



BINTAN TRIATHLON

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Rio Haryanto in pole position at the Bintan Triathlon

Bintan island will host this weekend the Bintan Triathlon for the 13th year running. 2000 tourists will flock to the beautiful Bintan beach resort to participate in Asia's leading international triathlon festival.

On the start line this year of the Olympic Distance Triathlon, and adding to the growing number of fellow Indonesians joining the sport of triathlon will be F1 Driver Rio Haryanto. "I have always been a fan of doing triathlon workout. I find it physically challenging, it makes me stronger mentally and allows me to test my strength".

Asked why he chose the Bintan Triathlon as his first Triathlon, Rio replied "'Because this is the first opportunity that I have to be involved in a triathlon race and friends of mine told me it's a very challenging course especially in swimming and cycling."

The triathlon action will splash off from Nirwana Gardens in Bintan Resorts with the Sprint Distance race on the Saturday morning where the athletes compete over a course comprising of a 750m swim, 20km bike and 5km run. The Olympic Distance competitors tackle double those marks in the main event held in the afternoon. The bike leg includes a few rolling hills but the main obstacle is the heat and humidity that comes with a race staged just north of the equator.

In order to keep making the event more inclusive, event organizer MetaSport has reviewed the swim start format of the Olympic Distance race. Triathletes will have two start waves to choose from, the competitive wave or the friendly wave through a self-seeding system before the start.

Opening the three days of triathlon activities on Friday will be the race expo where race participants will collect their race kit and have the opportunity to grab limited edition event merchandise. The Bintan Swim Classic, also on Friday, is a timed open-water swim that will serve as a warm-up to the triathletes competing the next day but also as a way for the families and spectators to be part of the action.

The enthusiastic support of friends and families around the spectator-friendly lapped course around Bintan Resorts is another feature of the Bintan Triathlon. Kids are kept entertained at the kids club with face-painting, foam pools, pony riding and more while the parents are racing.

The crowds are out again on Sunday for the final day of the festival which features the Kids, Youth and Fun Duo races where children as young as six are eligible to enter.

Only an hour and forty-minute domestic flight from Jakarta or a fifty-minute ferry ride from Singapore, Bintan is close but feels like another world away. The golden beaches of the island meet calm, crystal clear waters, quiet and well-surfaced roads, and picturesque palm-tree scenery, ideally suited for swimming, cycling and running.

For more information on the Bintan Triathlon, visit www.bintantriathlon.com

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