



**TRIP 'n RACE**

## **AYALA ALABANG VILLAGE**

Muntinlupa City  
National Capital Region

### **Site/Facility Profile**

*If you think a plush residential zone is just good for luxurious living, you are wrong!*

*Right within the 700-hectare breathtaking terrain of the Ayala Alabang in the south of Manila is a gem venue for triathlon. With its variety of running and biking routes, including the swimming pools owned by La Salle Zobel and by the subdivision, facilities needed for your race is complete.*

*With the exciting contours of its land, blended with a network of 70-kilometer roads that are wide, paved and well maintained, Ayala Alabang is your perfect cycling and running destination.*

*Its superb facilities and scenic landscapes highlighted by more than 60 known species of resident, migrant, and migratory birds nestling in more than 9,000 full-grown trees spread all over the village, make this place an excellent venue for race events, like triathlon.*





## **Management and Contact Details**

Management	Ayala Alabang Village Association, Inc.
Address	Alabang, Muntinlupa City
Contact Details	Tel. Nos. (+63 2) 7713579; (+63 2) 8422681
	Other contact information: La Salle Zobel Tel. No. (+63 2) 8422681

## **Accessible Accommodation Facilities**

### *Within Alabang*

- Parque España
- The Bellevue Hotel Manila
- Vivere Suite

## **MACAPAGAL AVENUE**

Pasay and Paranaque Cities  
National Capital Region

### **Site/Facility Profile**

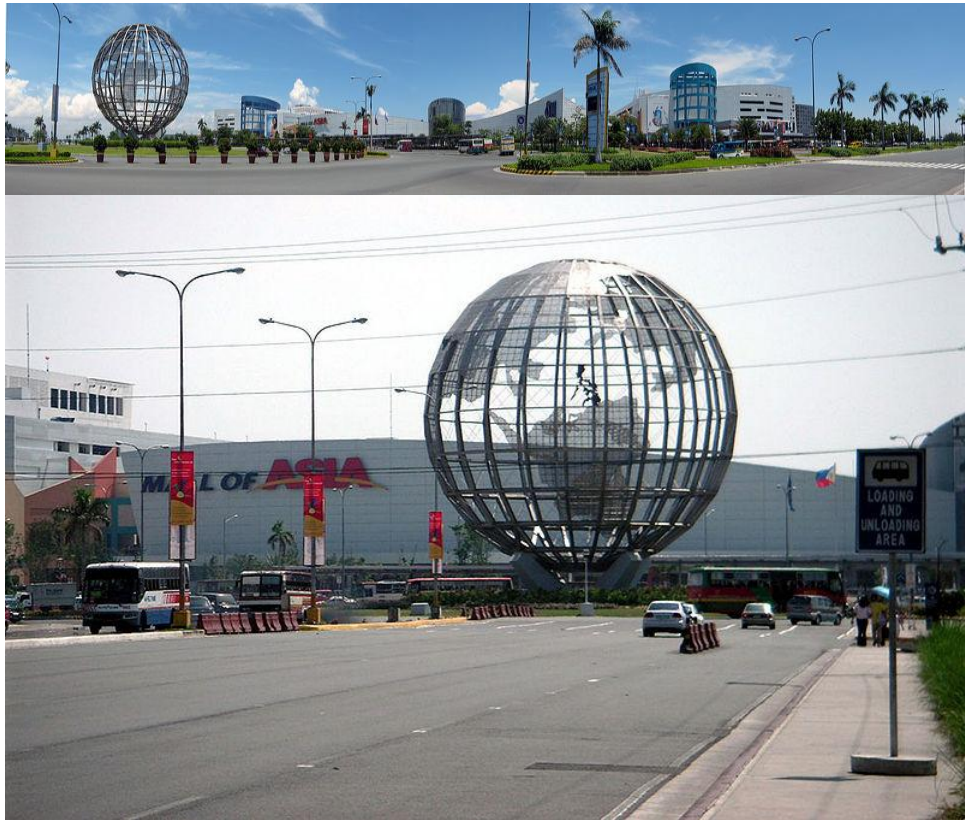
*On a 19.5 hectare land in that used to be a reclaimed area in Pasay City, but now popularly known as Macapagal Avenue, lies an ideal venue for runners and cyclists.*

*With its wide, well-paved roads, the Macapagal Avenue has slowly evolved into not just a favorite commerce and recreational complex that attracts more than 200,000 foot traffic daily, but a fitness, sports and adventure hub.*

*Local duathlon events have always been held in the place. The run and biking can go through the Bay City where, at early morning, you can savor the cool bay breeze.*

*Recent sprint duathlon races ran through distance of 7-kilometer run, 30-kilometer bike and 4-kilometer run.*

*But what makes Macapagal Avenue different from the rest of the racing venues is its being resting at the heart of a commercial and business district.*



## **Management and Contact Details**

Management	City Government of Pasay and City Government of Paranaque
Site Address	Macapagal Avenue, Pasay City Bay Area, Brgy. Baclaran, Paranaque City
Contact Numbers	Pasay City -Information Office Tel. No. (+63 2) 8316459 Pasay City - Tourism Office Tel No. (+63 2) 5510523 Brgy. Baclaran Tel. No. (+63 2) 8311052 Paranaque City – San Antonio Valley Tel. No. (+63 2) 8260011

## **Accessible Accommodations Facilities**

- Philippine Sofitel Hotel
- Heritage Hotel
- Traders Hotel
- Copacobana Apartment-Hotel
- Bayview Park Hotel

## **ANVAYA COVE**

Bataan  
Region 3 – Central Luzon

### **Site/Facility Profile**

*How would you like to test your speed in running, swimming and cycling in a resort, be it a serious race or for fun?*

*Somewhere on a 320-hectare land in Morong, Bataan is a resort built for leisure and adventure. The site is perfect for racing on its rolling hills, undulating terrain that flaunts of an elevation of over 130 meters above sea level, and along the 3.5-kilometer coastline of its clear, blue seas.*

*Anvaya Cove -. the action destination in the making!*

*Almost three hour drive from Manila, this resort features a leisure development consisting of two private coves. The densely-forested foothills would be a perfect backdrop for cycling and running races. The serene seascape enchants swimmers to dash to the finish points.*

*Amenities of the resort include the following: The Main Pavilion which houses the Bamboo Cafe, Wine Room, Sambali Lounge, Function rooms, Game rooms, Library lounge, Convenience shop, and clinic); Spa Area (Veda Spa, Beach Massage Salas); Recreational Beach Area for water sports; Recreational Pool and Lagoon Area; Lagoon Suites; Seahorse Kiddie Village; The Beach with cabanas all over; and lookout tower and tower bars.*





## **Management and Contact Details**

Management	Ayala Land Premier
Address	2/F Tower One & Exchange Plaza, Ayala Triangle, Ayala Avenue, Makati City
Contact Details	Tel. No. (+63 2) 8485000; Outside Metro Manila 1-800-10-848 5000

## **Accessible Accommodation Facilities**

- Anvaya Cove and Nature Club (accommodation facilities)

*Within Morong, Bataan*

- Bataan White Corals Beach Resort
- Coralview Beach Resort
- Crown Royale Hotel
- La Vista Inland Resort
- Montemar Beach Club
- The Waterfront Beach Resort

## **SUBIC BAY FREEPORT ZONE**

Zambales  
Region 3 – Central Luzon

### **Site/Facility Profile**

*Triathlon is at home in Subic Bay Freeport Zone! Or rather, Subic Bay is synonymous with “staying power!”*

*Speak about the sport that requires extraordinary “staying power,” and we point at triathlon. And for decades now, Subic Bay has been a favorite site of such an action that requires exceptional strength, endurance, stamina and power.*

*The number of competitions and training sessions held in this site has been enormous, be it local or international. The number of local and foreign athletes who have set their foot on this ground for a grand challenge of endurance on land and water are tremendously countless. Triathlon has bannered the best of Subic Bay, and guests keep coming back.*

*Race usually starts at the Boardwalk Area along Waterfront Road, and finishes at the middle portion of Rojas Street between Legenda's El Centro and Courtyard Inn.*

*The swim courses are partially marked with buoy lines. Kayaks are deployed to guide the swimmers or provide safety assistance. Buoy lines are located offshore. The distance from swim exit to transition is 50m, beach sand path with shower.*

*Minimum requirement for bike road quality in Subic Bay is met. Its road is smooth and asphalted, with some cemented portions. Each loop covers approximately 10 kilometer of flat road with the remaining 30 kilometer for the winding and rolling roads going to and from the turn around point.*

*Usually, wheel drop point is at the Botanical Garden Entrance. The loop goes from the Dumuk Bridge to the Waterfront. At the end of Waterfront, they turn left towards the Light House Hotel, then right to the hotel entrance towards the Rotonda. They run past Waterfront towards Dewey and turn right at Dewey, crossing Manila over a bridge provided by Asian Center for Insulation, Phils.. The race completes at the Transition Area.*

*Routes for running, cycling and swimming are determined by race organizers. What makes Subic doubly exciting is its varied and magnificent undulating terrain and sea waters very conducive for this challenge of staying power.*





## **Management and Contact Details**

Management	Subic Bay Metropolitan Authority
Address	Administration Building, Bldg. 229 Waterfront Road, Subic Bay Freeport Zone
Contact Details	Tel Nos. (+63 47) 2524000; (+63 47) 252-4004 E-mail: <a href="mailto:webteam@sbma.com">webteam@sbma.com</a>

### *Other Contact Information*

Triathlon Association of the Philippines  
Room 101, Building B,  
Philsports Complex,  
Meralco Ave., Pasig City  
Tel Nos. (+63 2) 710 8259;  
(+63 2) 6134044  
E-mail: [info@triathlon.org.ph](mailto:info@triathlon.org.ph)  
[carrtom@zpdee.net](mailto:carrtom@zpdee.net)  
Weblink: [www.triathlon.org.ph](http://www.triathlon.org.ph)

## **Accessible Accommodation Facilities**

### *Within Subic Bay Freeport Zone*

- Camayan Beach Resort
- Hotel Inter Park
- Johan's Beach Resort
- Legenda Hotel
- Legenda Suites
- Mountain Woods
- Playa Papagayo
- Punta de Uian
- RK Hotel
- Subic Majestic Hotel
- Subic Park Hotel
- The Lighthouse Marina Resort

## **UP LOS BANOS**

Laguna  
Region 4A – CALABARZON

### **Site/Facility Profile**

*Triathlon can be fun, an activity to liberate you from stress and fatigue, a moment to forge friendship, an unrivalled leisure that raises consciousness on the value of fitness to the young.*

*The University of the Philippines in Los Baños, Laguna (colloquially UPLB) has been a scenic venue for triathlon for the past few years. With the efforts of the UPLB Trantados Triathlon Club, a new dimension of this sporting activity has been fashioned out into a fun-filled, and action-laden one, making a lot of young people in the campus join. Trainings for beginners and for “fun triathlon” have reached out to the students extensively. Sometimes, races are done with participants wearing costume.*

*The 3-pool aquathlon (UPLB Baker Pool, Botanical Garden and Pook ni Maria Makiling) organized by the Club has produced an enormous participation in this power and endurance game.*

*The route in the latest event goes as follows: A 2 kilometer incline run from Baker Hall to the Botanical Garden and a 400-meter swim in the 25 meter pool make your adrenaline high for more speed.*

*Then another 3 kilometer incline run to Pook ni Ma. Makiling and a 400-meter swim in its 50-meter pool. This is followed by a 3 kilometer run downhill to Baker pool for a 400-meter rinse. The final run is just a just a short distance towards the finish line.*

*So, for those seeking corporate or peer team-building and fun through triathlon, your destination is somewhere within the jungles and rainforests of UP Los Banos.*





## **Management and Contact Details**

Management	UPLB Trantados Triathlon Club
Address	UP Los Banos, Laguna
Contact Details	Tel. No. (+63 917) 8992365 E-mail: <a href="mailto:info@triathlon.org.ph">info@triathlon.org.ph</a>

## **Accessible Accommodation Facilities**

- Arisabel Clubhouse Inc. Hot Spring Resort
- J.C. Manzano Private Resort
- La Roca de Trinidad Resort
- Maquiling Breeze Resort
- Splash Mountain Oasis Hotel and City of Springs
- Tierra de Lago

## **CAMSUR WATER SPORTS COMPLEX (CWC)**

Camarines Sur  
Region 5 – Bicol Region

### **Site/Facility Profile**

*If you think CamSur is only good for wakeboarding, wakeskating and waterskiing, this is your wake up call!*

*Hosting the DOT-supported prestigious Ironman 70.3 with an unprecedented success and sensation signals a message to the world that right at this southeastern portion of Luzon, which is bounded by Ragay Gulf in the west and Pacific Ocean in the north, is a destination that racers worldwide would love coming back.*

*The CamSur Water Sports Complex (CWC) has once more caught the limelight with its triumphant hosting of a stellar line up of professional triathletes from across the world during the weeklong Ironman 70.3 event where reigning Ironman 70.3 world champion Terenzo Bozzone of New Zealand posted victory.*

*Whether it's a triathlon race for survival or for fun, the swim leg is ideally held in a man-made lake. You may have the first loop on the smaller cable park lake which is 400 meters. After which, you might want to try to cross over to the bigger Lago Del Rey lake for another loop which is about 1100 meters. Both lakes are 4-6 feet deep, thus, floaters are placed in front of wakeboard ramps, and swim buoys are used to separate incoming and outgoing swimmers.*

*Requiring flat terrain, your bike course may be held in the scenic National Highway, towards Pili diversion road. After doing two loops of the course, you may go back to CWC.*

*The run route will be on CWC/Capitol complex. Relatively flat that features a short and steep hill, running your heart's delight is another CWC experience you will forever treasure.*

*So, with all its superb and highly-rated "swim-bike-run" facilities for such a lung-busting race, coupled with a fantastic array of accommodation facilities, this trip and race destination deserves a spot in the world's best sports and action destination.*





## **Management and Contact Details**

Management Provincial Government of Camarines Sur

Address Camsur Watersports Complex (CWC)  
Cadlan, Pili, Camarines Sur

Contact Details Tel. Nos. (+63 54) 4750689  
(+63 54) 4773344; (+63 54) 4773349  
(+63 54) 4773347  
(+63 54) 4775162  
E-mail: infocamsur@gmail.com

*Manila Liaison Office*

2nd Floor bldg. 11 la Fuerza Plaza  
Compound, Don Chino Roces Avenue,  
Makati City

Tel. Nos. (+63 2) 8170831  
(+63 2) 710 9086; (+63 2) 8170832  
E-mail: infocamsur@gmail.com

## **Accessible Accommodation Facilities**

- Villa Del Rey Cabanas - CWC
- Villa Del Rey Tiki Huts - CWC
- Villa Del Rey Villas - CWC
- Villa Del Rey Wood Cabins - CWC

## **SOGOD CEBU**

Cebu  
Region 7 – Central Visayas

### **Site/Facility Profile**

*As you speed up your gear, you feel the rush of cool winds caressing your face. When you run amidst the coconut groves, you breath in the fresh cool air you needed to keep your adrenaline going. You swim in the beach that seems to be as blue as the sky.*

*You are into triathlon in a resort! The test of stamina and power has become a wonderful activity, as you get close to nature. Triathlon in the town of Sogod has suddenly made man and nature in harmony, where both elements are in complete unison to showcase real strength and power.*

*Triathlon in Sogod and its neighboring localities is slowly becoming a passion among its people. When the Speedo National Age Group Triathlon Series (NAGTS) was held in the Cebu Alegre Beach Resort, the realization that triathlon within scenic landscapes provides a unique experience emerged.*

*Organized by the Danao City Sports Commission, this leg of triathlon series requires a one-kilometer swim, a 30- kilometer bike and a 7.5- kilometer run. The race route was specially designed within the Alegre Beach Resort and towards the town of Sogod. Alegre's cottages are set in lush tropical grounds many of which offer ocean views and private gardens.*



## **Management and Contact Details**

Management	City Government of Cebu
Address	Cebu City Tourism Commission 2nd Floor, CHAC Bldg. Osmeña Blvd., Cebu City
Contact Details	Tel. No. (+63 32) 2001212 E-mail: <a href="mailto:info@cebucitytourism.com">info@cebucitytourism.com</a>

## **Accessible Accommodation Facilities**

- Alta Cebu Village Resort
- Cebu Alegre Beach Resort - Sogod
- Costabella Tropical Beach Hotel Cebu
- Cordova Reef Village Resort Cebu
- Hilton Cebu Resort & Spa
- Las Flores Country & Beachside Hotel - Catmon, Cebu
- Maribago Blue Water Hotel Cebu
- Plantation Bay Resort & Spa Mactan Cebu
- Shangri-La's Mactan Island Resort Cebu

## **CAGAYAN DE ORO CITY**

Cagayan de Oro  
Region 10 – Northern Mindanao

### **Site/Facility Profile**

*The "City of Golden Friendship" is soon to emerge as the most sought-after destination for speed, strength and endurance sports!*

*Proud to have preserved in its people a kind of warmth and an old-fashioned Filipino hospitality amidst their fast modernizing lifestyles, Cagayan de Oro City is as wholesome as sports.*

*Predominantly a coastal city overlooking the gorgeous waters of Macajalar Bay, and gifted with creeks and rivers crisscrossing its rolling hills, and awesome gorges and plateaus, the City which is also known as a "Gateway to Northern Mindanao" because of its location and good transportation facilities, is a perfect place for racers.*

*It had successfully hosted a national triathlon event sanctioned by the Triathlon Association of the Philippines, and jointly organized by the CDO-based Triathlon organization.*

*The Pelaez Sports Center in Cagayan de Oro City proved to be an excellent venue of its opening 750 meter swim leg. The road for the 20 kilometer cycling trip across the town of Opol and towards the bandstand area in Divisoria was an outstanding venue for the bike race.*

*With a run against the backdrop of its rainforest and beaches completing the course, who would say that Cagayan de Oro is just a dive and caving exploration destination?*





## **MAMBAJAO TOWN**

Camiguin  
Region 10 – Northern Mindanao

### **Site/Facility Profile**

*Imagine yourself racing behind a backdrop of the mysterious Mt. Hibok-Hibok and the Old Vulcan, and with the refreshingly cool sea air that energizes you as you breath in?*

*And the moment the starting gun fires off, you are stirred to go for speed till the finish line – inspired by the sights of nature and wonders that abound all around the Island of Camiguin.*

*Yes, the town of Mambajao has been a wonderful venue for such a sport, like triathlon, that requires so much of stamina and strength.*

*It had successfully hosted the Camiguin Triathlon, a 1.5-km swim, 40-km bike, 10- km run race that started and ended at the Farola area.*

*With its relatively flat terrain with an incline of 5-10 degrees in some stretches, plus the warm hospitality of its people, there is no reason, Mambajao cannot emerge as a fantastic host to many local and international triathlons in the future.*



## **Management and Contact Details**

Management	Camiguin Provincial Government Camiguin Tourism Office
Address	Capitol Complex, Mambajao, Camiguin
Contact Details:	Tel. No. (+63 88) 3871097 loc 119/120 (+63 88) 3871022

### ***Other Contact Information:***

DOT Region 10  
Cagayan de Oro City  
Tel. Nos. (+63 88) 723696  
(+63 88) 726394; (+63 88) 8564048  
E-mail: dotr10@yahoo.com

## **Accessible Accommodation Facilities**

- Villa Paraiso Resort and Apartelle
- Paras Beach Resort
- Bahay Bakasyunan sa Camiguin

## **DAVAO CITY**

Davao  
Region 11 – Davao Region

### **Site/Facility Profile**

*Forever etched in the hallmarks of The Baywalk Queensland of Matina Aplaya in Davao City are extraordinary determinations of racers, if not to win, to reach the finish line.*

*Get-up-and-go! The blast of the starting gun sets off a race of 1-kilometer swim, 30- kilometer bike and 8 - kilometer run. And swiftly they go to carry out a pace that can bring them home to the finish line, ahead of the rest.*

*In this southeast part of Mindanao lies a 244,000-hectare city, known as the biggest in Asia, and a typhoon-free territory. So expect a multitude of speed sporting activities everywhere across its land and water.*

*In the Davao Mayor's Cup Triathlon, racers were to swim two loops of 750 meter per loop in the open water, and to go through five loops of 5.4km. per loop along the Ecoland Highway. The 8 kilometer run is done in same route with the bike, with two water stops located at each of the turnaround points of the run.*

*So if you think Davao City is just good for its unique deep sea marvels, you are wrong. This city of action and adventure can really host triathlon.*



## **Management and Contact Details**

Management                      Triathlon Association of Davao (TRIAD)

Address                              Davao City

Contact Details                      Tel. No. (+63 915) 2162826  
E-mail: uroscar\_66@yahoo.com

Tel. Nos. (+63 917) 5881467  
E-mail: ahsam@globetel.com.ph

## **Accessible Accommodation Facilities**

- Queensland Hotel
- Lishper Hotel
- Park Square Inn
- Grand Regal Hotel
- Apo View Hotel