

NIRWANA GARDENS, BINTAN ISLAND, INDONESIA



BINTAN TRIATHLON

20 - 21 MAY 2017

TRAVEL GUIDE



www.bintantriathlon.com

Event organised by

Meta Sport



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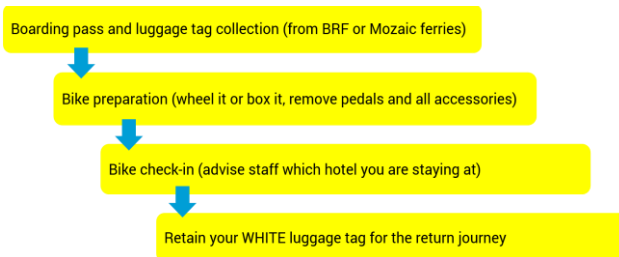
General Travel Info

We hope that your training and preparation have gone as planned and you are ready to tackle the race in spectacular style. In order to make your travel to the event smooth and your weekend enjoyable, we have compiled important information.

- **Passport** – your passport needs to be valid for at least six months from your date of arrival in Bintan, Indonesia.
- **Currency** – Indonesia's currency is the rupiah (IDR) (USD 1 = IDR 13,330, SGD 1 = IDR 9,400). Singapore dollars or US dollars are no longer accepted in Bintan. All payments shall be made in Rupiah (including at the event expo). Hotels have money changers and some of them (Incl. Nirwana Gardens) have an ATM.
- **Time Zone** - Note that all times for the Bintan Triathlon are in Bintan Time (GMT+07:00), which is one hour behind Singapore (Singapore 7am = Bintan 6am).

Ferry Travel from Singapore

Your ferry to Bintan leaves from the Tanah Merah Ferry Terminal (TMFT), 50 Tanah Merah Ferry Road. Please be there 2 hours before departure, and follow these steps for a smooth journey



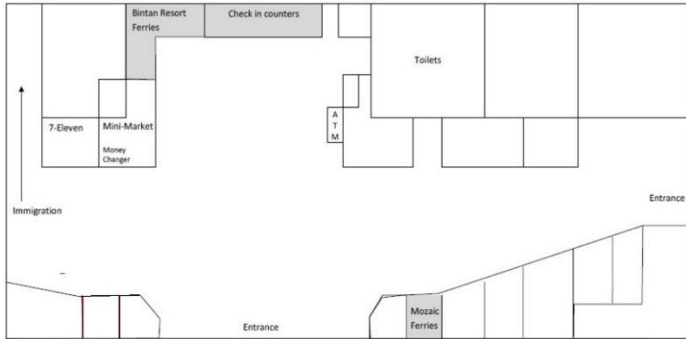
Important!

On your departure from Singapore you will receive a white colour bike luggage tag from the Bintan resorts ferries staff for the return journey.

Don't lose the return ferry bike tag! Without the bike tag your bike can not go on the ferry back to Singapore. (A new bike tag is chargeable: IDR 120,000 tag.)



TANAH MERAH FERRY TERMINAL – DEPARTURE HALL



Upon arrival in Bintan

- **Island transfer**

If you are staying at the Official Host, Nirwana Gardens, or one of the Official Hotel partners (Bintan Lodge, Angsana resort and Spa and Bintan Lagoon Resort), transfers from and to the ferry terminal are arranged by your hotel.

- **IMPORTANT: Riding to the race venue – Saturday, 20 May 9:10 Ferry**

Participants arriving in Bintan on the 9:10 ferry on Saturday 20 May, who are planning to ride from the Bintan ferry terminal to the race venue, are required to join a marshalled group guided by MetaSport coach Shem Leong. The group will meet outside the ferry terminal and cycle together in single file to the venue. This is to ensure that Sprint Triathlon participants, who are using the same roads at that point of time, will have a safe race.

- **Bike depot at Nirwana Gardens**

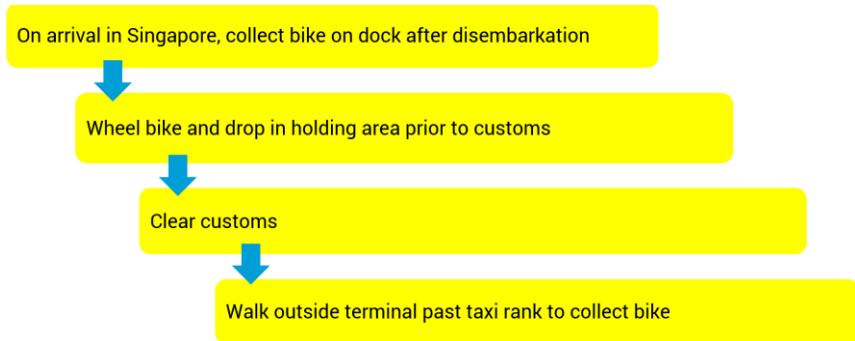
Nirwana Gardens has a dedicated "Bike Depot" at their resort centre (a 3-minute walk from the Nirwana Resort Hotel lobby) to manage bike storage and transfers. For other hotels' bike holding areas, check with the concierge.



Bike return to Singapore

Drop your bike at the Nirwana Gardens' or your Official Hotel's Bike Depot 3 hours in advance of your ferry departure. This applies to all cyclists regardless of where you are staying.

Your bike will be transferred to the ferry terminal and checked in for you. you only need to collect it on arrival in Singapore.



- **Taxis from TMFT**

Taxis will be in high demand at the Tanah Merah Ferry Terminal in Singapore on your return from Bintan. Consider booking one in advance to avoid delays. [Click here for taxi info.](#)

- **Overseas Travelers Transiting via Singapore Changi airport**

The Tanah Merah Ferry Terminal is only 10-15 minutes from Changi airport. Be aware that a bike box does not fit in a standard taxi. you will need to request a maxi cab at the Singapore airport transportation counter. It costs a flat S\$60 and can fit 2 bike boxes. alternatively, [email us](#) if you need some assistance with transportation.

Travel from Jakarta

There are direct domestic flights from Jakarta to Tanjung Pinang (Raja Haji Fisabilillah airport). Upon arrival in Tanjung Pinang, it's a 45-minute drive to Bintan Resorts. Local taxis can't fit bike boxes / bags but your hotel will be able to arrange transfers. Alternatively, we can assist you. Please [email us](#).

Bike Mechanic

Ensure your bike is in good working order before you bring it to Bintan. Bike mechanics will be on site from Friday to Sunday only for last minute fixes and tunings.

Bike mechanic opening hours:

Day	Time	Location
Friday 19 May	14:00 – 21:00	Bike Depot (Nirwana Resort Centre)
Saturday 20 May	07:30 – 18:00	Race Venue
Sunday 21 May	08:00 - 11:00	Race Venue
	09:00 - 13:00	Bike Depot (Nirwana Resort Centre)

Race Kit Collection

Race kit collection takes place at the Suria Room, Nirwana Resort Hotel, at the timings indicated below. You will not be able to collect your race kit outside of these timings.

Day	Time	Remark
Friday 19 May	14:00 – 21:00	All
Saturday 20 May	09:30 – 12:30	All except Sprint

IMPORTANT:

- Bring your photo ID and your registration confirmation
- Each participant must collect their race kit in person
- Collection on behalf is not allowed
- Team Collection – one member of the relay team may collect the race kit on behalf of the team, however he/she is required to bring along the signed disclaimers for each team member
- Note: Failure to submit a duly signed disclaimer may result to disqualification

Compulsory Race Video Briefing

We will be screening a video briefing during Race Kit Collection on Friday and Saturday in the Suria Room (same venue as Race Kit Collection). It is compulsory that all athletes watch this briefing prior to racing.

Rules and Regulations

Please ensure you read the [Rules and Regulations](#) prior to the race.



Safety

In order for everyone to have a safe and memorable ride, we would like you to take note of the following.

- **Roads are Not Closed**

Police officers will manage and stop traffic at junctions. However, roads are not closed and normal road rules still apply. Riders are to stay alert at all times and keep as close to the left-hand side of the road as possible.

- **Pre-race hydration**

Start your hydration at least 1 day before your race; your hydration fluids should consist of a combination of water and electrolyte drinks. Limit the intake of caffeinated drinks and alcohol.

- **Drinking on the Move**

Don't forget to drink amidst all the excitement. Once you start to feel thirsty, the chance that you are dehydrated is high. That is likely to affect your ride and potentially result in a heat injury.

- **Medical advice: Do not race if:**

- You have a fever with muscle aches within 7 days prior to your race
- You have had a viral infection (such as the flu), food poisoning or diarrhoea within the last 7-10 days and have not fully recovered

If you believe you have fully recovered, please start out cautiously and say well hydrated, as these illnesses may result in dehydration, salt imbalance or disturbances to your heart function.

- **Helmets**

Regrettably bike crashes do happen. Take responsibility of your safety and make sure you have a proper bike helmet that fits your head snugly and wear it securely strapped during the bike phase.

Don't miss out! There's more fun to be had!

Registration is still open for these two great races:

- **Bintan Swim Classic 1000**

Kick start your race weekend with a 1000m ocean swim competition in the beautiful clear waters off Nirwana Sea Sports Centre. A perfect opportunity to test the waters and get you in the mood for an inspiring weekend. Sunset and electronic timing provided. Open to adults of all abilities, and juniors over 12 years.



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- **Fun Duo Challenge**

A highlight of the weekend, and a great way to introduce beginners to triathlon where distances are shorter and the fun element, higher. Both team members race together to complete the 1.5km run / 150m swim and finish piggyback style. The team with the most exciting and creative finish wins.



Hotel Shuttle

Complimentary shuttle service between the Official Partner Hotels (Nirwana Gardens, Angsana Resort & Spa, Bintan Lodge) and race venue is provided for event participants and spectators booked with the Official Travel Agent [Albatross World](#). **View shuttle schedule.**

If you booked directly with the Official Partner Hotels, a small fee for the shuttle service might be applied by the hotel. If you are staying at non-partner hotels you will need to make their own transport arrangements.

Side Activities

- **Bike Course Recce, Thursday May 18, 16:00**

Get the inside scoop on the bike course with this guided ride. MetaSport coaches will be there to assist you, provide tips, and answer any questions you may have. Suitable for both Sprint and Olympic distance participants.

Meet at the Nirwana Resort Hotel lobby entrance.

- **Run Course Recce, Friday May 19, 07:30**

Loosen up with a pre-breakfast run around the 5km run course. led by a MetaSport coach. You will get a sneak peek of this fantastic course, and have an opportunity to sample the differing terrain. *Meet at the Nirwana Resort Hotel lobby entrance.*

- **Race Prep Practice, Friday May 19, 17:00**

Get some final practice and tips from MetaSport coaches on swim start and exits, how to set up your transition area, how to mount and dismount your bike, and more. Bring your swim, bike and run gear! *Meet at the Transition Area.*



- **FREE Yoga Classes for ALL**

Join us for yoga and stretch classes at the Nirwana Resort Hotel, on the lawn near the trampolines. Open to athletes and their supporters with thanks to Omshiva Yoga. Refer to the [Event Schedule](#) for timings. (Free of charge).

- **IRONMAN® 70.3 Bintan coffee and chat, Sunday May 21, 11:00**

If you are eyeing IRONMAN 70.3 Bintan as your next race, join renowned long-distance-triathlon coach Shem Leong for a casual coffee at Dino Bistro. (Nirwana Resort Hotel) to discuss training, nutrition and race preparation. (free of charge).

Eat, Drink and Party!

- **Carbo Loading, Friday 19 May**

Nirwana Gardens is offering high-carb menus on Friday evening for those wishing to carbo-load pre-race. Check out the restaurants' menus for race energising options.

- **Food Bonanza, Saturday 20 May**

Burgers, ice cream, soft drinks, beer and much more will be for sale in food stalls at the festival area near the finish line. Perfect for supporters to stay refreshed and don't miss out on any race action.

- **Post-race Garden Party, Saturday 20 May, 19:00**

Join us for a relaxing social evening on the lawn at the Nirwana Resort Hotel (Yes! New poolside location) to celebrate your achievement and mingle with your triathlon buddies over cool live music, our DJ's best selection and a great variety of food stalls.

Buy your ticket before **Wednesday 17 May midnight** and **SAVE 20%** compared to buying on race weekend (Limited tickets to be sold onsite).

Adult tickets: SGD 38.00 (in Bintan - IDR 358,000 ++)

Kids Tickets: SGD 19.00 (in Bintan - IDR 179,000 ++)





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Merchandise

We have fabulous Bintan Triathlon jerseys and trucker caps for sale at the Race Expo (Race Kit Collection venue), plus some vendors for last minute purchases. We won't be able to accept credit card payments. please bring some cash (Indonesian rupiah).

If you have pre-ordered Bintan Triathlon merchandise, please make sure to collect your purchase(s) at Race Kit Collection. You can still purchase online to secure your item. Add purchase to your registration buy clicking the button below.



Share your Photos for Free on Facebook

FinisherPix will be on course all weekend taking your race action photos. Photos will be available for purchase online 48 hours after the event on the [FinisherPix website](#). Alternatively, with the [FinisherPix Facebook App](#), your personal race photos will be automatically shared on your Facebook timeline for free!

Simply enter your bib number to take advantage of this great feature. photos will appear on your Facebook timeline as soon as they are available.

Contact us



bintantriathlon@metasport.com



Singapore tel: (+65) 6838 0873 (till Wednesday, 17th May)



Bintan tel: (+62) **812 6714 6495** (from Thursday, 18th onwards).
or (+62) 770 692 505 (from Thursday, 18th onwards).

For more information: www.bintantriathlon.com

Thank you to our Sponsors!



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