are allowed, there must be at least one existing Relay Team member from the time of registration.

During Check-In, athletes will receive the following:

- ID wristband (this will be secured to your wrist during Check-In and will need to be worn throughout the weekend and to the end of the race, even at the after party.)
- Race bib (compulsory on run leg only)
- Swim cap (compulsory) colour based on swim zone
- Helmet sticker (placed on the front of the helmet)
- Bike seat post sticker (to wrap around the seat post of your bike and stick to itself)
- Bike Pump sticker
- Body Tattoos (race number to be placed on right upper arm and letter category to be placed on right calf)
- Bike and Run bags
- Street gear bag
- Sponsor promotional items

ID Wristband

Your ID wristband must be worn at all times, as this will be your entry to 'athlete only restricted areas.' This is your only means of entry to Transition to **rack your bike pre-race** and to **collect your gear and bike after the race**. The organizers will not allow access into these areas without athletes wearing their wristband. Your ID wristband is colour coded – **Silver** for Pro

Athletes and Asian Elite, **Yellow** for AG and **Green** for Relay.

Timing Info

You will collect your Timing Chip and confirm your identity with the timing personnel during Bike Check-In at Transition 1. At this stage you will confirm your personal information and ensure that your race number matches your timing chip. Please ensure you put it in a safe place and remember to have it with you on race morning.

- Timing Chips must be worn on your **left** ankle.
- On race morning, your timing chip must be **worn or brought** to enter Transition. Officials will be checking this **together with your helmet**.
- If you do not start the race or pull out of the race for any reason you are to return the Timing Chip to the Race Information Booth at the Basketball Covered Court at the Boardwalk Expo area or Transition Manager.
- If your Timing Chip is not returned or is lost you will be charged \$150 for a replacement.
- Timing results will include swim split, bike split, run split and finish time— overall and category results.

If timing chips are not worn throughout the duration of the race, race results will not be available to that athlete.

If a timing chip is lost during the race, the athlete needs to inform an official in Transition, so that officials can do their best to replace that chip in order to record splits for the rest of the race. It is recommended you wear the strap supplied with the timing chip, using an alternative puts you at risk of losing the chip during the race.

Withdrawal & Timing Chip Return

If you withdraw from the race at any time (pre or during), please inform the organizers via the Race Information Booth at the Basketball Covered Court near the Boardwalk or Transition Manager. It is the athlete's responsibility to return their timing chip. If you fail to return your timing chip, a \$150 replacement charge applies. **It is extremely important for all timing chips to be returned to ensure all athletes are accounted for across the event**

RACE DAY SERVICES

MEDICAL

Your safety is of utmost importance to us. If you are unsure about your ability to complete the race or are not feeling physically fit in the lead up to the event, It is highly recommended that you seek medical advice from your doctor.

Basic first aid is available throughout the event. If you require medical attention we recommend that you visit our Information Desk or seek the assistance of event personnel.

Medical staff will be situated in a variety of positions on race day. These locations are as follows:

- Swim Start
- Swim Exit
- Transition
- Roaming Bike & Run Course
- Finish & Recovery

Basic first aid support can also be obtained at the Bike and Run Aid Stations.

It is strongly advised that you have adequate personal insurance for this event.

SAG WAGON

The Sag Wagon 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 to the closest Aid Station or back to Transition/Finish Line.

Should you require a Sag Wagon at any time, please wave down a motorbike official and they will contact the organizers for Sag Wagon deployment. Alternatively advise

volunteers at the nearest Aid Station or any Medical Station.

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

SWIM SAFETY

There will be a large number of water safety personnel and craft on the water pre and during the swim. The water safety team is there to support you should you require. They will be resourced with an array of Rescue Boards, Surf Ski's, Jet Skis and small boats. At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid.

Should at any point an athlete decide to abandon the swim, they will be taken to one of the swim extraction points. From here they will be required to confirm their athlete number and be checked over by medical. It is then the athlete's responsibility to walk back to Transition and hand in their timing chip to the Drop Out Clerk located at the Information Desk.

White swim caps will be available at the stage area of the swim start on race morning. Wearing white swim caps alert the swim team that you are a beginner or not a confident swimmer.

BIKE MECHANICS

THERE WILL BE OFFICIAL BIKE MECHANICS DURING THE RACE WEEKEND. They will be conducting a paid service for 'minor mechanicals' during these times. A limited

'emergency service' will be available inside Transition during Bike Check In on race morning for athletes.

During the race, mechanics will be circulating around the bike course. They will provide basic tools and spares enabling athletes to conduct repairs. Athletes should be aware that MECHANICS AND TOOLS WILL BE LIMITED and spare wheels will not be available from mechanics.

LOST AND FOUND

Lost and Found will be at the Event Information Desk during race week and on race day. Please check the schedule of events for Event Information Desk hours and location. After the conclusion of the event, please email penongs@5150philippines.com to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed items will be donated to charity within 30 days.

TRANSITION

TRANSITION PROCEDURE

Transition opens at 4.30am and closes 6.00am on race day.

TRANSITION 1 (Swim to Bike)

From swim exit at the Boardwalk, participants will run towards their designated bike racks for Transition. Participants will grab their bikes and mount outside the Transition area to start the bike leg portion of the course.

TRANSITION 2 (Bike to Run)

As you dismount your bike in the Bike Finish Chute, you are responsible for taking your bike to your numbered racking within Transition and racking the bike up correctly. Your helmet must remain on and secured until your bike is racked. Failure to do so may result in disqualification.

Athletes are able to equip themselves for the run leg at their allocated bike rack location.

Upon exiting Transition, athletes will pass the Transition Aid Station and Penalty Tents before heading to the run course.

For more information on **Transition Rules**, please visit the website: <http://penongs.5150philippines.com>

Relay TEAM TRANSITION

Relay Team Transition will be open from 4.30am -6.00am on race day morning for all Relay Members.

Swimmers will exit the water and meet their cyclist at the Relay Tent, inside transition area, handing their timing chip to the cyclist. The cyclist must wait until they are in possession of the timing chip before proceeding to their allocated bike numbered position and un-racking their bike. The timing chip acts as the relay baton, the swimmer must start with the timing chip and the runner must cross the Finish Line wearing this around their left ankle.

Once the swimmer has handed over the timing chip they must leave the Transition area immediately (via the Relay Team's entry/exit point). Once the cyclist commences their bike leg, the runner is allowed into the Transition area. Please follow directions of all Race Officials and Volunteers.

When the cyclist returns, they will rack their bike back in its allocated numbered position and hand the timing chip to the runner. The cyclist must then leave the Transition area immediately once they have handed the runner their timing chip (via the Relay Team's entry/exit point).

Be sure to familiarize yourself with the flow of Transition including the Relay Teams entry/exit point and Relay Teams recovery.

Relay Teams will receive their finisher towel and medal upon finishing. If not all members of the Relay Team cross the Finish Line together, then the runner may pick up their Relay Team members medals and towels.

TRANSITION GUIDE FOR RELAY TEAMS

Transition (Race day)

- Open 4.30am to 6.00am
- ALL Relay team members

Swimmers

- Exit swim
- Meet cyclist in Relay tent
- Make exchange of timing chip
- Exit transition area

Cyclist

- Wait for Swimmer in Relay Tent
- Helmet must be left on the bike
- Can wear shoes in Relay tent
- Suggested to wear timing chip on left ankle
- Helmet must be clipped, before moving the bike
- There is no need to wear race number during the bike leg of the race
- Unrack and push bike until mounting line
- Mount bike and commence biking
- Upon return, slow down and dismount when instructed
- Push bike back to designated numbered bike rack
- Helmets can only be unclipped after racking bike
- Must rack bike first before proceeding to Relay tent
- Meet runner in Relay tent
- Make exchange of timing chip
- In the event of bike penalty, proceed to Penalty tent with runner. Failure to serve penalty will result to disqualification
- Exit transition area

Runners

- Wait for Cyclist in Relay Tent
- Are advised to enter Relay tent after cyclist commences bike leg
- Can wear timing chip on either leg
- Race bib is mandatory. Failure to do so will result in disqualification.
- Race number must be clearly visible on the front at all times

Reminders:

- Athlete is responsible to be in Relay tent before your swimmer or cyclist arrives
- Headsets, headphones, cameras, phone cameras, video cameras not allowed at any time during the race
- Please familiarize yourself with the transition flow for relay teams
- In the event of Bike Penalty, cyclist must report to the penalty tent together with runner

No Loitering inside transition
Bike Check Out: 10:15am

BIKE CHECK-IN

The Transition Area will be located at the Driveway of Waterfront Insular Hotel. Bike racks for athletes will be set out in number order. Please note you MUST finish Athlete Check-In to access Transition for Bike Check-In at the Waterfront Insular Hotel.

Timing chips will be handed and issued to you after Athlete Check-In process in the Timing Chip Release Tent.

Your bike MUST be checked into the transition area between 10.00am and 4.00pm ONLY on Saturday July 6, 2019. Your bike must display your seat post sticker and correspond with your ID wristband. If you do not have either of these you will not be allowed in or out of Transition.

Bike Check-In Sequence

1. Photo of athlete and bike
2. Mandatory helmet checks
3. Rack bike
4. Timing chip release

As you enter Transition, you will be asked to advise marshals of your race number. Race marshals will double check this with the name in the system. A photo of athlete and the bike will be taken by the marshal to record the entry of athlete. This photo will be used to counter check the athlete and bike during bike check out.

Your bike must display your seat post sticker and correspond with your ID wristband. If you do not have either of these, you will not be allowed to enter Transition.

Athletes will then walk up to the helmet check station where you will be asked to

wear your helmets. Marshalls shall check the integrity of the helmet and if the athlete is wearing it properly.

Athletes will then be guided to their respective bike rows and racks. Facing your assigned numbered bike box, park your bikes to the left of the number.

When you rack your bike on Saturday between 10.00am and 4.00pm please allow plenty of time to walk through the routes that you will take through the Transition area. Make sure you have your timing chip before exiting Transition. As you exit Transition, you will only be allowed back in at 4.00am on race day.

Timing chips will be handed and issued to you after racking your bike, just before exiting Transition.

When you rack your bike on Saturday between 10.00am and 4.00pm please allow plenty of time to walk through the routes that you will take through the Transition area. Make sure you have your timing chip before exiting Transition. As you exit Transition, you will only be allowed back in at 4.30am on race day.

Volunteers will be available for race specific questions and Technical Officials will be available for any queries surrounding rules and regulations.

BIKE CHECK IN GUIDELINES

ATHLETES

- Bike Check-In hours will be strictly followed (10.00am-4.00pm).
- Single Entry Only: Once you exit the transition area, you will only be allowed to re-enter the next day

- Ensure to vacate the transition area by 4.00pm.
- Participants will have full access to their bikes on race morning. Transition Area will be open at 4.30am on race day.
- Athletes must personally check in their bikes
- Athletes must come with their bikes.
- Athletes must show ID wristbands to enter.
- For Bike Relay Athletes, only those with BIKE ID wristbands will be allowed to enter.
- No companions will be allowed inside the transition area.
- Companions will be asked to stay outside the transition area.
- Loitering in the transition area is strictly prohibited.
- Claim your timing chip at the Timing Chip Releasing tent right after Bike Check -In

BIKES

- Only road bikes, time trial bikes and Mountain Bikes will be allowed.
- Stickers must be attached before bike check-in.
- Colored sticker with athlete's number must be attached on the top tube.
- White sticker with athlete's number must be attached on the seat post.

- Facing your assigned numbered bike box, park your bikes to the left of the number.
- Once you check in your bikes, bikes cannot be removed from transition until the bike portion of the race begins.
- There is a possibility of RAIN, you can decide to cover your bike during bike Check-In.
- NO RIDING inside the transition area at all times.

GEARS

- Bike box with your corresponding athlete number is for your gear and belongings.
- Never leave personal belongings (cellphone, money, jewelry, etc.) in the bike box. Sunrise Events Inc. will not be liable for loss of these personal belongings.
- Helmets, shoes, water bottles, nutrition and other items are advised to be brought into transition on morning of race Day.
- Helmets, shoes, and race belts may be clipped or attached to the bike.
- There will be limited technical assistance in transition during Bike-Check-In. Make sure you bring your own tools.
- There will be limited technical assistance on race day.

SWIM COURSE – 1.5KM

Cut off time – 60 minutes from an athlete's individual start time based on a wave start.



COURSE DESCRIPTION

The 1.5 kilometer swim starts in the beachfront of Waterfront Insular Hotel. Participants will complete the swim course in the calm waters of Pakiputan straight. Due to the tide conditions participants will need to walk to the deep portion of the course. The clockwise swim course begins with 725 meters, then turn right to the 50 meters heading south before turning right to 625 meters before making left for the last 100 meters. Participants then exit the swim head to the transition area in the hotel parking lot for the bike course.

- **Swim Cut-Off** - Each participant will have 60 minutes to complete the swim course. The swim course will close 60 minutes after the last participant crosses the start line in the wave start. Any participant whose swim time is greater than 60 minutes will be stopped by race officials at any of the following points:

- Swim Exit
- Transition

- Any participant who exceeds the 60-minute swim cut off will not be allowed to proceed onto the bike and run course and will receive a result of DNF (did not finish). This applies to relay teams and individual participants.
- Race Officials reserve the right to remove participants from the swim course 60 minutes after the final participant enters the water. This applies to relay teams and individual participants.

RACE MORNING WARM UP SWIM

Professional Athletes

Professional Athletes will be able to warm up directly on the side of the start area. The warm up area will be accessible after 5.30am once the Race Director has confirmed it is safe to do so. All Professional Athletes will need to exit the water no later than 5.45am or as advised by the Race Director.

Age Groupers & Relay Teams

Age Group Athletes & Relay Teams will be able to warm up on the side of the start area. No swimming is allowed directly in front of the Start line due to safety reasons. Age Groupers & Relay Teams will be able to warm up from approximately 6:00 am once the Race Director has determined it is safe to do so. They will need to exit the water by 6.15am and be ready in their Swim Pen. Please follow the directions of water safety staff at all times during warm up.

Professional & ASIAN Elite SWIM START

WATER START VIA WAVE STARTS

Professional Athletes will be set off in separate male and female wave starts from the beach. This start is located in front of the Age Group Start Zones.

- Pro Male and Male Asian Elite (5:50am)
- Pro Female and Female Asian Elite (5:52am)

AGE GROUP SWIM START

WATER WAVE START

Swim will be a wave start beginning at 6:20am. Participants will self-seed on race morning (select their own predicted finish time) and wait in the corresponding start area. Start areas with predicted finish times will be set up on the beach area before moving to the swim start arch. Age Group Participants will be released in a wave start, starting at 6:20am, based on the following predicted finish times:

- Zone 1: Below 25 minutes
- Zone 2: 25 - 30 minutes
- Zone 3: 31 - 35 minutes
- Zone 4: 36 - 40 minutes
- Zone 5: Above 41 minutes

NOTE: It is essential that participants self-seed correctly and honestly.

Swim Course Rules

For more information visit the website:
<http://penongs.5150philippines.com>

Top 10 Checklist

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's a top-10 checklist to help get you ready.

1. Prepare for Race Conditions

- Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

2. Race in Shorter Events

- Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
- For extra guidance, talk to a coach or your local triathlon club.

3. Learn About Course Details

- It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarize yourself with the course.
- Keep in mind, every body of water is different, so you'll need to educate yourself on water current and surf conditions.

- Study the event timetable to plan for proper arrival and preparation.

4. Ensure Heart Health

- As an athlete in training, you should take the proper steps to assess your health with your physician.
- If you have any concerns about your heart health, we recommend you consult with your GP prior undertaking the event.

5. Pay Attention to Warning Signs

- If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

6. Don't Use New Gear on Race Day

- Focus on controlling as much as you can on race day.
- You should never race in equipment you haven't trained in this is not the time to test new gear.
- Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
- Prepare for the unexpected with backups of all your gear.

7. Warm Up on Race Day

- Arrive early enough on race day for a proper warm-up prior to the start, preferably in the water.
- If you are not able to warm up in the water, spend between 5 and 10 minutes getting loose.
- Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

8. Check out the Course

- Get comfortable with the course by checking out water conditions, the swim entry and exit layouts along with the turning buoy locations.
- Identify basic navigation points so that you know what you are swimming towards.

9. Start Easy – Relax and Breathe

- Don't race at maximum effort from the start.
- Relax and focus on proper breathing technique as you settle into a sustainable pace.

10. Be Alert and Ask For Help

- In a race setting always stop at the first sign of a medical problem.
- If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
- Race rules allow for competitors to stop or rest at any time during the swim.
- Feel free to hold on to a static object like a raft, buoy, or dock.
- You may also rest by holding on to a kayak, boat or even a paddleboard. As long as you don't use it to move forward, you will not face disqualification.

BIKE COURSE – 40KM

Cut off time – 3 hours 30 minutes from the last wave swim start release. Any participant who does not complete the swim and bike course before the cut-off time will receive a DNF result (did not finish). This applies to relay teams and individual participants.



COURSE DESCRIPTION:

The 40km course, is a 2 loop clockwise bike course. Participant exits transition and head towards the main road and turn right heading to Daang Maharlika Highway heading north. The long flat coastal road will make a fast and easy to navigate bike course. Reaching the 10km mark at Barangay Tibungco, participants will make the first of three turn around. Participants will then head down south and make the second turn around at KM 19, then head back north and make the final turn around at KM 29. Participants will head south and head back to Waterfront Insular Hotel to complete the bike course.

TRAFFIC

Whilst we implement traffic management infrastructure on course, and the roads are closed, there will be vehicular traffic sharing the roads at times. Please exercise vigilance and tolerance if traffic is encountered, particularly at all roundabouts and intersections. Normal road rules apply. Police, traffic controllers, course marshals and event crew will be on course to assist.

Bike Course Rules

For more information, please visit the website:

<http://penongs.5150philippines.com>.

RUN COURSE – 10KM

Cut off time – each participant will have 5 hours and 30 minutes to complete the entire course (swim, bike and run). Time for each participant will begin as soon as they cross the timing line at the swim start. Course times will be based on each participant’s individual chip time. Any participant who does not complete the race course before the cut-off time in 5 hours and 30 minutes will receive a DNF result (did not finish). This applies to relay teams and individual participants.

Normal road rules apply at all times. Police, traffic controllers and event crew will be on course to patrol and direct PARTICIPANTS.

Run Course Rules

– For more information, please visit the website:

<http://penongs.5150philippines.com>



COURSE DESCRIPTION:

The 10km single loop run course starts after exiting transition in Waterfront Insular Hotel, participants will turn right using the right side of the Daang Maharlika Highway heading North. Participants will make the turn around at KM 5 and head south, entering the hotel heading to the beach area for the finish line.

ROAD & PATHWAY TRAFFIC

Road closures are in place for the duration to minimize the traffic flow on course and to protect the athletes.

AID STATIONS

The Transition Aid Station will offer:

- Nature Spring water
- Vitargo

Aid Stations

The Bike Course has two (2) Aid Stations, accessed twice and will be located at the following distance points:

- KM 10.25
- KM 20
- KM 29.75
- KM 39.50

Bike Aid Stations will offer/have

- Nature Spring water on Sun Life bottles
- Vitargo in bike bottles at aid station 2 only
- Portable Toilets at turnaround

Bike Aid Station Procedure

Slow down when entering Aid Stations, 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 also be advising what they are holding. Please help the volunteers to help you by communicating politely as per your needs.

Please discard any unwanted items post the Discard Zone Start sign and pre Discard Zone Finish sign. Anything discarded outside this area will be penalized.

RUN AID STATIONS

The Run Course have three (3) Aid Stations with two (2) passes located approximately

1.25km to 1.5km apart. These will be accessed once throughout the run course.

Run Aid Stations will offer:

- Nature Spring water
- Vitargo
- Ice
- Sponge
- Cooling drums
- Portable Toilets at turnaround

Run Aid Station Procedure

Slow down when entering Aid Stations. If you do not require any product from a Run Aid Station please stay to the right.

There will be signs along the Aid Station listing what is on offer. Volunteers will also be advising what they are holding. Please help the volunteers to help you by communicating politely as per your needs. Feel free to move through the tables at your leisure and help yourself.

Please discard any unwanted items post the Discard Zone Start sign and pre Discard Zone Finish sign. Anything discarded outside this area will be penalized.

Discards / Drop Zones

Each Aid Station will have drop zones clearly marked on either side of the station (zone is approx. 200m on bike and 70m on run). This is the area to discard bottles/biddons, gel wrappers, banana skins etc. Discarding items on any other part of the course except at designated drop zones may result in a littering infringement or disqualification.

FINISH LINE

Finish Line Policy

Friends and family members, including children are not permitted in the finish chute or finish area.

There will be a Team Relay Holding Area located outside the St. Francis of Assisi Ocean Park near the Finish Line. Relay Team members can now run together to the finish line.

We ask that all athletes respect the Finish Line area and ensure that celebrations do not interfere with other athlete's Finish Line experience.

As you cross the line, volunteer catchers will be there to escort you to the secured recovery area. You will be presented with your Finishers Medal and Towel and your timing chip will be removed. These catchers will endeavor to briefly assess you as you proceed and may need to take you directly to the Medical Tent for treatment. If you do not require any treatment you will be able to proceed to the other post finish facilities. Hot and cold food, fruit and drinks will be served within the designated area in Recovery. You will also have access to your Street Gear Bag and have the option of a free massage if desirable.

Unfortunately you will not be able to re-enter Recovery once you have exited so make sure you are comfortable prior to this point. Please remember volunteers and the medical team are there to help you at any time should you require.

Finish Line Photo

FinisherPix is proud to be selected as the Official Photo Service of the 2019 Penong's 5150 Triathlon Davao City. FinisherPix will have photographers working at the swim exit, on the bike course, on the run course and of course, at the Finish Line!

So what do you need to do to be able to purchase your photos from Finisher Pix?

- Register your email address at www.finisherpix.com to be notified as soon as photos are online
- Please be sure you have your helmet sticker visible on the FRONT of your bike helmet so we can identify your biking photos
- Please be sure to keep your bib number visible on the FRONT of your body during the run and at the Finish Line so we can identify your photos
- Smile and celebrate when you cross the Finish Line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement
- Visit www.finisherpix.com within 24-48 hours after the race to view, order, and share your photos from your 2019 Penog's 5150 triathlon!

POST FINISH

Recovery & Medical

After you have finished, you will be escorted into the Post Finish area to take advantage of the post finish facilities available. This area is for athletes, sponsors and VIPs only. Located within the post finish area will be the:

- Iced Pool
- Recovery Massage
- Medical support
- Post-Race Snacks and Treats

Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

The Post Finish Recovery area will offer:

- Nature Spring water
- Snacks
- Post race meal

Massage

Recovery Massage will be provided for free after the race at the Post Finish Recovery Area.

PRESENTATIONS

Awards Presentation

Presentations will be held on Sunday July 7 at 11.00am at the Garden Pavilion, Waterfront Insular Hotel.

Awards will be presented to the top 3 finishers in each Asian Elite category, Age Group Category, Relay Category and to the top 5 Male and Female Pro Athletes. Awards will also be present to the top 3 Open Category and Age Group Category winners of the Go for Gold Sunrise Sprint.

If you are a place getter but are unable to collect your trophy, please contact the organizers after the event by sending an email to penongs@5150philippines.com to arrange collection.

RACE DAY CHECKLIST

TRANSITION:

- Transition opening times 4.30am – 6.00am
- ID Wristband
- Timing Chip (applied to left ankle)
- Race Number Tattoo (Right Upper Arm)
- Category letter Tattoo (Right Calf)
- Bike pump
- Nutrition to strap/secure to your bike
- If in a Relay Team, ensure your teammates are ready!

SWIM:

- Race supplied Swim cap
- Goggles

BIKE:

- Bike racked and ready in Transition with bike seat post sticker attached
- Bike shoes safely clipped onto your bike or on the ground next to your bike
- Have your helmet checked on race morning and placed onto or next to your bike

RUN:

- Race bib
- Running Shoes
- Sunglasses
- Hat

EVENT CONTACT DETAILS

There will be a Race Information booth at the Expo area located at the Garden Pavilion, Waterfront Insular Hotel. Opening hours will be from 2.00pm to 5.30pm on Friday, July 5, 8.00am to 6.00pm on Saturday, July 6 and 6.00am to 12:00nn on Sunday, July 8.

Information desk is also available at the following official hotel:
Waterfront Insular Hotel

Information desk is located at the hotel lobby near the hotel's front desk. Opening hours for the Information Desk will be from 8.00am to 5.00pm Friday, 5 July to Sunday, 7 July.

Our friendly staff will do their best to help you with any questions you may have. The Information Desk will have maps of the event and surrounding areas. Internet is available within the hotel and a phone can be used through the front desk.

General Event Inquiries

Additional information can be found via our following details:

Website: <http://penongs.5150philippines.com>

E-mail: penongs@5150philippines.com