

# Tour Of Peninsula Ride Series 2023

## Description

Tour Of Peninsula Ride Series is designed to deliver an unforgettable tourism experience riding through each and every state on Peninsular Malaysia. You'll bike 1,122km through the small countryside roads and path to enjoy the views of local fruit orchard, paddy fields, rubber smallholdings, striking spots and fishing station, all with total peace of mind as our accredited marshal and bike mechanic will be supporting you all along the way. The cycling will be at a relaxed touring pace so that you may enjoy life on the saddle as you ride through the coastal and countryside areas. This will be a once-in-a-lifetime kind of experience for all cyclists of average or above fitness level.

The Series consists of 3 separate rides on different dates during 2023:

- 1). Coast 2 Coast (Central States)– 444km (1<sup>st</sup> – 4<sup>th</sup> June 2023)
- 2). State 2 State (Southern States) – 358km (15<sup>th</sup> – 17<sup>th</sup> Sep 2023)
- 3). Island 2 Island (Northern States) – 320km ( 24<sup>th</sup>- 26<sup>th</sup> Nov 2023)

TOTAL Cycling Distance = 1,122km (8900m elevation gain)

The finisher medals for these 3 rides form shape of the map of Peninsular Malaysia.

## Race Details

### Coast 2 Coast

Date: 1<sup>st</sup> – 4<sup>th</sup> June 2023

Venue : Marina Island Pangkor, Lumut

Time : 7.00am

Date / Race Distance : 444KM (5820m elevation gain)

States Cycling Through: Perak, Pahang, Kelantan, Terengganu

### State 2 State

Date: 15<sup>th</sup> – 17<sup>th</sup> September 2023

Venue : Presint 2 , Putrajaya

Time : 7.00am

Date / Race Distance : 358KM (1400m elevation gain)

States Cycling Through: Putrajaya, Selangor, Negeri Sembilan, Melaka, Johor

## **Island 2 Island**

Date: 24<sup>th</sup> – 26<sup>th</sup> November 2023

Venue : Queensbay Mall, Penang

Time : 7.00am

Date / Race Distance : 320KM (1680m elevation gain)

States Cycling Through: Penang, Kedah, Perlis, Langkawi

### **Race Categories & Fees**

<b>Event Type</b>	<b>Category</b>	<b>Early Bird</b>	<b>Normal</b>	<b>Late</b>
Coast 2 Coast	Individual	RM700 <b>(until 28/02)</b>	RM750 <b>(until 31/03)</b>	RM800 <b>(until 30/04)</b>
State 2 State	Individual	RM600 <b>(until 28/02)</b>	RM650 <b>(until 30/05)</b>	RM700 <b>(until 30/07)</b>
Island 2 Island	Individual	RM600 <b>(until 28/02)</b>	RM650 <b>(until 31/08)</b>	RM700 <b>(until 30/09)</b>
COMBO Special ** (3 Series Package)	Individual	RM1700 <b>(until 28/02)</b>	RM1800 <b>(until 31/03)</b>	RM1900 <b>(until 30/04)</b>

Limited to 200 slots (for each series) or date registration closed. (Whichever comes first)

Registration will close when maximum participant number is achieved.

\*Registration fees are subjected to admin fees charged by registration portal companies.

\*\*For COMBO Special, Only 1 Goodies Bag provided.

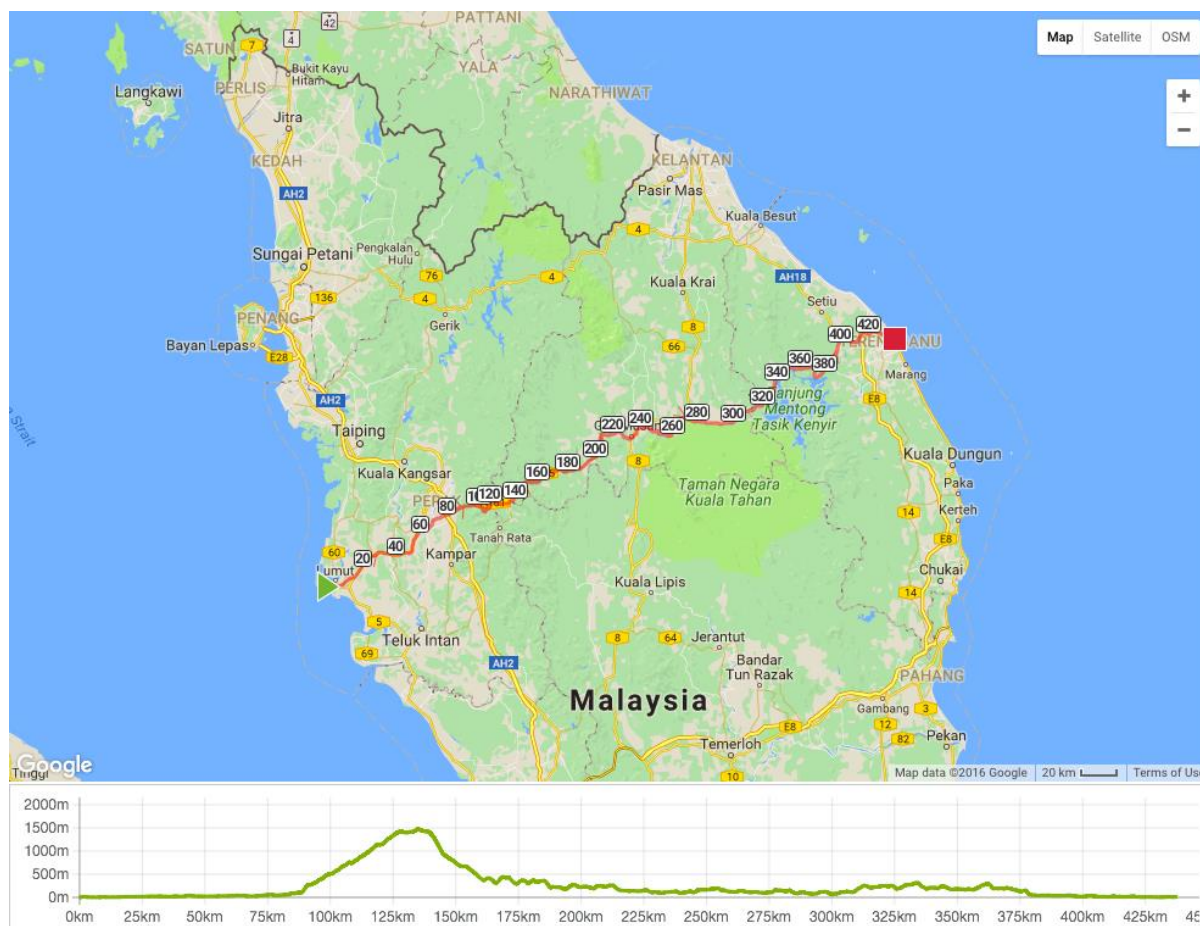
The entry fee includes:

- Bike Tag & Helmet Sticker, Luggage Tag
- Goodies Bag
- Event T-shirt
- Finisher Medal
- Finisher Meal Refreshment
- PA Insurance & Medical Insurance
- E-Certificate
- Discount Voucher

## Race Pack Collection

To be confirmed

### COAST 2 COAST 444KM Route Information (1st – 4th JUNE 2023)



## Event Itinerary

**Day 1 – Climbing Challenge ( The climb start at KM91 from 100m to 1500m )  
Lumut, Perak to Blue Valley, Cameron Highlands – 141KM (2185m EG)  
Accommodation – Blue Valley Residence**

**Day 2 – Never Ending Rolling Hills ( Uncountable Hills, Pace yourself )  
Blue Valley, Cameron to Gua Musang, Kelantan – 100KM (1463m EG)  
Accommodation – Durian Hill Villa Homestay**

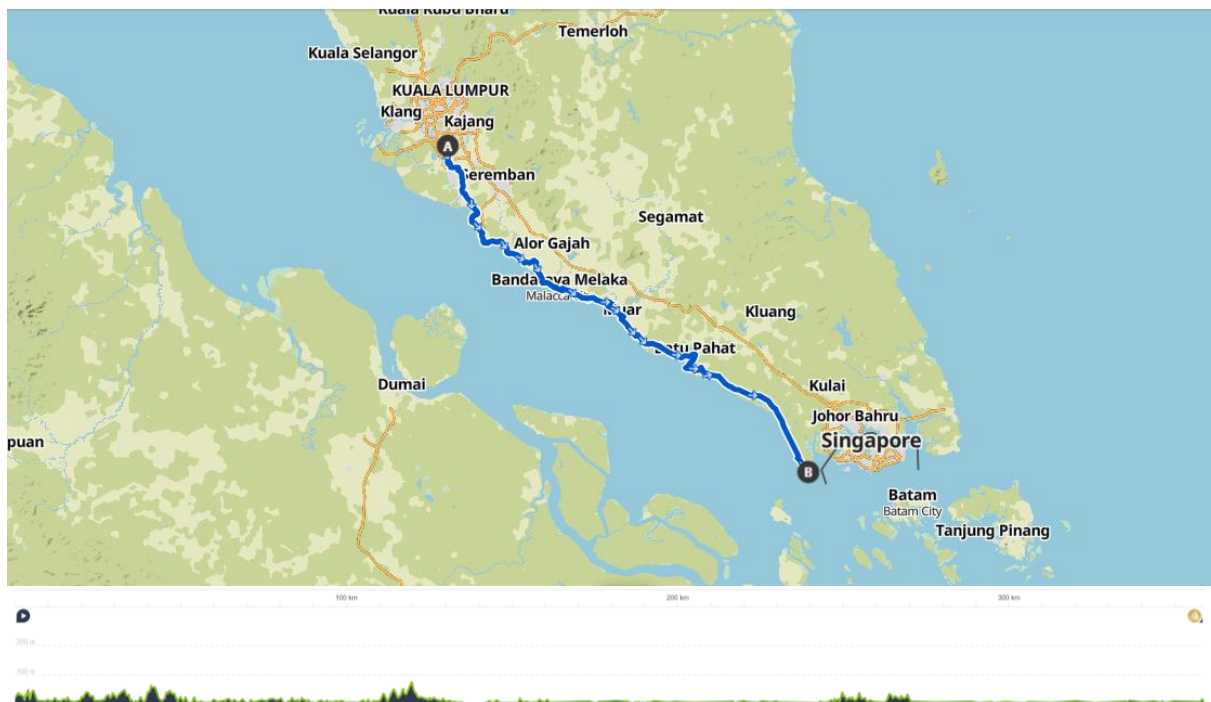
**Day 3 – Beautiful Kenyir Lake Scenery ( Do not draft & beware of pot holes )  
Gua Musang, Kelantan to Kenyir Lake, Terengganu – 143KM (1830m EG)  
Accommodation – Kenyir Lake Boathouse + Lake Photograph Session**

## Day 4 – Short & Flat ( Sunday Easy Ride )

Kenyir Lake to Batu Burok Beach, Terengganu – 60KM (342m EG)

Celebration Awards Lunch – Back by Bus to Putrajaya (\*Optional Charges)

## STATE 2 STATE 358KM Route Information (15th - 17th September 2023)



## Event Itinerary

### Day 1 – Fabulous Ride (Beautiful 4 State Coastal Scenery)

Presint 2, Putrajaya to Muar, Melaka –190KM (950m EG)

Accommodation – Boutique Hotel

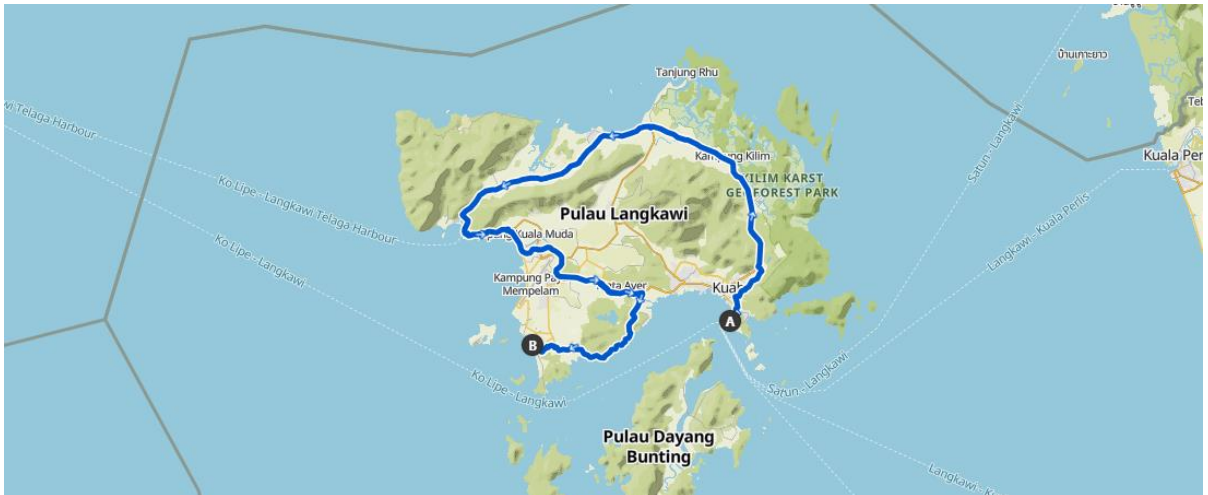
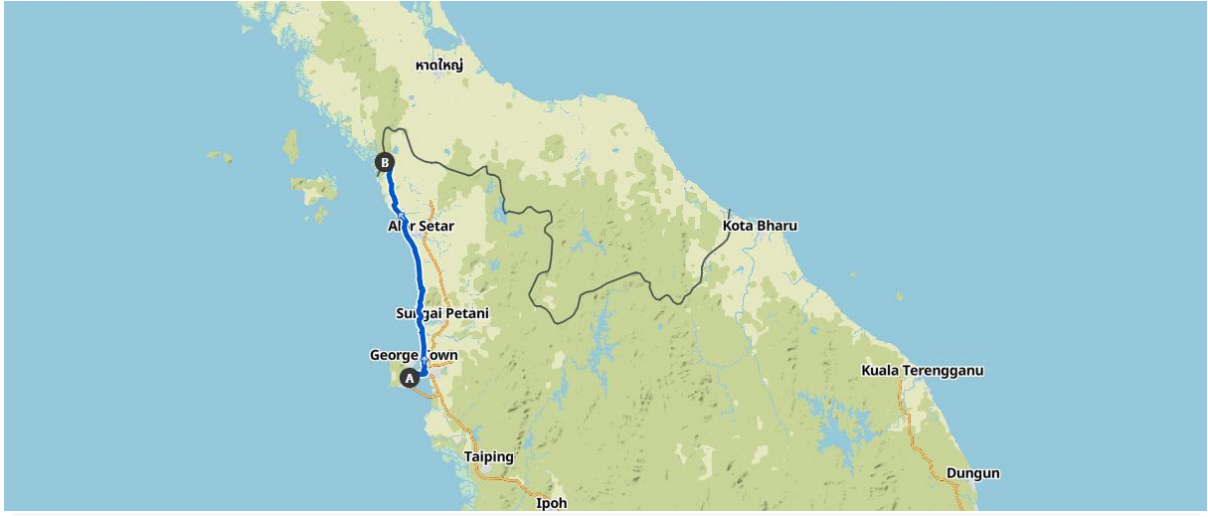
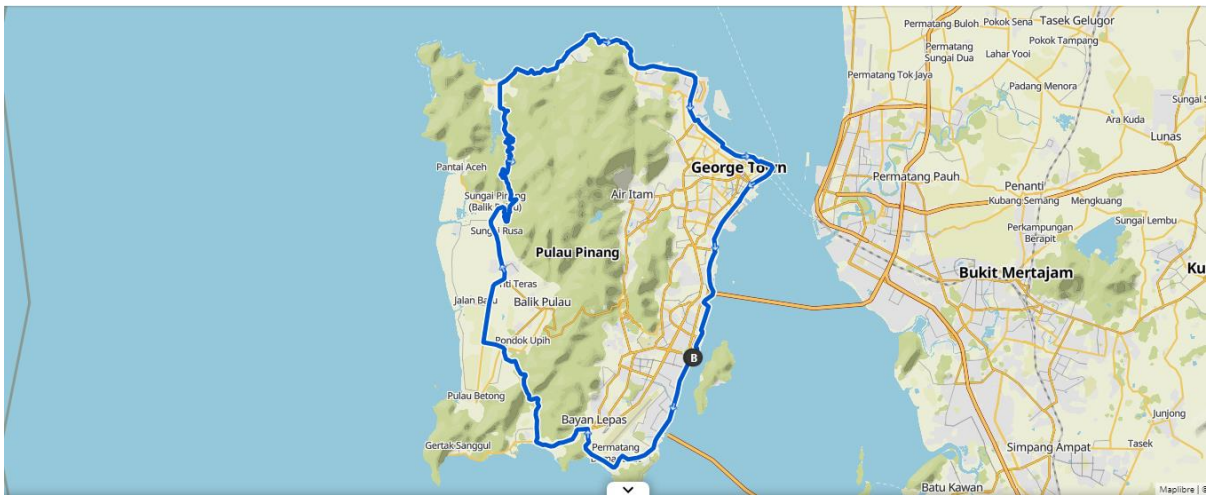
### Day 2 – Fast & Furious (Flat Course, Ride as Fast as You Can)

Muar, Melaka to The Southernmost Tip of Tanjung Piai, Kukup,  
Johor – 168KM (450m EG)

Accommodation (HomeStay) + Celebration Awards Night

### Day 3 – Back by bus to Putrajaya (\*Optional Charges)

# ISLAND 2 ISLAND 320KM Route Information (24th – 26th November 2023)





## Event Itinerary

### Day 1 – Conquer the Penang Island

Round Penang Island and to Sungai Petani, Kedah – 125KM (930m EG)

Accommodation – Boutique Hotel

### Day 2 – Conquer the Northernmost Coastline

Sungai Petani to Northernmost Coastline, Kuala Perlis and Ferry to Langkawi – 124KM (240m EG)

Accommodation – Kuah Town Hotel

### Day 3 – Conquer the Eagle Island

Round Langkawi Island – 71KM (510m EG)

Celebration Awards Lunch – Back by BUS/FLIGHT (\*Optional Charges)

## Other Information

- Average Daily Flag off time 7am, Cut off time 7pm (only ride during the day time)
- Each participant will be provided with a Drop Bag (maximum cabin size/bag pack) . These drop bags will be transported by organiser from day to day. Please pack your comfortable wear, sleepwear, sandals, own toiletries, towels, optional:-extra cycling jersey & pants in this drop bag)
- All participants will be responsible for their own food/drinks refill during the ride. Location of refill station will be at every 50km, but riders can plan their own stop whenever shops/restaurants are available.
- Its compulsory for participants to carry all mandatory items during ride.
- Bike mechanic and medical support will be available for any serious incident. (Tire puncture is not considered as a serious incident)
- Dinner will be served after 7PM every day.
- Simple Breakfast – Bread/Bun & Coffee will be served daily from 6am until just before the flag off.
- All rooms are based on Twin sharing basis (No mix gender in room except for couples)
- **GPX File will be provided soon.**

## **Participants Mandatory Items**

- **Bicycle (Preferable Road Bike/Touring Bike)**
- **Cycling Multi Tools (with Allen wrenches)**
- **Spare tubes (At least 2 tubes during ride)**
- **Pump / CO2 and Tire Lever**
- **Waterproof Saddle Bag/ Zip Lock (keep important items)**
- **Lights (Rear Blinker)**
- **Batteries / Power Bank**
- **Wallet / Money**
- **Masks x 2pcs (wear during stop/refill station/rest at public area)**
- **Food Bars / Gels / Snack)**
- **Water (at least 2 bottles)**
- **Mobile phone (Save Organiser's Contact Number)**
- **GPS Watch / GPS Bike Meter (Save GPX File for Navigation)**
- **Basic First Aid Kit (Example: Bandage, Plaster, Anti Cramp Spray/Gel, Paracetamol, Anti Chaffing Cream)**
- **Rain Jacket / Wind Breaker (Compulsory)**
- **Emergency Blanket**

## **10 TIPS - First Time Touring**

- **This is not a RACE, ride at your comfortable pace!**
- **Get your bike checked and serviced before the event**
- **Plan your nutrition before, during and after for recovery**
- **Pack your Food bars, Snacks, Energy Gels, Salt sticks or Electrolytes**
- **Eat before you feel hungry, Drinks before you feel thirsty;**
- **Break down the distance into smaller ride (Example:-Stop/Break every 50km)**
- **Do not attack the hills unless you know your fitness well**
- **Listen to your body (Don't get yourself injured)**
- **Train enough for long distance endurance, heat and road handling**
- **Recover well after a long day ride (Sleep early to recharge your body)**

## Transportation Services from Putrajaya to Event Site/Return

- Transportation Services will only be provided to participants who have booked and paid.
- All participants are responsible for your own bike handling and packing
- Organiser will provide bubble wrap for you to pack your bike and wheels separately during transportation
- Participants + bike will be transferred together by the shuttle bus
- Each shuttle bus will be occupied half by passengers and half by bikes
- Pickup time for shuttle bus will be advised soon.
- For Booking kindly email your request to [xseliteperformance@gmail.com](mailto:xseliteperformance@gmail.com)

### T-shirt Size Chart

Unisex						
Sizes	XS	S	M	L	XL	XXL
Chest (inch)	18	19	20	21	22	23
Length (inch)	26	27	28	29	30	31