

Ride Around Peninsular Malaysia 2024

Description

Ride Around Peninsular Malaysia Series is designed to deliver an unforgettable tourism experience riding through each and every state on Peninsular Malaysia. You'll bike 1,066km 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 2024:

- 1). Coast 2 Coast (Central States)– 444km (30th May – 2nd June 2024)
- 2). State 2 State (Southern States) – 342km (13th – 15th Sep 2024)
- 3). Island 2 Island (Northern States) – 280km (22nd- 24th Nov 2024)

TOTAL Cycling Distance = 1,066km (8530m elevation gain)

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

Race Details

Coast 2 Coast

Date: 30th May – 2nd June 2024

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: 13th – 15th September 2024

Venue : Presint 2 , Putrajaya

Time : 7.00am

Date / Race Distance : 342KM (1290m elevation gain)

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

Island 2 Island

Date: 22nd – 24th November 2024

Venue: Queens Waterfront Q1 Commercial Mall, Penang

Time : 7.00am

Date / Race Distance: 280KM (1420m elevation gain)

States Cycling Through: Penang, Kedah, Perlis, Langkawi

Race Categories & Fees includes Accommodations & Dinner (Only 50 slots/series)

Event Type	Category	Early Bird	Normal	Late
Coast 2 Coast (3-night hotel stay)	Individual	RM800 (until 28/02)	RM850 (until 31/03)	RM900 (until 30/04)
State 2 State (2-night Hotel Stay)	Individual	RM700 (until 28/02)	RM750 (until 30/05)	RM800 (until 30/07)
Island 2 Island (2-night Hotel Stay)	Individual	RM700 (until 28/02)	RM750 (until 31/08)	RM800 (until 30/09)
COMBO Special ** (3 Series Package)	Individual	RM2100 (until 28/02)	RM2200 (until 31/03)	RM2300 (until 30/04)

*** Accommodations & Dinner Package are Limited to 50 slots only (First come first serve only)**

Race Categories & Fees without Accommodations & Dinner (Only 150 slots/series)

Event Type	Category	Early Bird	Normal	Late
Coast 2 Coast	Individual	RM450 (until 28/02)	RM500 (until 31/03)	RM550 (until 30/04)
State 2 State	Individual	RM350 (until 28/02)	RM400 (until 30/05)	RM450 (until 30/07)
Island 2 Island	Individual	RM350 (until 28/02)	RM400 (until 31/08)	RM450 (until 30/09)
COMBO Special ** (3 Series Package)	Individual	RM1000 (until 28/02)	RM1100 (until 31/03)	RM1200 (until 30/04)

***Ride only package includes Celebration Lunch/Dinner at the end of event day.**

Limited to total of 200 slots/series only. Registration will close when maximum participant number is achieved.

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

**For COMBO Special, Participants will receive 1 Event T-Shirt only on the first series of race pack collection and 1 unit of Triathlon Transition Bag upon completion of the 3 series of Ride Around Peninsular Malaysia.

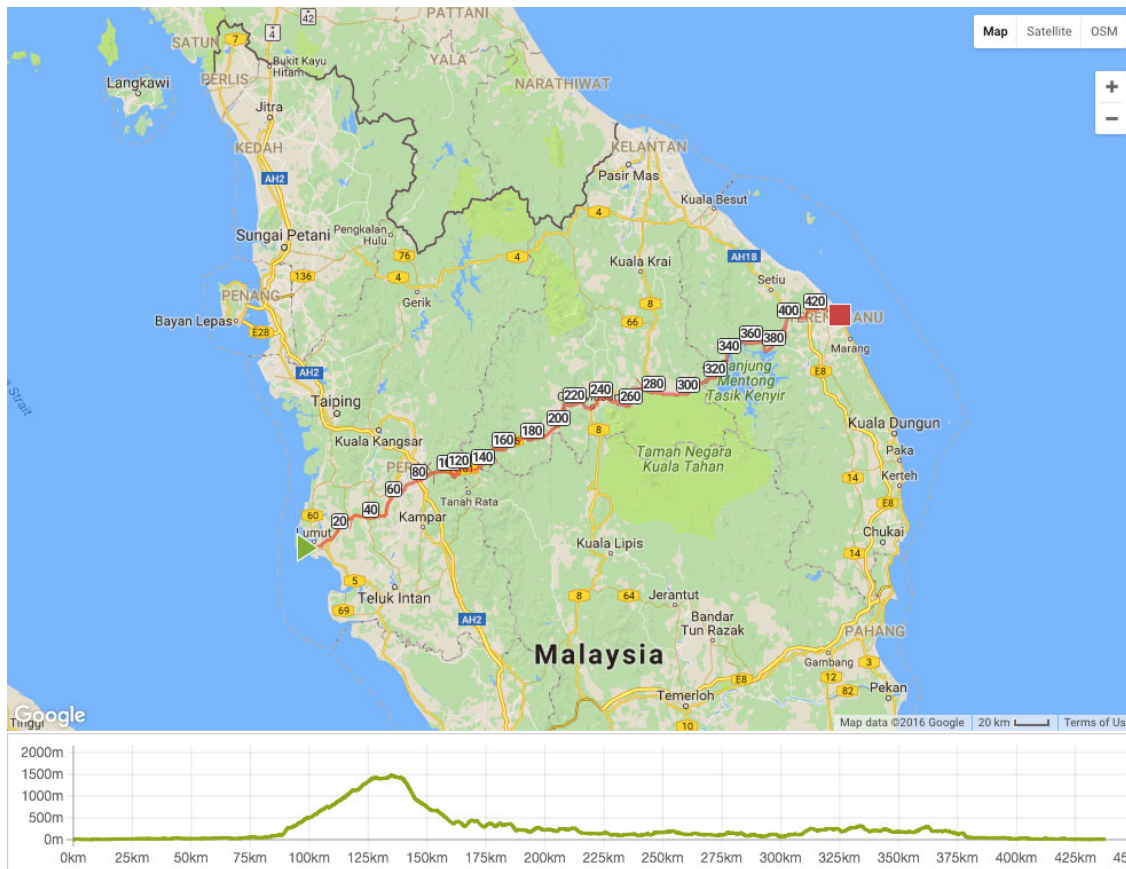
The entry fee includes:

- Bike Tag & Helmet Sticker, Bag Drop Tag
- Goodies Bag
- Event T-shirt
- Finisher Medal
- Finisher Celebration Meal
- PA Insurance & Medical Insurance
- Bike Mechanic Support
- Safety Ambulance Services
- Drop bag Services

Race Pack Collection

To be confirmed

COAST 2 COAST 444KM Route Information (30th May – 2nd JUNE 2024)



Event Itinerary

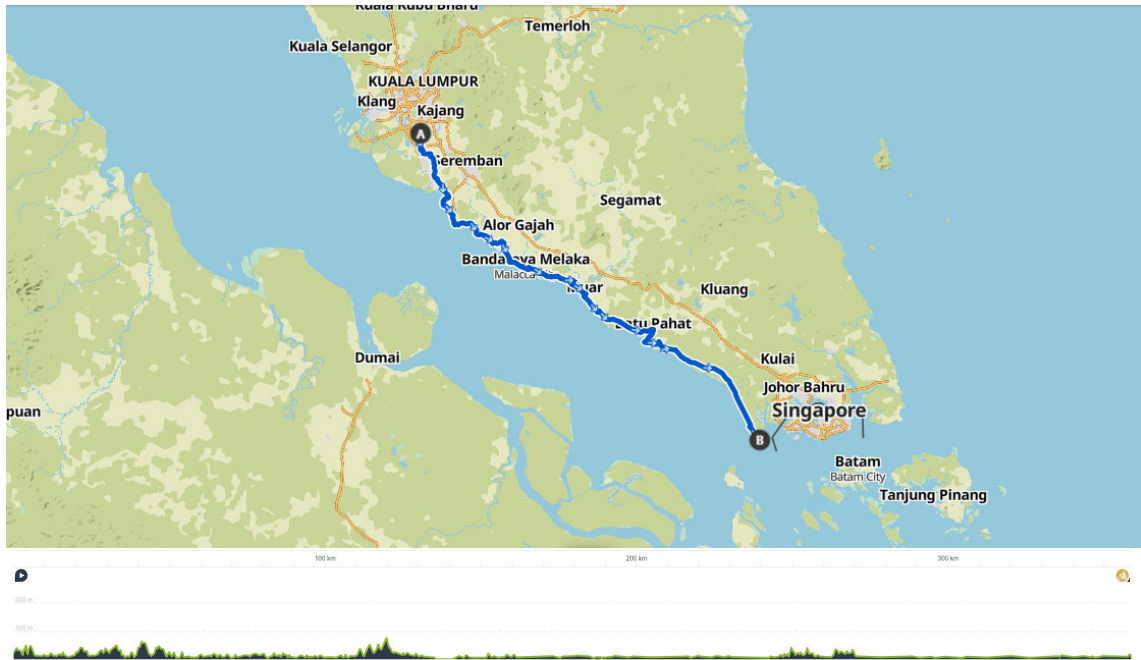
Day 1 – Climbing Challenge (The climb start at KM91 from 100m to 1500m)
Lumut, Perak to Blue Valley, Cameron Highlands – 141KM (2185m EG)
Accommodation – Blue Valley Residence

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 (*Optional Charges)

STATE 2 STATE 342KM Route Information (13th - 15th September 2024)



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 – 152KM (340m EG)**

Accommodation (HomeStay) + Celebration Awards Night

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



Event Itinerary

Day 1 – Conquer the Penang Island (170KM – 1070m EG)

Penang Round Island 64KM(800m EG) + Butterworth - Alor Setar 106KM(270m EG)

Accommodation – Boutique Hotel

Day 2 – Conquer the Eagle Island (110KM – 350m EG)

Alor Setar - Kuala Perlis 46KM(60m EG) + Langkawi Round Island 64KM(290m EG)

Celebration Awards Dinner

Accommodation – Cenang Beach Hotel

Day 3 – Free & Easy

8am Flag off from Cenang to Kuah Jetty – Ride 10KM + Ferry to Kuala Perlis Jetty
(Only for Bus Transportation back to Penang Island RM150/pax + 1 Bike)

Cyclist back by FLIGHT – can check out hotel before 12pm and take taxi/Grab to airport by your own expenses.

Other Information

- Average Daily Flag off time 7am, Cut off time 7pm (only ride during the day time)
- Each participant only can bring 1 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. (Only for Accommodation & Dinner Package)
- 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 Arrangement from Organiser

- 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

T-shirt Design



T-shirt Size Chart

Unisex								
Sizes	2XS	XS	S	M	L	XL	2XL	3XL
Chest (inch)	17	18	19	20	21	22	23	24
Length (inch)	25	26	27	28	29	30	31	32

Medal Design





Magnet 3
Island 2 island

Magnet 2
State 2 state

Magnet 1
Coast 2 coast