

# Eco X-Capade & Eco X-Sprint

## 18<sup>th</sup> May 2008

### Hulu Langat, Selangor

#### Newsletter One ...14/3/08

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Dear Competitors, Volunteers and Friends,

We are very pleased to announce that the Eco X-Capade and Eco X-Sprint have once again been selected as one of the signature events of Vist Malaysia Year. We are continuing our partnership with Selangor Tourism Action Council to once again bring this spectacular adventure race to you this year. We are pleased to be going back to our old stomping ground of Hulu Langat.



We thought that we had explored every inch of that terrain but we were surprised to find a brand new CANYONING section to put n the race, and let me tell you that this section will knock your socks off! The recce team were all pretty gripped about abseiling down into the canyon which resembled a deep rocky chasm with a huge waterfall pouring down one side. For the first time ever we are releasing a picture of the canyon as I words really defy me to describe it!

We are going to bring back a very popular activity – bamboo rafting and it will be again on rapids of up to Grade 2. So remember to hone your whitewater skills and bring your repair rope in case your skills fail you and your raft gets too bashed up!

There will be another “first” on this race with the introduction of in line skating as one of the race disciplines. And as there will already be a section “on wheels”, we will not have any mountain biking on this race – probably good news for the overseas teams!

As in the last few years, we are running the Eco X Capade and Eco X Sprint simultaneously so that we can lure more people into the gruesome pleasures of adventure racing. We feel that it is important that participants enter events which are suitable to their level of fitness, skills and commitment. Our Eco X-Capade will continue to be tough and torturous for teams who want to challenge themselves. But the Eco X-Sprint is a non-competitive event for newbies who want to stroll through the scenic part of the course.

The Eco X Series has really developed a reputation as being “created by adventurers for adventurers”, where the somewhat tongue-in-cheek atmosphere belies a grim test of endurance and determination. We are 100% committed this year to bringing to you the most fun and fiendish races we can devise

Train hard, train together and don't forget the bananas!  
Chan Yuen-Li  
Race Director

**In this newsletter, we will be covering the following topics:**

1. *Dates to remember*
2. *Race course summary*
3. *Prizes*
4. *Entry fee*
5. *Registration*
6. *Compulsory Equipment*
7. *Base Camp*
8. *Adventure Racing Clinics*
9. *Payment method*
10. *Payment Method – Singaporean Racers*
11. *Volunteers*
12. *Further enquiries*

**1. Dates to remember**

Friday 2 <sup>nd</sup> May	Closing date for entries
Tues 13 <sup>th</sup> & Thurs 15 <sup>th</sup> May	Race Testing for Klang Valley teams
Saturday 17 <sup>th</sup> May	Race Testing for outstation and final Singaporean teams
Sunday 18 <sup>th</sup> May	RACE DAY

**Race Testing Day, Saturday 17<sup>th</sup> May**

- 12:30pm RACE REGISTRATION opens, Skills testing and equipment check begins.
- 4:30pm Distribution of race maps and course information. Compulsory briefing. Eco X Sprint and X Capade together.
- 6:00pm Race briefing and testing for Hong Kong teams arriving by Air Asia 3:30pm flight

**Race Day, Sunday 18<sup>th</sup> May**

- 6:30 am Race Registration Starts
- 7:00 am Race Registration Finish
- 7:30 am Race Start : Eco X Capade and Eco X Sprint
- 2:00 pm Estimated arrival time for front teams Eco X Sprint
- 1:00 pm Estimated arrival time for front teams Eco X Capade teams
- 1:00 pm Lunch served
- 5:00 pm Estimated time for last teams
- 5:00 pm Prize giving ceremony

## 2. Race course summary

This will be a continuous race course, so teams will have to carry all their race equipment from the start to the finish line. There will be a few water stops along the way (about 3 on the whole race course). Teams will have to carry all their water, food and extra equipment along the whole way.

### **Canyoning (estimated time: 2 hours)**

This newly discovered portion of Sungai Lepok will definitely be the highlight of the race. The narrow river gorge is spectacular and totally unique in Malaysia with the sheer canyon walls less than 3 meters apart. Teams will have to swim, jump, climb, abseil and otherwise negotiate the tricky canyons by whatever means available to them. On this tough section of river trekking there will be a lot of route finding down the rocky and very slippery river bed.

### **In line skating (1/2 hour)**

Another first for this international event! In line skating will be a new event that could make or break a team's race! It will turn a boring road section into a fun and furiously contested section of the race as the team are challenged with a new skill. Remember to get in your practice as a bad fall could mean that you do not finish the race! The in line skating section of the race will be at least 3 km long and it will be on a paved road which is relatively flat – no humongous up or down hills. We aren't so cruel!

We will be providing skates but if you bring your own you can be sure that they will fit you better and that they will be dedicated for your use only! The way it works is that we will have a pool of rental inline skates available on a first come first served basis. If you arrive at the inline skating check point and there are no skates to fit your size, you may have to wait for the right size to be available. For Eco X-Capade teams, any waiting time will be taken out of your final race time. But if you don't want to "potong steam" then the best bet is for you to bring your own skates! Also the available sizes are UK 4 to UK12 only.

### **Jungle Trekking (estimated time: 2 hour)**

A challenging trekking section will not only test the racers' stamina and physical skills, but also their navigational ability. The paths are clear with little likelihood of getting lost, but they are jungle trails, so get in that off road training to prepare yourself for the rough terrain. You will have to be self-sufficient and prepared to handle any difficulties yourself, as it can take us a long time to get help to you.

### **Rope work (est time: 1/2 hours )**

Two spectacular abseils and a climb of a 60 meter high water fall will make this one of the most technical races we have ever organised.

### **Bamboo Rafting (estimated time 1 hour)**

Bamboo rafting on rapids up to Grade 2 will allow the teams to work their upper bodies and rest their feet! Remember to bring repair rope and materials as you have to get to the end of this section with your raft (no matter what the condition is!!) The rapids are rocky and the water fast flowing. We are negotiating with the water authorities to release water from the dam upstream so do expect a pretty exciting rafting section! Tsunami on a bamboo raft!!



### 3. Prizes

#### Open Team Category

RM 2000 + trophies for the CHAMPION team in each category  
RM 1000 + medals for the FIRST RUNNER-UP team in each category  
RM 500 + medals for the SECOND RUNNER-UP team in each category  
+ Sponsors' prizes for the top teams in each category.

#### Open Sprint Category

Medals will be given for Top 3 finishers  
+ Sponsors' prizes for the top teams in each category.

ALL COMPETITORS WHO SUCCESSFULLY COMPLETE THE RACE WILL RECEIVE A MEDAL OF PARTICIPATION

### 4. Entry Fee

#### Open Team Category

##### Malaysian teams

Entry fee is RM 350 per team  
*Early bird is RM315 per team*

##### Singaporean / International teams

Entry fee is USD 120 per team  
*Early bird is USD108 per team*

#### Sprint Category

##### Malaysian individuals

Entry fee is RM 120 per person  
*Early bird is RM 108 per person*

##### Singaporean / International participants

Entry fee is USD 50 per participant  
*Early bird is USD 45 per participant*

**Early Bird registration deadline: 18<sup>th</sup> April 2008**

\*\*Includes Prize Giving Lunch/ High tea, Event t-shirt, Sponsorship goodies and Medal of Completion.

#### **Transportation Package**

Great news for participants from Singapore & Thailand!! We will be offering **FREE** Coach bus from your home country to Hulu Langat for the race, courtesy of **Selangor Tourism Action Council**. Secure your booking with us via [eco-x@nomadadventure.com](mailto:eco-x@nomadadventure.com)



## 5. Registration

### Eco X-Capade Category

3 team members per team

3 categories: All men, all women and mixed teams

Estimated race length: 6-8 hours

### Eco X-Sprint Category

Duration : 5-7 hours long

Disciplines: Everything the same as Eco x-Capade except you have a shorter trekking section

A Non-competitive event for individuals; No ranking; Harnesses lent to you; No timing taken: You walk through the scenic route .

No prizes as it's non-competitive.

Categories: you can be any gender you want!!

### Eligibility

- Participants must be aged 18 or above on race day.
- Each team shall consist of three members – Men, Women and Mixed
- Participants must be of sound physical condition, free of any type of bodily ailment. If in any case that an individual is allowed by the race organizer to participate, it is still his/her responsibility to inform the race organizer or doctors of any possible factors that may trigger or aggravate a specific ailment
- Participants must undergo proper training and possess ample experience in all of the race physical disciplines as listed above. The Race Organizer may reject a team's application if in the Race Organizer's sole discretion and opinion, any member of the team lacks the necessary skills, experience, or in any other way not able or fit to compete in the race safely.
- Each member of each team must have his/her own set of personal life, accident and medical insurance prior to entering the registration process
- Each participant is allowed to be registered into just one team
- In the event of over subscription, teams will be selected on a first come, first serve basis. Not withstanding this, the Race Organizer has absolute discretion to decide whether or not to accept a team's registration. The Race Organizer's decision will be final.

## 6. Eco-X Capade Compulsory equipment

This list represents the MINIMUM compulsory equipment that you must have with you at all times during the race.

### **Personal (each person must have one)**

1. An ability to carry a minimum of 2 liters of water at the start of the race.
2. Climbing or Bicycle helmet
3. Climbing harness with CE or UIAA certification (certified for rock climbing purposes).
4. Two locking carabiners
5. Two slings (minimum 60 cm long)
6. One abseil device: figure eight or Omega Pacific SBG II. No ATC or Petzl Huit allowed.
7. One prussick cord (minimum 60cm long)
8. A pair of full-fingered gloves (suitable for abseiling)
9. Footwear – running shoes/ cross trainer/ trail shoes (toe revealing shoes are not permitted)

### **Team (the team must carry the following at all times)**

1. One first aid kit containing at minimum the following items :
  - One triangular bandage 90cm x 130cm
  - One Crepe bandage 8cm x 1.5m
  - Gauze pad 3in x 3in : three pieces
  - Antiseptic ointment (15g minimum) OR liquid (20ml minimum) OR swabs (5 pieces)
  - 1 inch wide medical adhesive tape : 1 roll
  - Oral rehydration salts : 3 packets minimum

And **most absolutely compulsory** – your wits and sense of humour.

## **Eco X- Sprint compulsory equipment**

1. An ability to carry a minimum of 2 liters of water at the start of the race.
2. Climbing or Bicycle helmet
3. One first aid kit containing all items listed above for team.
4. A pair of Biking Gloves, preferably full-fingered gloves (for ropes section)

## **We also advise you to bring or use the following:**

1. Quick dry clothing with all the river sections it'll be a wet, wet, wet race!
2. Food – power gels, power bars, some fresh fruit, trail mix, something with carbohydrates.
3. Small plasters for blisters, allergy & pain medication and other extra medications.
4. Some way to waterproof all of the above e.g. Sea-To-Summit dry sacks, waterproof map case etc.  
Remember you have a good chance of getting wet!



## **7. Base Camp - Food and accommodation package**

The race base camp will be at :

**Nur Lembah Pangsun, Batu 19 ¾ Ulu Perdik, Ulu Langat Selangor**

**Tel: 03-9021 7387**

The race base camp has very good accommodation ranging from 4 person rooms to a campsite. We encourage all teams, even locals, to stay at the base camp. You will be assured of a good night's sleep and at least an extra 45 minutes in bed. The charges are as below:

4 person room, attached bathroom, fan .....RM 160 (Sing\$ 75.00 ) per room per nite

Dorm bed .....RM 25 (Sing \$12.00) per person, per night

Camp ground fee ... RM 25 (S\$ 12.00) per tent, per night, max 4 persons per tent (your own tent)

Check in: 3pm Saturday 17 May

Check out: 6 pm Sunday 18 May

Meals: Dinner and breakfast : RM 25

Lunch/ high tea for family & friends .... RM 25.00. (For participants Lunch/ high tea is included in your race entry fee! )

Bookings are on a first come first served basis. Please make your bookings with Nomad Adventure

## **8. Race Clinics**

For teams anxious to practice their in line skating skills, we are pleased to announce our race partner Skateline with offices across Malaysia (Taman Tun, Sungai Wang and Penang) and Singapore.

[www.skateline.com.my](http://www.skateline.com.my)

**Skateline Malaysia T.T.D.I.**

No. 18, Lorong Datuk Sulaiman 1,

Taman Tun Dr Ismail,

60000 Kuala Lumpur

Tel: 03-7727 7SK8 (7758)

**skateline®**  
**For Skaters By Skaters**

They are offering a in line skating race clinic to participants for RM80 / SGD50 per person for a 2-hour race clinic / skate crash course by our ICP certified instructors in both KL and Singapore.

- No maximum number, all are welcome.

- Tentative Race-clinic dates:

KL: April 11th and April 12th (On April 12, we will also be having our monthly Saturday Night Skate (SNS), where a group of us skaters gather to go urban skating. This may be a good chance for the race participants to have a real experience of a road-skate.

SG: April 10th & 11th

They are also generously offering a team discount amounting to RM300 / SGD150 per team of 3 to purchase skates from our retail outlets.

- This will be applicable before the race date, all they need is for the participants to show us proof that they have registered for the race.

- Minimum 3 pairs of skates need to be purchased in a single receipt to enjoy this discount.

- This team discount is not applicable to items under any other promotion/sale.

Watch this space for further adventure racing clinics!



## 9. Payment

**VIA CHEQUE:** Please make cheque payable to “**Nomad Adventure Sdn Bhd**” and indicate “Eco X-Capade & X-Sprint 2008”, team Name, contact person and telephone number on the back of the cheque. Attach it with the entry form and send it to:

Nomad Adventure Sdn Bhd  
4.06B, 4<sup>th</sup> Floor The Summit Subang USJ  
Persiaran Kewajipan USJ 1, Subang Jaya, Selangor  
MALAYSIA

**VIA CASH:** *Please go personally to*

Nomad Adventure Sdn Bhd  
@ The Summit Climbing Gym  
4.06B, 4<sup>th</sup> Floor The Summit Subang USJ  
Persiaran Kewajipan USJ 1, Subang Jaya, Selangor  
Look for Pei Ting, Wan Ling, or Isvari.  
Mondays to Fridays, 11am to 10pm

OR \*FAX your entry to **(603) 8024 1710**

OR \*EMAIL your entry to: [eco-x@nomadadventure.com](mailto:eco-x@nomadadventure.com)

*\*Fax or email entries have to be followed up by payment in cheque/cash within 3 days upon receipt of registration forms. Please ensure that a copy of the registration form is attached to the cheque. Unsuccessful applicants' cheques will be returned to them.*

For participants outside Malaysia, send in your entry forms via the above and payment can be transferred through the following bank details

Direct Bank-in to  
CIMB Bank Berhad  
SEA Park Branch  
Nomad Adventure Sdn. Bhd.  
Acc # 1209-0009817-05-7

*Kindly fax a copy of the bank-in slip or TT together with your entry form for our reference.*

### **Registration Period:**

- Closing date on 2nd May 2008, 6pm (no entries will be accepted after this date)
- Closing date for Early Bird entries on 18<sup>th</sup> April 2008.

### ***For registration enquiry, please contact***

Chin Wan Ling or Pei Ting  
Competitor Relations,  
Nomad Adventure Sdn Bhd  
@ The Summit Climbing Gym  
4.06B, 4<sup>th</sup> Floor The Summit Subang USJ  
Persiaran Kewajipan USJ 1, Subang Jaya, Selangor  
Tel : 03-8024 5152  
Fax : 03-80241710  
Email : [eco-x@nomadadventure.com](mailto:eco-x@nomadadventure.com)



**Singapore participants:**

Joseph Foo  
BOAC (Blazing Outdoor Adventurers and Company)  
Tel: +65 65323866  
[info@boac-online.com](mailto:info@boac-online.com)

**Hong Kong Participants**

Keith Noyse  
Seyon Asia  
Tel: (852)2812-0741 / 9034-6850 / (852)8101-450  
[keith@seyonasia.com](mailto:keith@seyonasia.com)

## **10 VOLUNTEERS**

Volunteering is a great way to experience the Eco X race minus the huffing and puffing! We are looking for responsible and hardworking people who have initiative. If you are willing to do some hiking or have some rock climbing skills, that's a plus, but not essential. Just email us at [eco-x@nomadadventure.com](mailto:eco-x@nomadadventure.com) giving your contact details and be ready for some fun!

## **11. Further Inquiries**

For further enquiries please email [eco-x@nomadadventure.com](mailto:eco-x@nomadadventure.com)

You can phone us at (603) 8024 5152 from 11 am to 6 pm

Or drop in at :  
The Summit Climbing Gym,  
4<sup>th</sup> Floor, The Summit Subang USJ,  
Persiaran Kewajipan, USJ 1, Subang Jaya, Selangor.  
Fax: 03- 8024 1710

Cheers from the Nomad team  
and  
Yuen-Li, *Race Director*