



# **Eco X-Capade & X-Sprint 18<sup>th</sup> May 2008 Hulu Langat, Selangor Newsletter Two ...23/04/08**

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This is an update to the information available on newsletter ONE.

To view & download newsletter ONE, please visit this link:

[http://www.nomadadventure.com/adventure.php?section=ecox&page=ecox\\_20080518-newsletter\\_20080314](http://www.nomadadventure.com/adventure.php?section=ecox&page=ecox_20080518-newsletter_20080314)

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

1. *Compulsory Equipment Updates*
2. *Race Course update*
3. *Race testing*
4. *Abseil Clinic*
5. *Accommodation Package*
6. *Transport from Singapore & Thailand*
7. *Registration & Special offers*
8. *Further enquiries*

## **1. Compulsory Equipment Updates**

### **X-Capade Teams**

Each team member **MUST** have two (2) slings, minimum length of 60cm.

### **To All bringing their own skates**

Please have your skates and protective kit packed ready in one bag, and LABEL them clearly with your TEAM NAME or individual name.

- For teams – skates for all team members in ONE bag.

We will be transferring your skates to the skating section with marshals on standby to look after them. You do not need to run on the rest of the race course carrying your skates. Clear labels are important for your easy retrieval as well as for our safekeeping.

## **2. Race Course updates**

### **In-line skating**

There will be a downhill slope and tight corners on the inline skating section. So please ensure that you are capable of stopping and turning on skates, else suffer the consequences!

### **Bamboo rafting**

Contrary to popular belief, you do not need to build your own rafts. We will have the completed rafts ready. However, some spare bits of rope and knot tying skills will be very handy in case your raft breaks apart on the river!



### 3. Race Testing - what to expect

#### 13<sup>th</sup> & 15<sup>th</sup> May 2008 for Klang Valley participants

At the Summit Climbing Gym (6.00pm to 9.00pm) (Tel : 03-80245152)

#### 17<sup>th</sup> May 2008 for Outstation / Overseas participants only

At Hulu Langat Race Base Camp (12.30pm to 4.00pm)

**Attendance is compulsory for all team members for one of the race testing dates. Teams who do not pass the skills testing or equipment check will not be allowed onto the racecourse.** We have noticed a drop in the technical abilities of the average race participant. Please be clear that Race Testing day is to for you to demonstrate to us, the race organizers, that you have the skills to keep yourself (and other people) safe on the technical sections of the race. It is NOT a RACE CLINIC where you come to learn the skills. Guys, you don't join a swimming competition to learn how to swim. So please don't join an adventure race to learn how to abseil!

#### Testing stations:

1. **Mandatory and First aid equipment** – show all items
2. **Abseil station** – show ability to abseil with usage of prussic.
3. **In-line skating station** – show ability to turn corners and stop.

- *Do I have to bring each and every item stated in the mandatory equipment list?*  
Yes, we will check every thing in the mandatory equipment list down to the number of gauze pads, water container, etc. EVERYTHING.
- *Do all my team members have to do the rope skills?*  
YES, we will test all team members on all ropes skills. Every participant in the **X-Sprint** category will be tested as well.
- *What happens if I cannot do a rope skill?*  
During race testing, an instructor will be assigned to coach the participant and a teaching fee of **RM50** (per person) will be charged. Then they will be re-tested. If they still cannot perform the task, then they will not be allowed to do that section on the race and will be given a time penalty or risk being an unranked team.
- *What happens if I fail the in-line skating skill?*  
For our sakes and your own safety, we will not allow you to participate in this section. You will then have to CARRY the skates and RUN the entire section. We figured it is a much better option compared to causing harm to your rear end, falling flat on your face, or crashing into the tree (or worse into a river).  
So please start practicing, or contact the folks at [www.skateline.com.my](http://www.skateline.com.my) for clinics and lessons!

**Disclaimer:**

Race testing is conducted by the race organizer to gauge the competency and skills of all racers. We must ensure that all racers on the course are physically and skillfully competent, so as not to endanger the racer and anyone else on the race course. However, even after passing race testing, if we do, on the course of the race, find any racer who show signs of incompetence and might pose a danger to him/herself and others, we have the right to stop the said racer from continuing a particular section, or even the rest of the race.

#### **4. *Abseil Clinic***

Good news! To encourage the participation of first timers, we will be conducting an abseil clinic.

Date: **3<sup>rd</sup> May 2008**

Time: **10.00am-12.00pm**

Venue: **Summit Climbing Gym, The Summit Mall, Subang USJ.**

Fee: **RM10 per person**

In this clinic we will

- Introduce and demonstrate the use of various abseil equipment
- Provide thorough instruction on how to abseil with usage of a prussic
- Upon demonstration by participants we will correct your mistakes if any.

We will like to encourage all to take this opportunity to brush up your skills. Otherwise, risk getting charged an impromptu RM50 teaching fee if you do not pass race testing!

To sign up, please call 03-8024 5152 or email [eco-x@nomadadventure.com](mailto:eco-x@nomadadventure.com)



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

The race base camp will be at :

**Nur Lembah Pangsun, Batu 19 <sup>3</sup>/<sub>4</sub> Ulu Perdik, Ulu Langat Selangor**

**Tel: 03-9021 7387**

**Location Map: <http://pangsun.com/petapangsun.gif>**

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 on 17<sup>th</sup> May. 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)
- Dinner and breakfast - RM 25 (S\$ 12.00)
- Lunch/ high tea for family & friends on 18<sup>th</sup> May - RM 25.00.  
(For participants Lunch/ high tea on 18<sup>th</sup> May is included in your race entry fee! )

Check in: 3pm Saturday 17 May

Check out: 6 pm Sunday 18 May

Bookings are on a first come first served basis. Places are running out fast, so please make your bookings with us quickly!



## 6. *Transport from Singapore and Thailand*

We are offering **FREE** coach service to and from Singapore and Thailand, courtesy of Tourism Action Council of Selangor. Please contact us at [eco-x@nomadadventure.com](mailto:eco-x@nomadadventure.com) to book a space on this coach. If you have not pre-registered with us or our country agents, you will not be allowed onto the bus.

Itinerary for Coach Bus departing **Singapore 17<sup>th</sup> May 2008**

Meeting Place : Malaysia Tourism Office, #01-01B/C/D No. 80, Robinson Road

Duration	Time	Details
0 hr	7.00am	Assemble at Malaysian Tourism Office
1hr	8.00am	Arrive JB for custom clearance
4hr	11.00am	Rest stop at Melaka. Lunch stop
6hr	1.00pm	Arrive at Hulu Langat

We have been receiving a healthy response from Singapore, and should the numbers suffice, we might be chartering a 2<sup>nd</sup> bus! So please do not hesitate to sign up for the race!

Proposed Itinerary for Coach Bus departing **Thailand 17<sup>th</sup> May 2008**

Meeting Place : TBC, Hadyaai

Duration	Time	Details
0 hr	5.00am	Assemble at Haadyai
1hr	6.00am	Arrive at border for custom clearance
4hr	9.00am	Breakfast stop
10hr	3.00pm	Arrive at Hulu Langat

**Buses will return from Hulu Langat back to respective countries on 18<sup>th</sup> May 2008 7.30pm.**



## 7. Registration and Special Offers

To all teams and sprinters that have faxed or emailed in their entry forms, please remember to bring along the **ORIGINAL copy** of your entry forms and indemnity forms during race registration on 17<sup>th</sup> May.

Those who do not do so will run the risk of not being allowed to enter the race.

A big hand to our sponsors : **Salomon, Camelbak, Powerbar, Skateline, Redbull** and **Prospec**.

- All registered participants in the race are entitled to **20% discount off** the retail price for **Camelbak** hydration sets, available at Nomad Pro Shop.
- Skateline is generously offering a team discount amounting to RM300 / SGD150 per team of 3 to purchase skates from their retail outlets. Please refer to Newsletter ONE for terms and conditions.

### **Salomon is Back!!**

To all fanatics of the **Salomon** brand, we have Great News!! We are pleased to announce that Salomon is back on Malaysian shores, and new models of shoes are now available at the Nomad Pro Shop!

Salomon is a leading mountain sports company, specializing in gear and apparel for adventure racing and trail running.

Check out Salomon's brand new model called **XT Wings**.

<http://www.salomonrunning.com/us/footwear/footwear/trail-running/xt-wings.html>

It is specially designed for running on all terrains, including road running, trail running, mountain running, etc.

There is also the ever popular **XA Pro** series, as well as more economical options like the **XA Comp** and **Trail Comp** series. Women sizes are available for certain models.

So drop by soon to check these babies out!



## **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

### ***Singapore participants:***

*Joseph Foo*

*BOAC (Blazing Outdoor Adventurers and Company)*

*Tel: +65 9764 6721*

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### ***Hong Kong Participants***

*Keith Noyse*

*Seyon Asia*

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