



**YOUNG & DANGEROUS**

**6th – 7th JULY**

**2024**



*GRIP*



**OFFICIAL GUIDEBOOK**



WELCOME TO



2024





# The Race Category

- Men Open (18 years – 39 years of age)
- Men Senior (40 years above)
- Women Open (18 years – 39 years of age)
- Explore Ride (open to all ages and bikes)



# 2024 Participation

231 participation from 11 nationalities. This year we are seeing a 54% increase of participation from 2023.

(126 riders in 2023)

Country	Numbers
Malaysia	208
Singapore	11
Australia	2
Ecuador	1
Indonesia	1
Mexico	1
UK	3
China	1
German	1
Russia	1
Netherlands	1





# 2024 Participation

This year we had opened 4 categories vs 2 categories in 2023. New categories are Senior's Open and Explore Ride categories

CATEGORY	RIDERS
EXPLORE RIDE	56
MEN'S OPEN	97
SENIOR'S OPEN	64
WOMEN'S OPEN	14
TOTAL	231





# The Race Course

Our **120KM** racecourse resides mostly alongside the river of Sungai Muda service road which is a long stretch hard pack gravel, perfect for fast-paced gravel riding. In between you will experience some padi fields and coastal road with a breath-taking view. At the end of the course, you will tackle some dynamic hilly sections not more than 300 meters of elevation gain in lush green of palm oil plantation.

In summary, riders will experience a dynamic course which will test their ability to adapt with various terrain and technical expertise.



# The 120 km Race **Format**

The race format will be a **self-supported**. Rider will circumnavigate their way according to the GPS file provided by the organizer via **bike computer** or **smart phone using navigation app such as Komoot, Strava etc.** It is a **compulsory** for **each riders** to have their own navigation system attach to their bicycles

Organizer will provide markings or directional signage at **important junctions only**. Traffic police and official crew will be on standby at each main road junctions for traffic safety.

We will provide 2 aid station/water station for this course. Riders must manage their water/food supply respectively without aid from support crew, friend or family during the race. If caught doing so you will be disqualified.

All rider will be given 8hrs to complete the race. Starts at 7:30am until 3:30pm.





# Race Route 120km Profile

**Distance:** 119.23km

**Total Ascent:** 325m

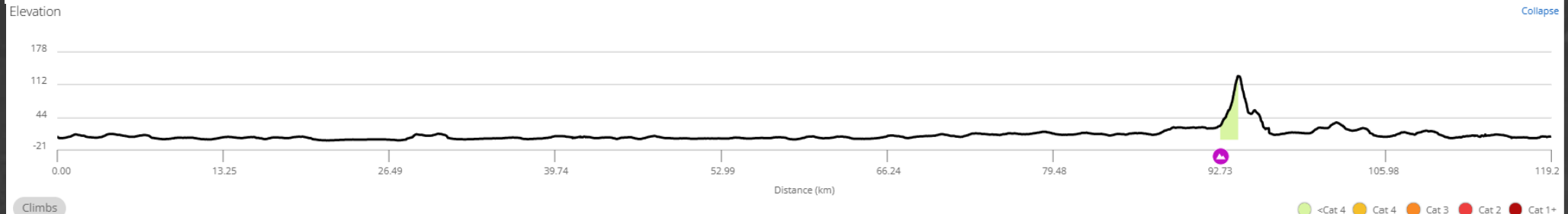
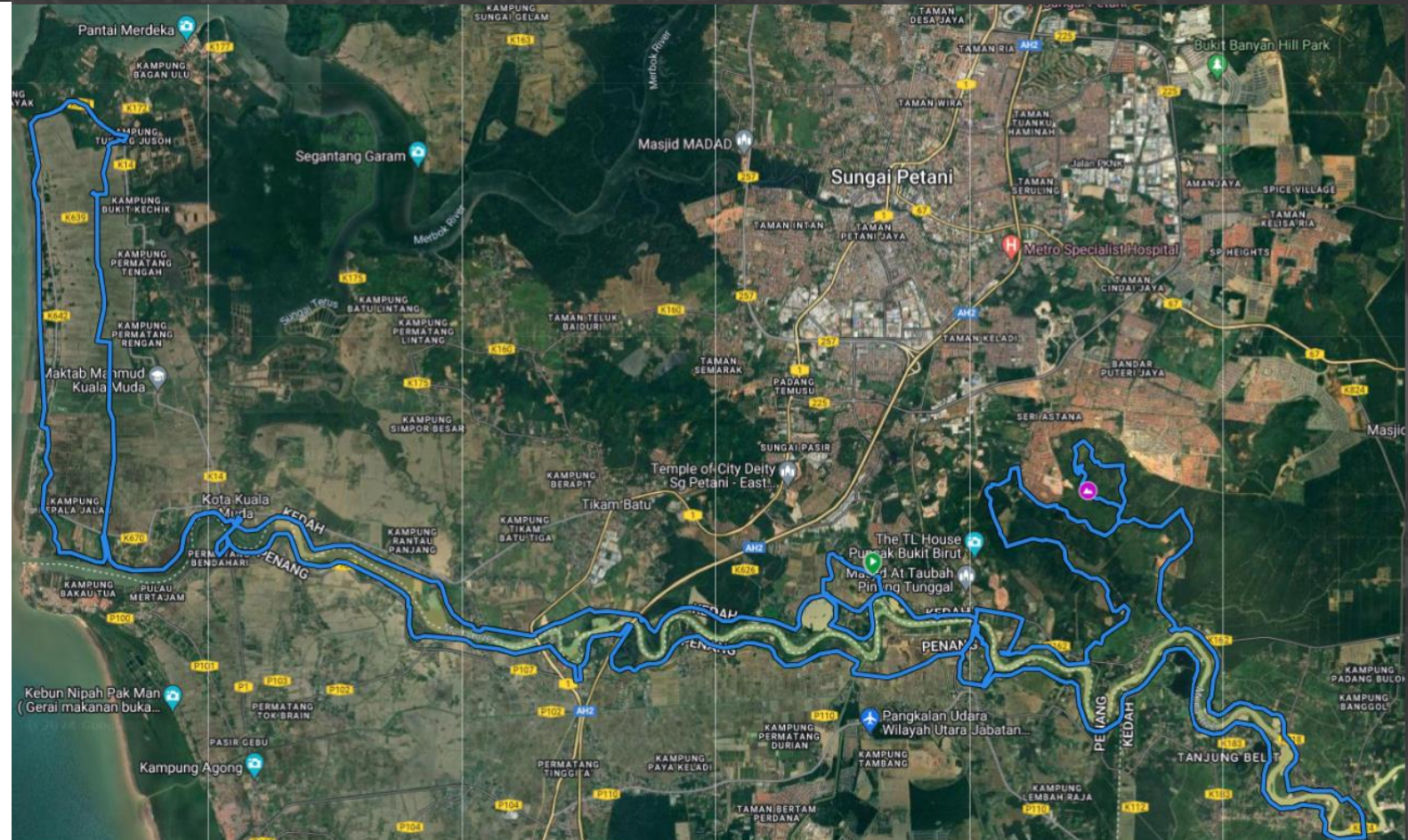
**Total Descent:** 324m

**Cutoff time:** 3:30pm(8 hrs)

**Water Station:** 2 locations.

1)WS1-KM67

2WS2-KM92



<Cat 4 Cat 4 Cat 3 Cat 2 Cat 1+



# The Explore Ride **Format**

The Explore Ride, just explore , no race and enjoy the view. This format is to introduce riders to scenic places, historic sites and gravel enjoyment through the Muda river landscape.

Riders will be pace by a pacer motorbike and simply enjoy the gravel ride along the Muda rivers, Kuala Muda Padi fields, costal gravel and much more.

Organizer will provide one water station only.





# Explore Ride Route 60km Profile

**Distance:** 62km

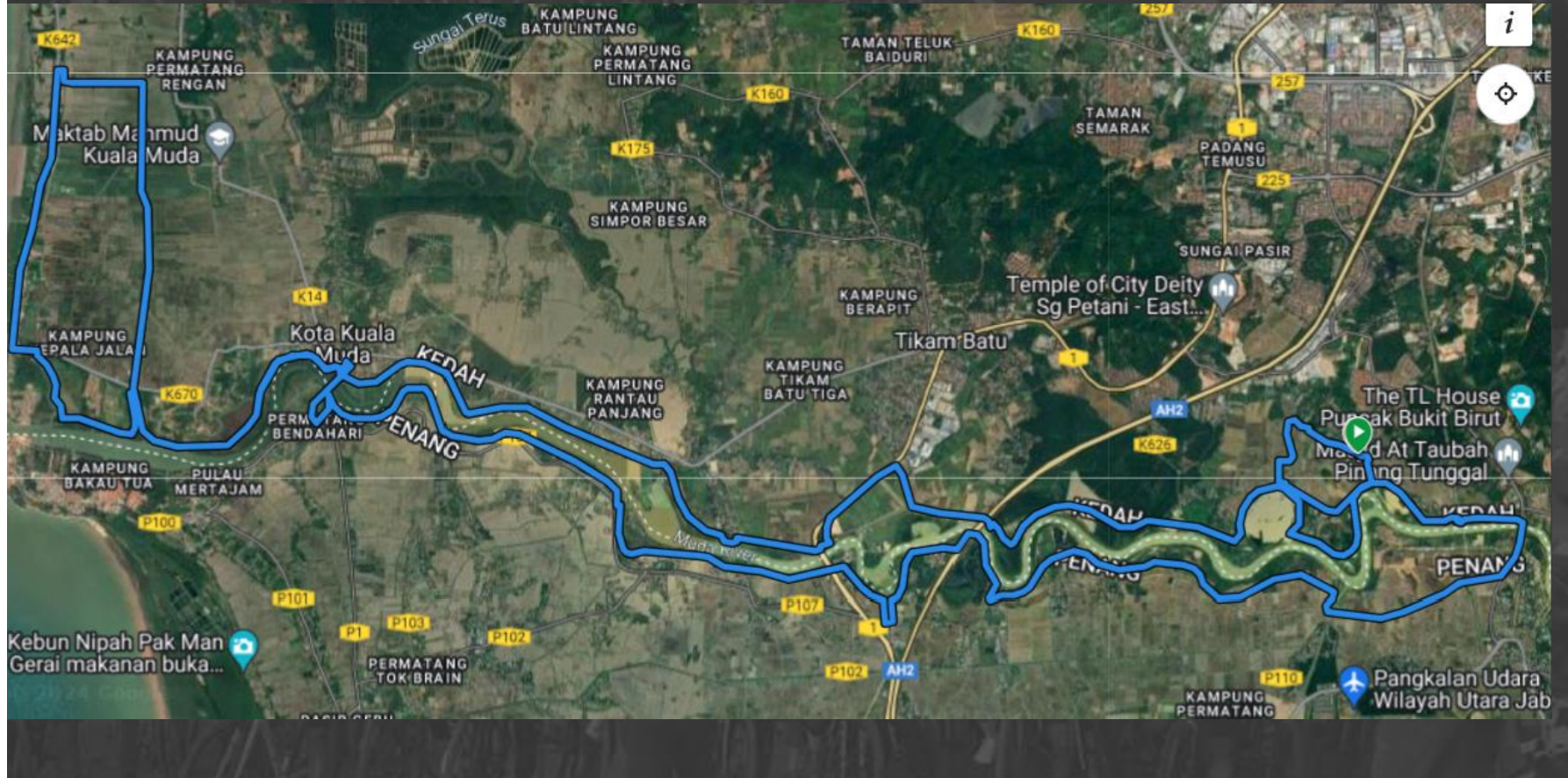
**Total Ascent:** 61m

**Total Descent:** 61m

**Cutoff time:** none

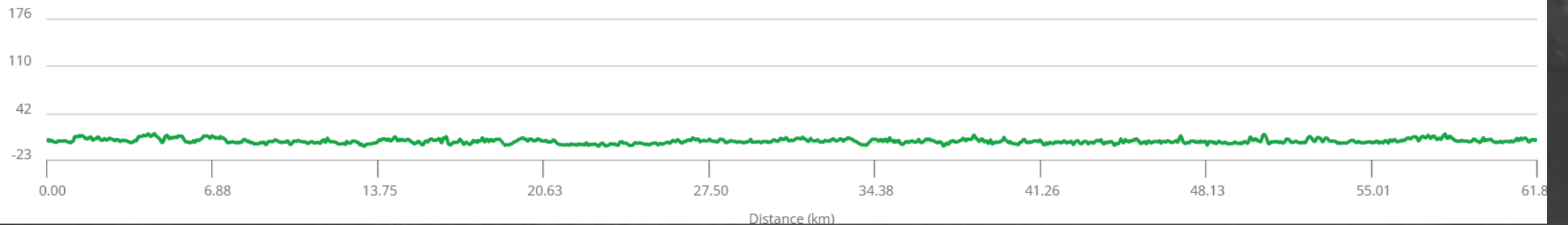
**Water Station:** 1  
locations

1) WS1- KM29



Elevation

[Collapse](#)





# GPX /Navigation Files

**ORGANIZER WILL PROVIDE THE OFFICIAL GPX FILES FOR BOTH 120 GRAVEL RACE AND EXPLORE RIDE VIA OUR WEBSITE AND OFFICIAL RIDERS WHATSAPP GROUP.**





# NEWS UPDATES

ANY UPDATES THAT REGARDS TO THE RACE WILL  
BE PUBLISH VIA Y&D 2024 OFFICIAL RIDERS  
WHATSAPP GROUP.





# AWARD



Category	1st Place	2nd Place	3rd Place	4th Place	5th Place
Men's Open	Trophy+Champion's jersey + prize worth RM300	Trophy+ prize worth RM200	Trophy+ prize worth RM100	Pluque + prize worth RM50	Pluque + prize worth RM30
Men's Senior	Trophy+Champion's jersey + prize worth RM300	Trophy+ prize worth RM200	Trophy+ prize worth RM100	Pluque + prize worth RM50	Pluque + prize worth RM30
Women's Open	Trophy+Champion's jersey + prize worth RM300	Trophy+ prize worth RM200	Trophy+ prize worth RM100	Pluque + prize worth RM50	Pluque + prize worth RM30

*\*All prizes are subject to change.*



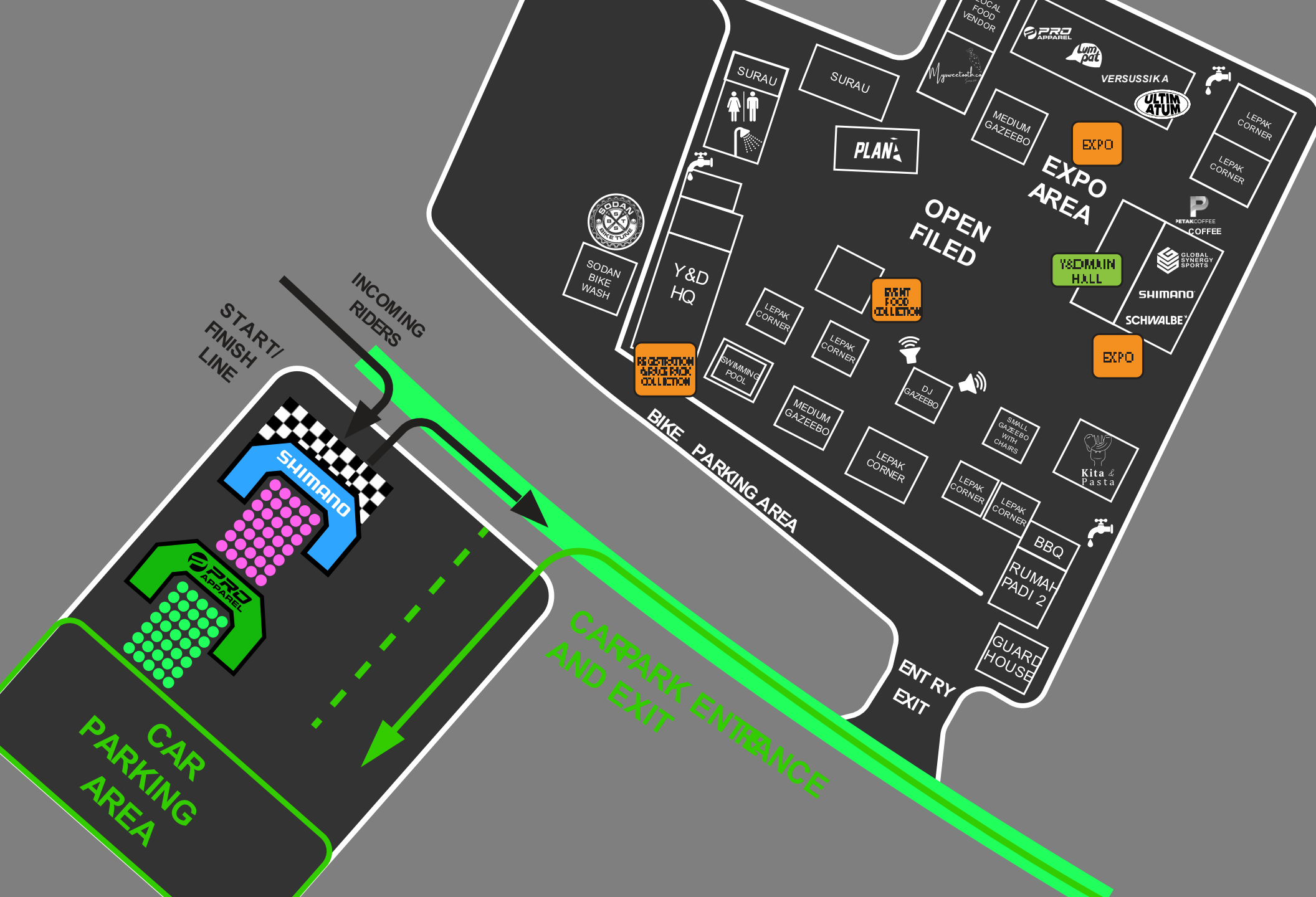
# The Race Village

Race village will be at Kebun  
Padi Campsite, Kampung Kelang  
Makau, 08000 Sungai Petani,  
Kedah

Location:-

[https://maps.app.goo.gl/uUwhJ  
KAPaExBsK7R6](https://maps.app.goo.gl/uUwhJKAPaExBsK7R6)





# Event Schedule

## 6<sup>TH</sup> JULY 2024

- 2:00pm - Race village open for race pack collection and expo showcase.
- 6:30pm - Expo closed.
- 10:00pm- Race pack collection closed.

## 7<sup>th</sup> JULY 2024

- 6:30am - Rider's arrivals at starting gate + short race briefing.
- 7:30am - Flag off for Race categories.
- 7:35am - Flag off for Explore Rides categories.
- 12:00pm - Estimate first rider arrival.
- 3:30pm - Last rider arrival.
- 3:30pm - Prize giving ceremony + luck draws.
- 4:00pm - END





# Flag Off Time

7<sup>th</sup> JULY 2024

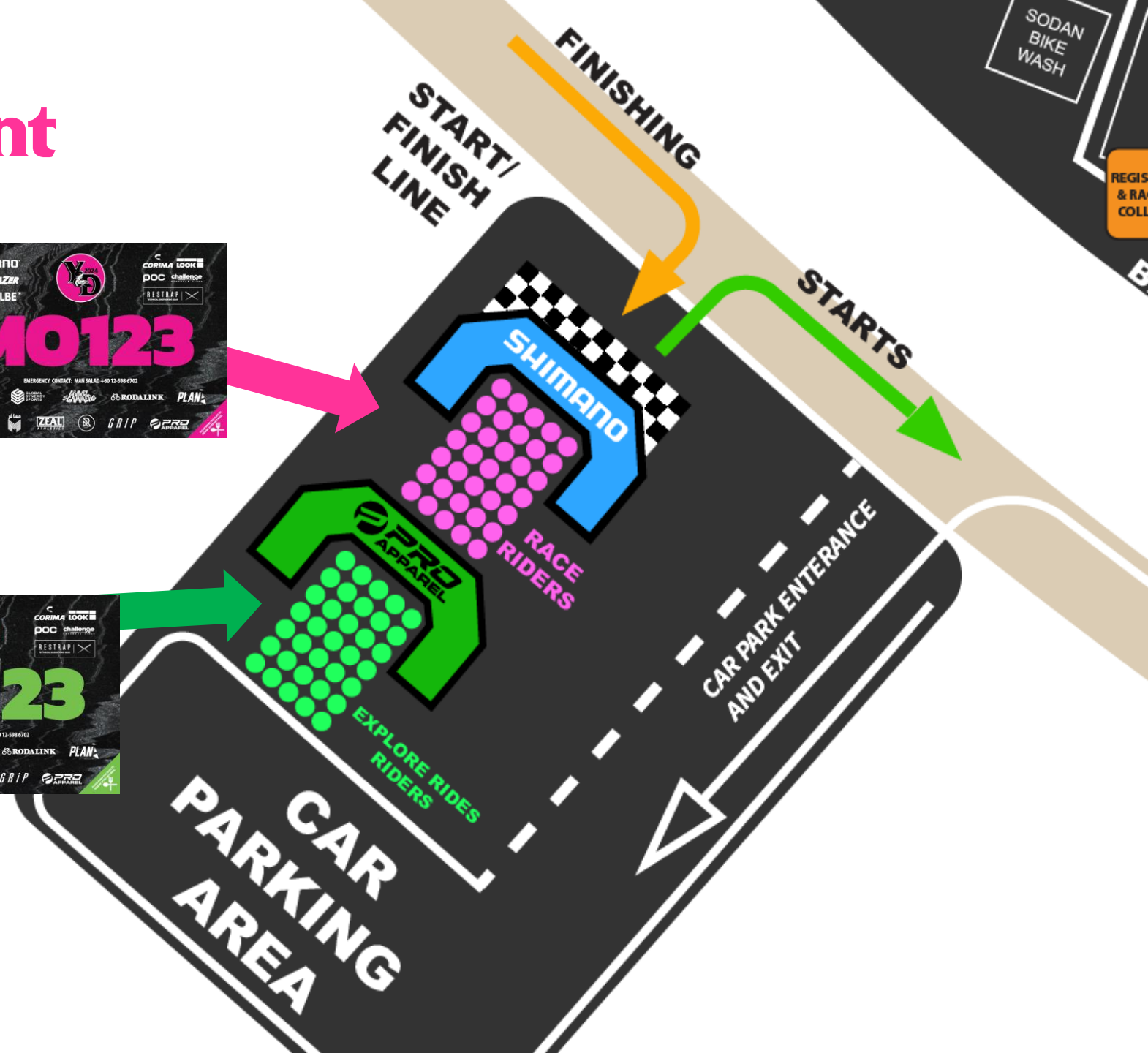
- **Race Category 120km**
- Flagoff : 7:30am
- Flagoff Venue : Kebun Padi Campsite
- Cut Off Time : 3:30pm (8 hours)
- Prize Giving Ceremony : 3pm
- **Explore Ride 70km**
- Flagoff : 7:35am
- Flagoff Venue : Kebun Padi Campsite
- Cut Off Time : None
- Lucky Draw Ceremony : 3pm

# Riders Arrangement

120km Race participants (PINK BIKE PLATE) will be at SHIMANO starting arch.



60km Explore Ride participants (GREEN BIKE PLATE) will be at PRO APPAREL starting arch.





# Bike Plate Mounting Guide

Please mount your bike plate at the front of the bar. Please do not fold or bend the plate as it will damage the timing chip.



# Neutral Starts

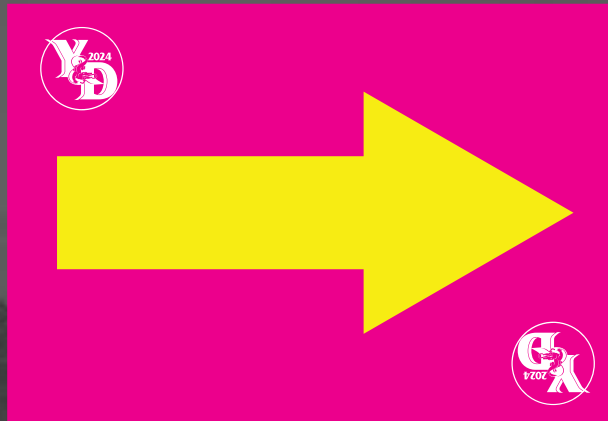
We will have 'Neutral Start' for 600m before we release all the race rider's categories.



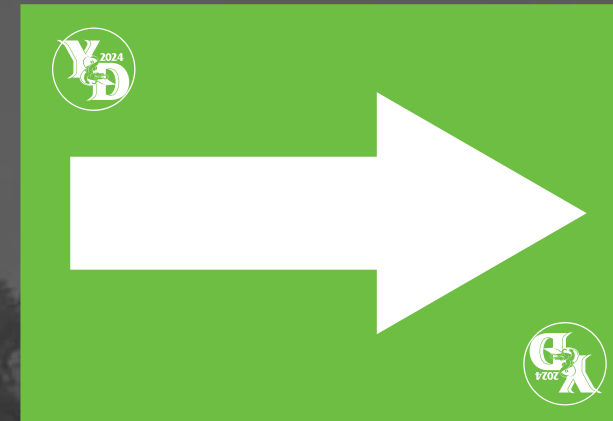


# Directional Markings

**DIRECTION FOR 120 RACE**



**DIRECTION FOR EXPLORE RACE**



# Traffic Control



Some of the major road crossing will be assist by our local police traffic our own Y&D marshall. Please follow our law enforcement at all time.



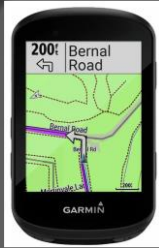
# Respect the locals



You will share the route with the local vehicles during the race. Please be vigilant on road safety and respect the locals around you.

Say hi and give them a warm smiles would be much appreciated. 😊

# PLEASE EQUIP YOURSELF



OR



## NAVIGATION DEVICE (BIKE COM/NAV APP)

Please be advised that navigation device is **MANDATORY** and must be mounted on your bike and used.

Failure to do so will be disqualified. \* Tips: For better experience, please turn off course recalculation on your devices.



## WATER + FOOD

We advise you to bring at least 2 LITERS of fluids + gels/supplement. Hydration pack is perfect for this race.



## PERSONAL FIRST AID KIT

Please bring a pocket size first aid kit.



# PLEASE EQUIP YOURSELF



## PERSONAL BIKE REPAIR KIT

Support car is not allowed so please ensure your repair skills are at the best level possible.



## BRING PERSONAL CASH

90% of the shops along route did not support QR Pay/ Debit or Credit Cards. All business are in CASH ONLY.

# PLEASE DO NOT LITTER ALONG THE COURSE

PLEASE TAKE NOTE THAT 98% OF THIS ROUTE IS UNDER MAINTAINANCE OF DEPARTMENT OF IRRIGATION AND DRAINAGE AND ALSO UNDER GEO PARK OF KEDAH. PLEASE ENSURE ALL GARBAGE ARE KEEP WITHIN YOU UNTIL DISPOSE AT WATER STATION OR AT ANY GARBAGE POINT ALONG THE ROUTE.







# EMERGENCY CONTACT

IF ENCOUNTER ANY ISSUES OR EMERGENCY THAT REGARDS TO  
SAFEY LIKE:-

- HEALTH ISSUE
- ACCIDENTS
- WISH TO RETIRE FROM RACE
- TOTAL BIKE MULFUNCTIONS

**PLEASE CALL**  
**Heiri +60 11-1098 4574**  
**Man +60 12-598 6702**

# Organizers





# Sponsors

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# Social Media

Facebook- <https://www.facebook.com/profile.php?id=100089108317968>

Instagram- <https://www.instagram.com/stories/yndgravelrace/3017640655276467808/>

Website- <https://yndgravel.fun/>-site currently work in progress

Pictures:- [https://drive.google.com/drive/folders/1p4Oud\\_pG2pRJabdbVqYxUA4oMYGXJ5bE?usp=sharing](https://drive.google.com/drive/folders/1p4Oud_pG2pRJabdbVqYxUA4oMYGXJ5bE?usp=sharing)



Y&D 2024



End slides