

# RACE THE PEARL

24 HR BICYCLE RACE



Race Brief - V 2.0

6th Edition 2023



# RACE THE PEARL

24 HR BICYCLE RACE



*'The most Epic, Exotic & Exhilarating  
Ultra-Endurance Bicycle Race  
in the Indian Ocean'*



RACE THE PEARL is a 24 Hr Cycling Challenge that will push all known physical and mental boundaries on an attempt to ride a Bicycle across the Pearl of the Indian Ocean. Some will Race and some will Ride.

The route is between the furthest two points of Point Dondra and Point Pedro , stacking up 600 kms and will almost bisect the island taking you through pan flat straight arrow roads, uphill and downhill, green and barren land, while riding through day and night, rain and shine . RACE THE PEARL is an exhilarating, exotic and epic challenge that stacks up against any Ultra Endurance Event in the World. The men & women of steel who complete this will cherish the prestigious ' Pearl Jersey ' and add to the collection of stories of living life beyond limits !

**RACE**  
**THE PEARL**  
24 HR BICYCLE RACE

# Sri Lanka

Ceylon, Serendib

*'#SoSri Lanka...*

*...is that special island in the Indian ocean that offers a cocktail of pristine golden beaches ,blue whales ,leopards , elephants, green fields & mountains , clear blue streams, dangling waterfalls ,architectural marvels, blended in spices , cinnamon and tea and bound in deep rooted philosophy. When sprinkled with sunshine , exotic landscape and warm Sri Lankan smiles, It's the perfect destination for a cycling holiday or an epic cycling challenge. When it's all offered in the size of your palm, it's almost like magic a miracle !'*

*#ImagineCycling*

**Yasas Hewage**  
*- Sri Lankan Cyclist -*



# The Finest Island

“Undoubtedly the finest Island of it's size in the world”

Marco Polo, 13th Century Explorer



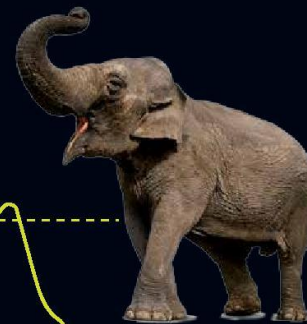
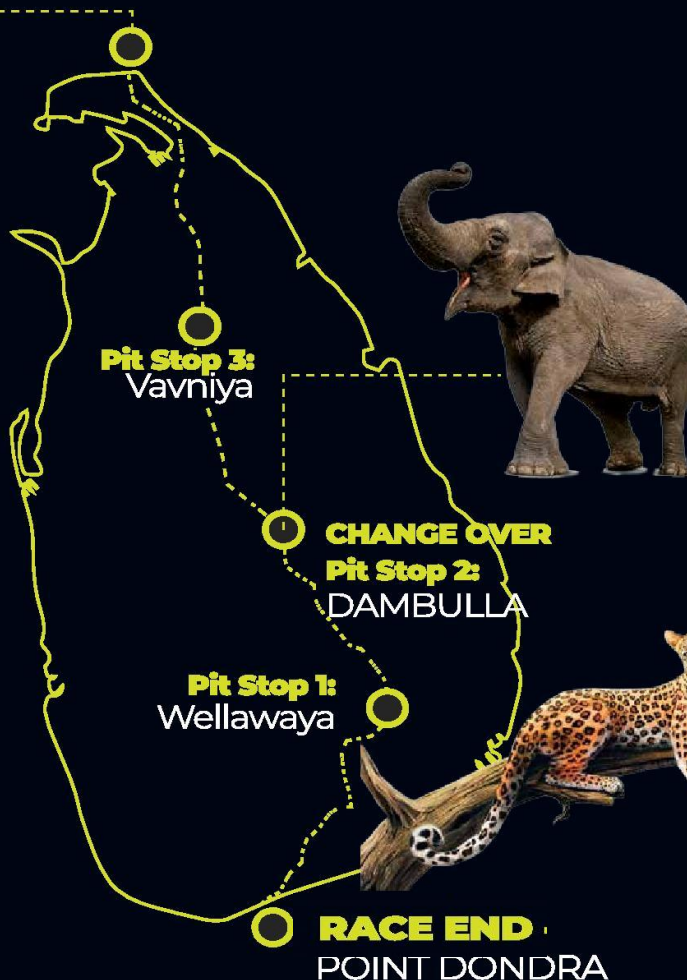
## RACE START - POINT PEDRO

Jaffna is a city located in the Northern tip of Sri Lanka. It has opened its doors to tourism in 2009. The city has a lot of influence from India, you can see this on the streets and in their food which is different from Central or South Sri Lanka.



## A 24 HOUR\* BICYCLE RACE ACROSS SRI LANKA

600 km From Point Dondra to Point Pedro,



## RACE CHANGE OVER DABULLA

Located at a major junction of the island, it is the centre of vegetable distribution in the country. Dambulla cave temple also known as the Golden Temple of Dambulla is a World Heritage Site (1991) in Sri Lanka, situated in the central part of the country.



Historically known as Devinuwara temple port town or Devinuwara temple town, Dondra was until the late 16th century a historic temple port town complex. It was maintained primarily by Sinhalese kings and merchant guilds at the port town during its time as a popular pilgrimage destination.

## RACE END POINT DONDRA

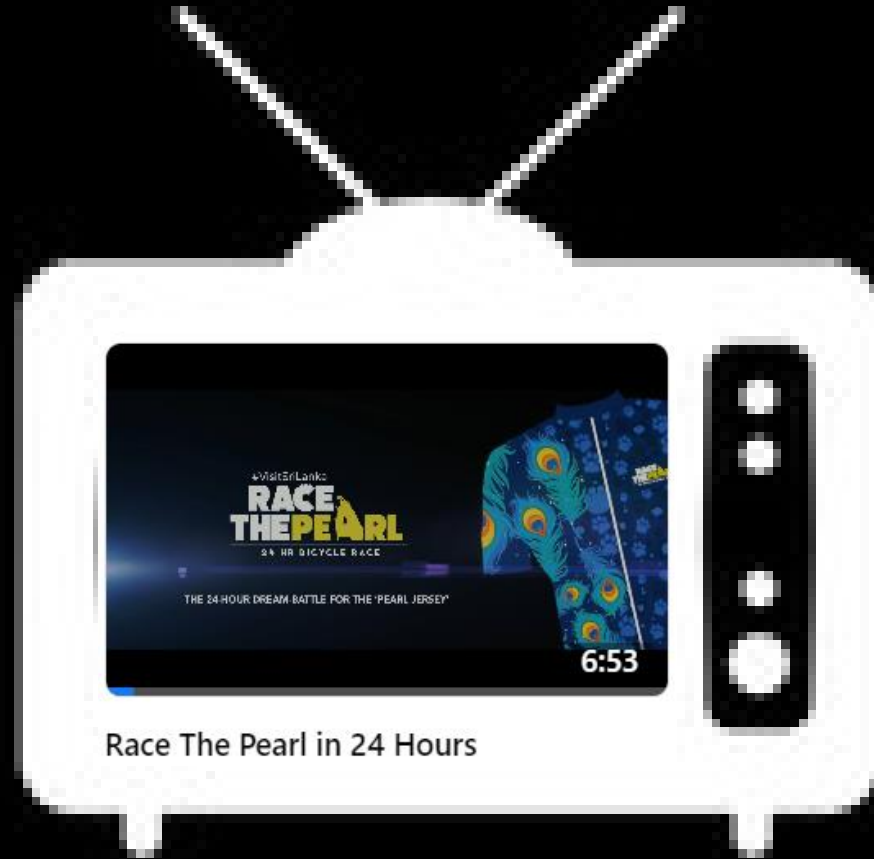




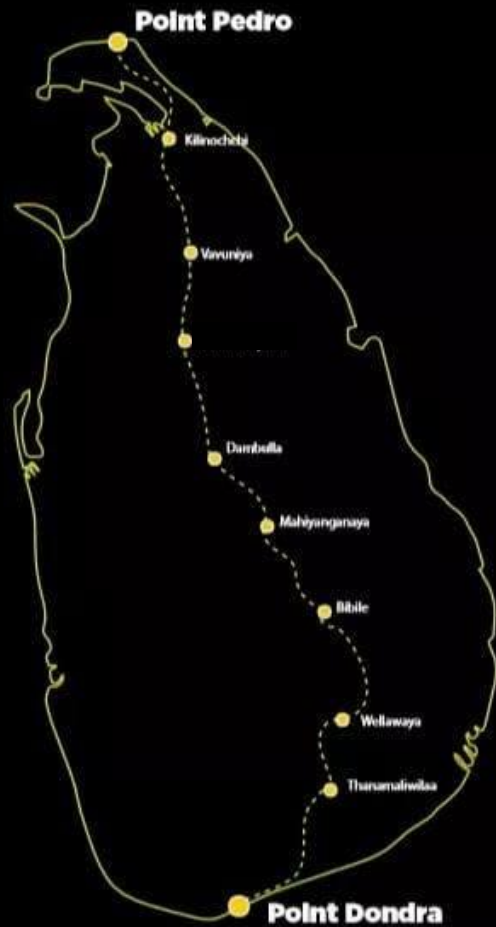
# Sri Lanka

*Ceylon, Serendib*

*The Pearl Of The Indian Ocean*



<https://web.facebook.com/RaceThePearl24/videos/1306610936921168>



**RACE  
THE PEARL**  
24 HR BICYCLE RACE



You've probably heard of Race Across America, Race Across Europe but there is nothing like #RaceThePearl. It's long enough to push your body and mind to boundaries beyond imagination, feast your eyes in the glory of nature, let your mind float searching for answers to life and still be at work on Monday morning 'There <sup>is</sup> nothing else like it!

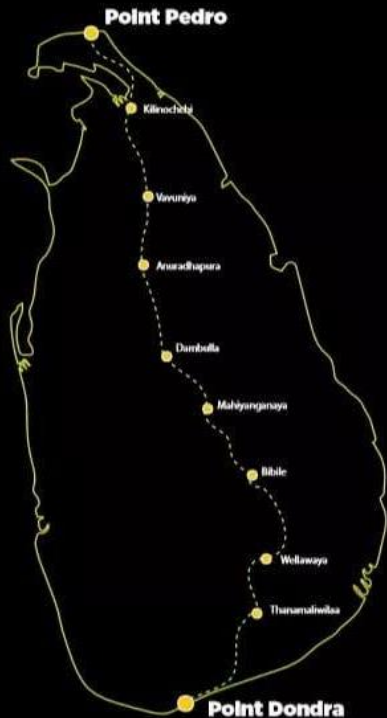
Welcome to an epic, exotic and exhilarating race that could change your life! ””

**YASAS HEWAGE,**  
Race Founder & Rider



# RACE THE PEARL

24 HR BICYCLE RACE



Relay Power Play

# Race In Summary

**LOCATION**  
Sri Lanka  
(7.8731° N, 80.7718° E)

**DATE :**  
28<sup>th</sup> Oct 2023 at 00.06 am

**START POINT**  
Point Pedro

**FINISH POINT**  
Point Dondra

**DISTANCE**  
610 km

**TERRAIN**  
Paved Road

**ELEVATION GAIN**

**HIGHEST ALTITUDE**  
234 Meters

**TEMPERATURE**  
Max 35 C – Min 24C

**AID STATIONS**  
3 aid Stations en- route\*

**CURRENT RECORD TIMING**  
22 hours and 02 minutes.

**MECHANICAL & MEDICAL SUPPORT\***

Available at the Point Pedro & at Dambulla Change over

**FOUR RACE OPTIONS**

- 1) 24 Hour Solo
- 2) 24 Hour Team
- 3) Team Relay (2 to 5 members)
- 4) 2 Day Challenge (48 Hours)

**\*\*RELAY - 2 to 5 Riders**

**Stage 1 - 142 km**

Point Pedro to Vavniya

**Stage 2 – 106 km**

Vavniya To Dambulla

**Stage 3 – 114 km**

Dambulla to Mahiyangana

**Stage 4 – 116 km**

Mahiyangana to Wellawaya

**Stage 5 – 145 km**

Wellawaya to Dondra

Earns Qualification to the Prestigious Race Across America /RAAM

\*\*Distances could marginally vary , await final update on race week





# Race The Pearl 6th - Edition/ 2023

## Cycling Route

★ Saved Edit

## Details

📍 612.02 km    🏔️ 4,042 m

🕒 25:19:42

The most epic, exotic and exhilarating race in the Indian ocean . The battle to lay your hands on the illusive Pearl Jersey [www.racethepearl.com](http://www.racethepearl.com)

CREATED BY

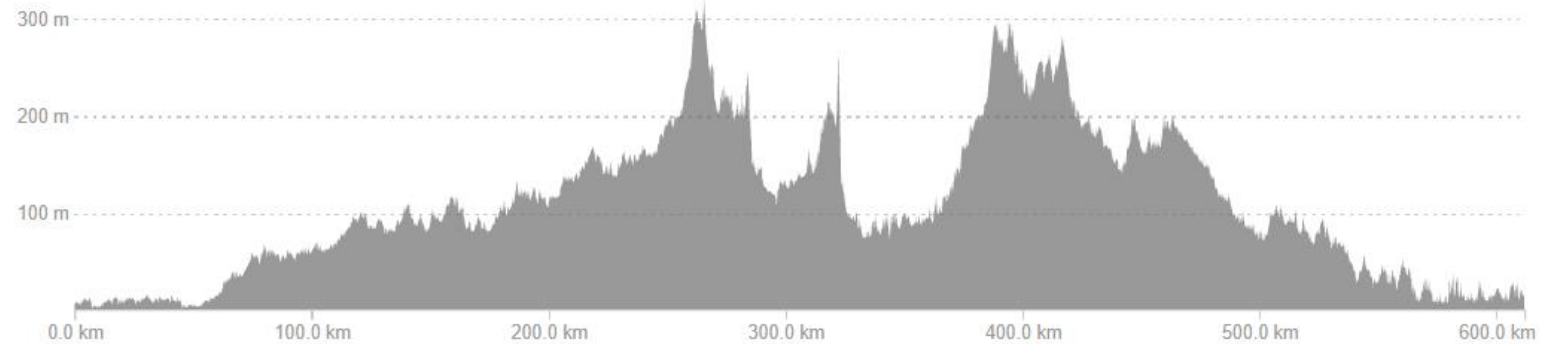
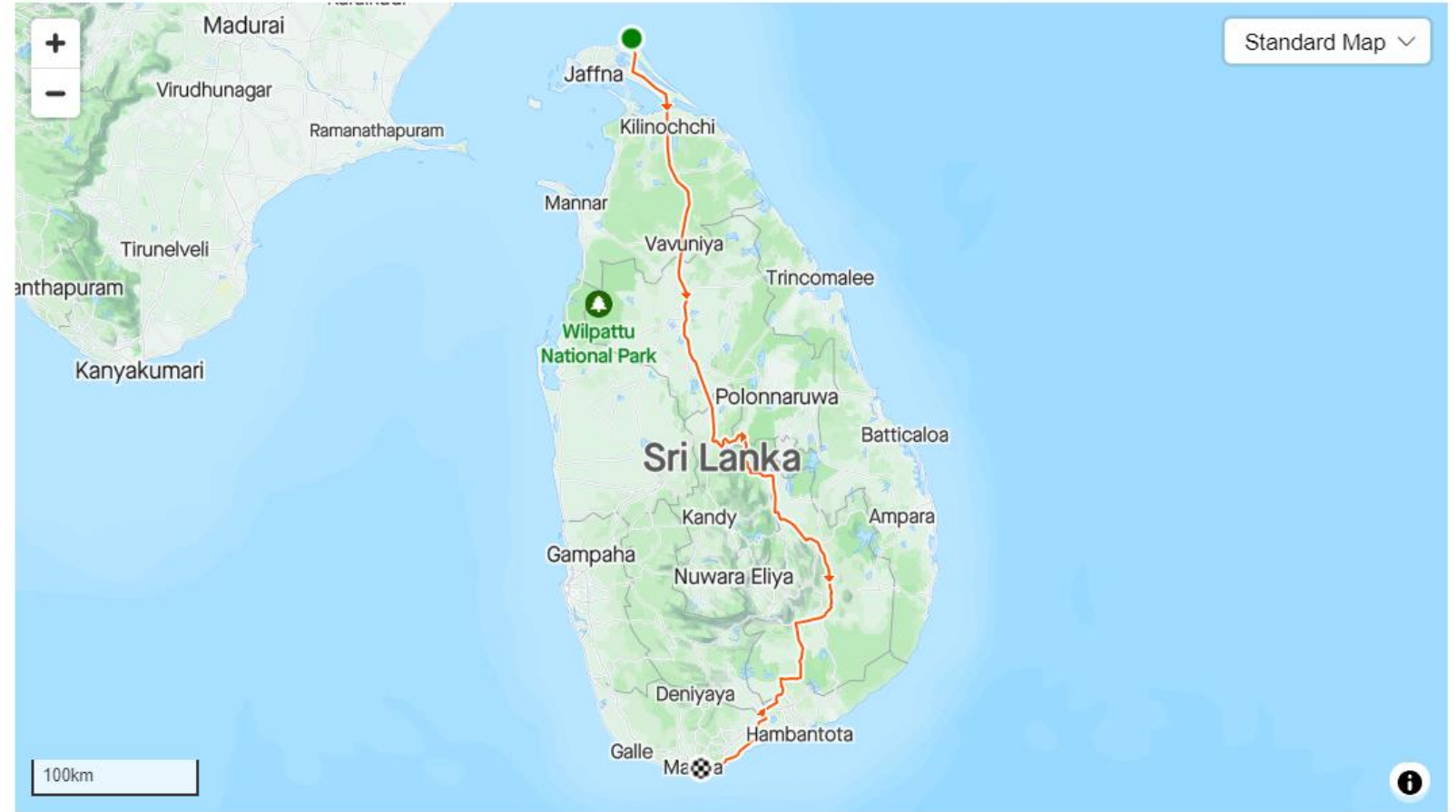
yasas hewage  
January 6, 2023 · Public



Route Profile

<https://www.strava.com/routes/3046292020944244970>

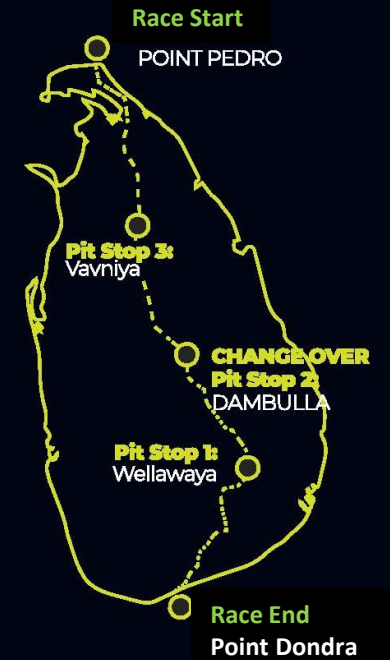
## Route and Elevation



# RACE ROUTE

<b>Dondra</b>	<b>0 km</b>	610 km
Tangalle	31 km	566 k km
Angunukolapelassa	52 km	547 km
Suriyawewa	79 km	519 km
Thanamalwila	109 km	490 km
<b>Wellawaya</b>	<b>145 km</b>	<b>454 km</b>
Buttala	160 km	<b>434km</b>
Monaragala	176 km	<b>414 km</b>
Bibile	217 Km	<b>375 km</b>
Mahivandana	256 Km	338 km
Naula	325 Km	267 km
<b>Dambulla</b>	<b>349 km</b>	<b>243 km</b>
Galkula	400 km	194 km
Mihintale	410 km	184 km
Rambewa	420- km	173 km
Medawattchiya	432 km	165 km
Punewa	440 km	156 km
<b>Vavniya</b>	<b>458 km</b>	<b>139 km</b>
Omanthai	470 km	124 km
Pulliyankulam	481 km	115 km
Mankulam	503 km	93km
Killinotchchi	531 km	67km
Elephant Pass	548	48 km
Pallai	561km	35 km
Kodikamam	576 km	20 km
Manthikai	590 km	6 km
<b>Point Pedro</b>	<b>610 km</b>	<b>0 km</b>

The Approx distance from Point Dondra and Point Pedro is over 600 kms on great paved roads the distance could slightly vary based on the partner check points & aid stations . You will ride through buzzing towns but mostly surrounded by greenery , paddy fields , ascends descends ,the infamous heads winds of Northern Province and occasional torrential rain . The route is adjacent to two wild life parks and it's not rare to sight colorful peacocks and an occasional elephant , The route is sprinkled with many local roadside eateries giving you a multi-cultural food options and cold & hot drinks to keep you going with a frequent clap or pat on the back for encouragement . This route has adventure written all over it



The total the elevation gain is **2,805 meters** for **596 kilometers of cycling**



2023 Race Start  
From Point Pedro

[www.strava.com/activities/2123137839?fbclid=IwAR28hmTTzghuzd3teZwIChKzvxzjjwuYMfM0B4BLcktrKC2BqHMfn\\_twBc](https://www.strava.com/activities/2123137839?fbclid=IwAR28hmTTzghuzd3teZwIChKzvxzjjwuYMfM0B4BLcktrKC2BqHMfn_twBc)

[veloviewer.com/athletes/7500890/activities/2123137839](https://veloviewer.com/athletes/7500890/activities/2123137839)

\*Distances could marginally vary , await final update on race week

# RACE CATEGORIES



1

## 24 Hour Solo

A bold solo effort to complete the 600km in 24 hours . This is the ultimate challenge and completion will result in qualification for the prestigious Race Across America (RAAM). Race Support Vehicle (RSV) required  
No drafting\*

new



2

## 24 Hour Solo – Unsupported

A bold solo effort to complete the 600km in 24 hours . This is the ultimate challenge and completion will result in qualification for the prestigious Race Across America (RAAM). To qualify riders should have ridden \*\*2,000 kms in total and one \*\*250 km continuous ride as at 30<sup>th</sup> Sep 2023) . Bike and race baggage transport included. Race Support Vehicle (RSV) not required . No drafting\*



3

## Team Relay

Teams of 2 to 5 riders will take designated Stages/Legs and complete the race in 24 hours, . Each stage rider will require to complete a designated Stage and over to team member . Power play option is explained in the rule book . Accumulated timing of the team is considered for ranking . Race Support Vehicle required. No drafting\*



4

## Two Day Challenge - 32 Hour Cut off

A category for aspiring ultra endurance riders to give this herculean challenge a go with the margin of a 32 hour cut off time. Race Support Vehicle required . Drafting\* is allowed

new



5

## Two Day Challenge - 32 Hour Cut off - Unsupported

A category for aspiring ultra endurance riders to give this herculean challenge a go with the margin of a 32 hour cut off time. To qualify riders should have ridden \*\*2,000 kms in total and one \*\*250 km continuous ride as at 30<sup>th</sup> Sep 2023). Bike and race baggage transport included. Race Support Vehicle (RSV) not required . Drafting\* is allowed

*\*Drafting is when two riders are less than 3 bike length or 5 meters from each other (refer rules book)*

*\*\* Proof to be provided through Strava*

*Motorized (E bikes) are not allowed. TT bikes, TT handle bars are not allowed in the 24 Hour Team Category . Tandem Bikes are allowed in the Relay category in the day light stages ( refer rule book )*

*Both 24 hour supported and un supported riders will be considered under same category for ranking*

# RACE CATEGORIES



	Category	*Drafting	Distance	Race Time	Early Bird Race Fee Till 15 <sup>th</sup> Sep 23	Race Fee	Recognition	
<b>24 Hour Solo*</b>	Individual	No	610 km	24 Hours	LKR 58,000	LKR 74,000	Pearl Jersey Hall Of Fame 	<ul style="list-style-type: none"> <li>• Finisher Medal</li> <li>• Rider Jersey</li> <li>• Finisher T Shirt</li> <li>• Official Timing Certificate</li> <li>• 5 Aid Stations</li> <li>• Post Race Food station</li> <li>• Race Pictures</li> <li>• Awards Ceremony</li> </ul>
<b>24 Hour Solo* Unsupported</b>	Individual	No	610 km	24 Hours	LKR 74,000	LKR 84,000	Pearl Jersey Hall Of Fame 	
24 Hour Team Relay	Up to 5	No	610km	24 Hours	LKR 84,000	LKR 94,000	Pearl Ring	
2 Day Challenge 32 hour cut off	Individual	Yes	610 km	32 Hours	LKR 78,000	LKR 88,000	Green Jersey	
2 Day Challenge Unsupported 32 hour cut off	Individual	Yes	610km	32 Hours	LKR 88,000	LKR 98,000	Green Jersey	
								Transport and lodging not included

\* Earn the Pearl Jersey and qualification to Race Across America /RAAM by completing the Race in 24 Hours

\*Drafting is when two riders are less than 3 bike length or 5 meters from each other (refer rules book)

Motorized (E bikes) are not allowed. TT bikes, TT handle bars are not allowed in the drafting allowed Categories

A bunch of riders drafting each other cannot exceed more than a group of 5 at any given time



# Earn the 'Pearl Jersey'

Never given always earned...



1 All registered athletes will get the Rider Jersey prior to Race day

2 All who complete within the race cut off time will get the Finisher T- shirt

3 All who Complete within The Race Time will get the Medal , Finisher T- Shirt and the Official Timing Certificate

4 The 24 Hour Solo riders are eligible to earn the Prestigious Pearl Jersey by beating the 24 Hour Clock .

5 The 24 Hour Team Relay Will get the exquisite 'Pearl Ring'

6 The 32 Hour Riders will be recognized with the green Jersey

## inspired by



Being the largest of the pheasants, the peacock is a native bird in Sri Lanka . Most often, the ones that you see on photographs with the beautiful plumage are the male peacocks – after which the simile 'proud as a peacock' was formed!



The Sri Lankan leopard has a tawny or rusty yellow coat with dark spots and close-set rosettes, which are smaller than in Indian leopards. They are solitary hunters, with the exception of females with young. They prefer hunting at night, but are also active during dawn & dusk, and daytime hours.



The Sri Lankan sub-species is the largest and also the darkest of the Asian elephants, with patches of depigmentation—areas with no skin color—on its ears, face, trunk and belly



# RAAM QUALIFYING RACES



## Hoodoo 500

August 26, 2022 - St. George, Utah

The most epic and challenging event of its kind, the Hoodoo 500 route passes through or around three National Parks, three National Monuments and several Utah State Parks. The scenery varies from majestic cliffs and striking red rock hoodoos, to aspen and pine forests and high mountain meadows. Solos and teams, non-stop and stage race options, with crew or self-supported. A top notch event, ends with a fun awards breakfast.

North America 511 Mile / 822 KM 30424 ft. / 9273 m.

RACE DETAILS

## Cascade Ultra

August 27, 2022 - Arlington, Washington

The 2022 edition of the race will feature a 530-mile course with 43,000 ft of elevation gain. The course will go across the Cascades and back, passing through North Cascades National Park and near the Canadian border. The scenery is truly spectacular. This will be Pacific Northwest riding at its best.

North America 530 Mile / 853 KM 43000 ft. / 13106 m.

RACE DETAILS



## Race Across United Kingdom

August 27, 2022 - Inverness, Scotland

Join one of the most magnificent ultracycling road events across the UK. Taking inspiration from Race Across France, Race Across UK is a new ultracycling event that will take you on a journey along the beautiful roads of Scotland, England and Wales. For the new 2022 edition, you will cross Scotland starting from Inverness, Wales & England, all the way to the finish line on the south coast of England in Hastings.

Europe 1001 Mile / 1609 KM 109207 ft. / 33368 m.

RACE DETAILS



## Race the Pearl

November 5, 2022 - Dondra, Sri Lanka

The most epic, exotic and exhilarating ultra endurance race in the Indian Ocean. 600 km in 24 hours connecting Point to Point, coast to coast, lighthouse to lighthouse. Basking in the sun is for sure, stopping for an elephant crossing and dancing peacocks is a possibility, smiles and cheers from locals is an assurance. Remember to pack few extra days for a recovery holiday, after all you are in the Pearl of The Indian Ocean, then Ceylon, now Sri Lanka. Organised by Spinner, the Technical and Organizing Partner of Ironman70.3, Everesting Sri Lanka, and Around The Pear.

Asia 375 Mile / 600 KM 9203 ft. / 2805 m.

RACE DETAILS





# RACE THE PEARL

24 HR BICYCLE RACE 2ND EDITION

## RIDER SUPPORT VEHICLE GUIDE



## Race Support Vehicle (RSV)

Refer Guidelines on the RSV and the Crew Leader Role on Race Rules document



ORGANISED BY

**Spinner**  
EPIC CYCLING EVENTS



Support a child with a wheelchair  
WHEELS FOR WHEELS FOUNDATION  
[www.aroundthepearl.lk](http://www.aroundthepearl.lk)



A #SafeRide is a great ride



## BIKE

As often as you could



Ride as often as you could

Start with 'one hour', time it & record it

Every week increase by 20 minutes

Every other week do the 'one hour' in the same route (e.g., spinner circuit), but try to improve your timing gradually. Keep it simple & have fun. After all this is just a very long bicycle ride 😊

*(Any bicycle is ok, but adjust to suit your height. There is enough time to borrow, rent, buy the right bicycle)*

## MIND

daily



It's your mind that say yes or no and helps you stay focused hour after hour . Over time you will bring this powerful mind on to the bicycle

## BODY

UPPER  
Daily



Push Up



Superman

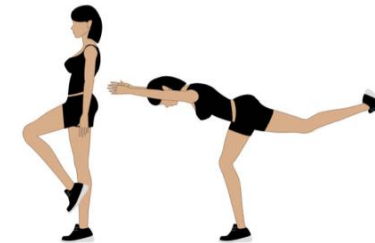


Plank

LOWER  
3 X Week



Squat



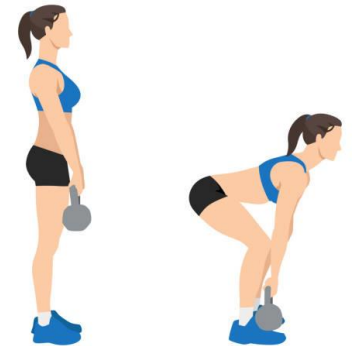
Single Leg Row



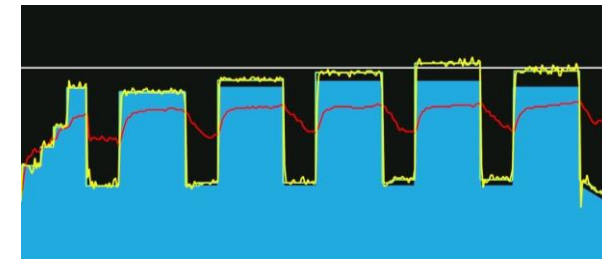
Calf Raise



Building Mental Toughness



Structured Strength & Conditioning



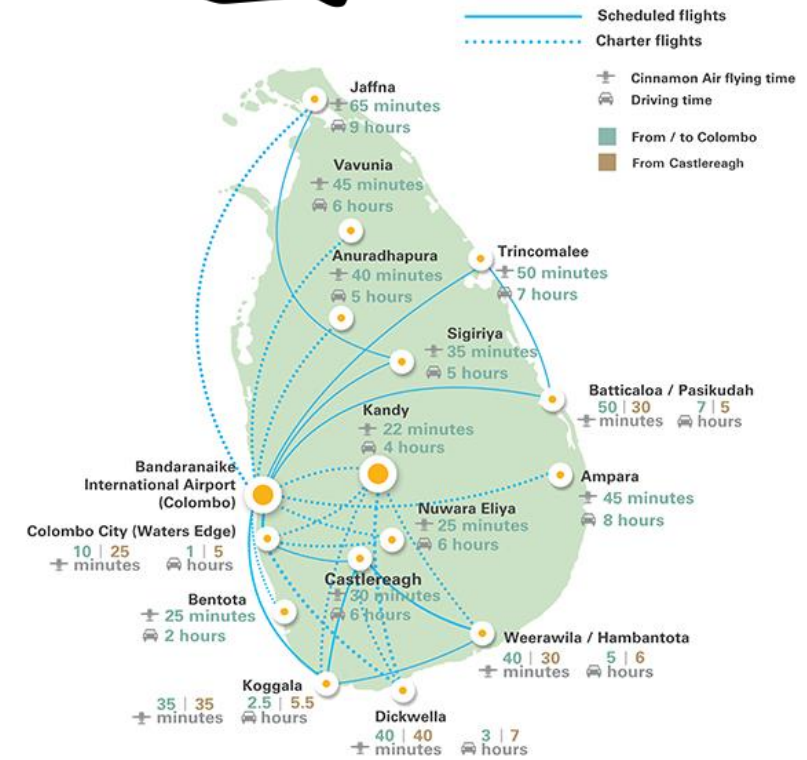
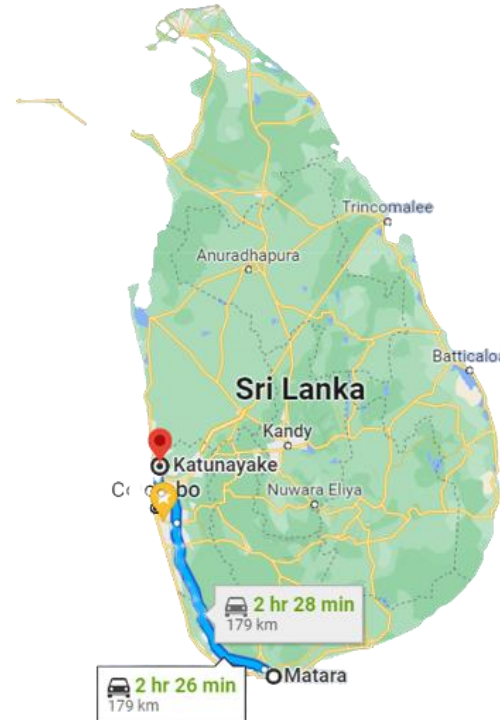
Interval Training For FTP & FTTH Development

Contact Spinner Cycling School  
Bike Fit Lab For Guidance



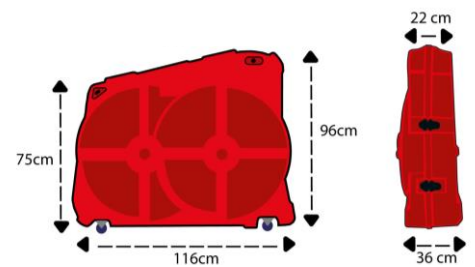
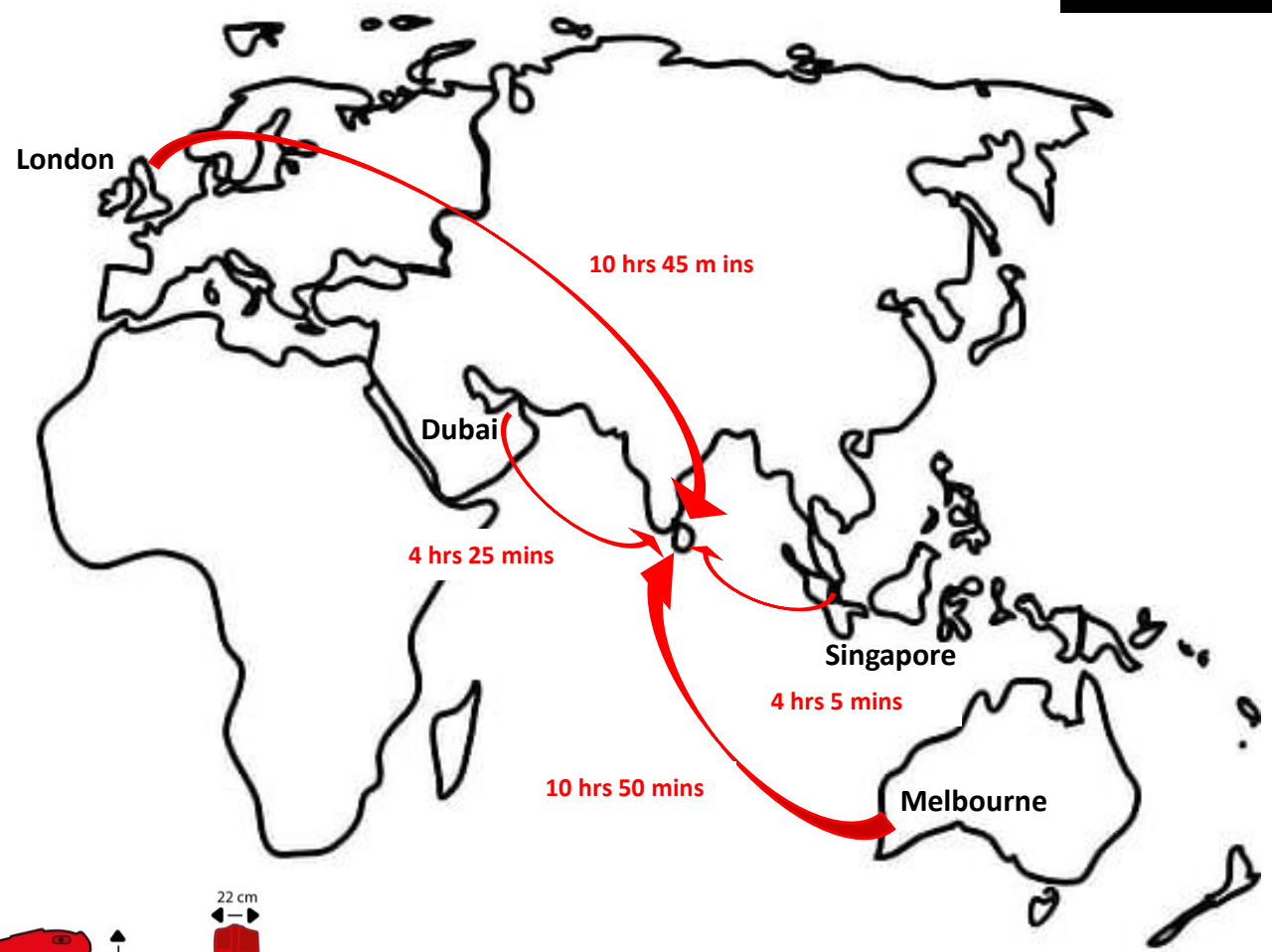
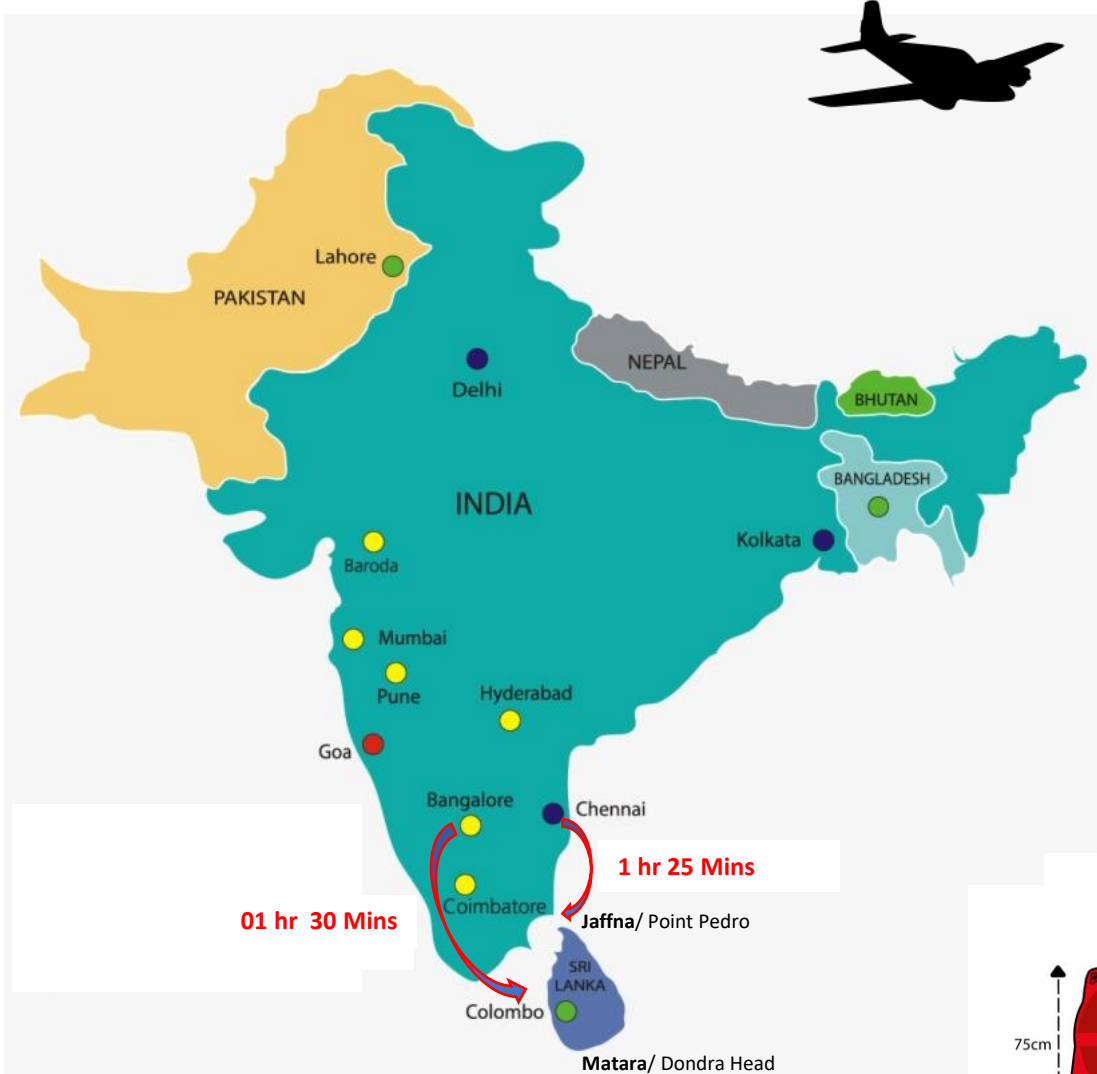
# Transport Planning

The exciting part is the planning . It starts way before race day



# Planning Your Air Travel

The exciting part is the planning . It starts way before race day



Most Airlines allow bike bags withing overall baggage allowance as over- sized luggage

# Planning Your Finances For Transport & Lodging

The exciting part is the planning . It start away before race day



	Country	Discipline	Distance	Cut off	Registration Fee		Air Fare
					Individual	Relay	
<b>Race Across America</b>	USA	Bike	4,800 km	12 Days	USD 3700	USD 9000	
<b>Race Across Sri Lanka</b>	Sri Lanka	Bike	330 km	2 Days	USD 95	USD 135	
<b>Race The Pearl</b>	Sri Lanka	Bike	600 km	24 Hours	USD 190	USD 280	
<b>Half Ironman</b>	India	Swim /Bike /Run	113 km	8.5 Hours	USD 400	USD 600	
<b>Full Ironman</b>	Malaysia	Swim/ Bike/ Run	226 km	17 Hours	USD 450	USD 650	
<b>Marathon</b>	Singapore	Run	42 km	7 Hours	USD 150	n/a	



## Transport Luxury Bus



Passenger – **Rs 3000**

Bike Transport – **Rs 2000**

- Colombo to Jaffna (Point Pedro) -
  - Departure : Colombo /Wellawatte - 9 p.m.
  - Arrival / Point Pedro (Race Start) - 4.00 a.m

## Rider Support Vehicle ( RSV )

Car Rental with driver

- Point Pedro to Point Dondra ) - **Rs 75 ,000**
- Van with driver
  - Point Pedro to Point Dondra ) - **Rs 110 ,000**
- Motor Bike Rental Per day - USD 10
- Tuk Tuk Rental Per Day- USD 20
- Small Car Rental Per day - USD 30

## Lodging



**Race Motel /**  
6 km to race start  
**Rs 7000/-**

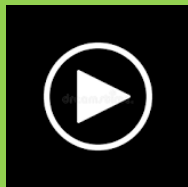


**Cheap & Clean/**  
4 km to Race start  
**Rs 3,500/-**



**Luxury Hotel/**  
34 km to race start  
**Rs 20,000**

# #TheUltraCyclist



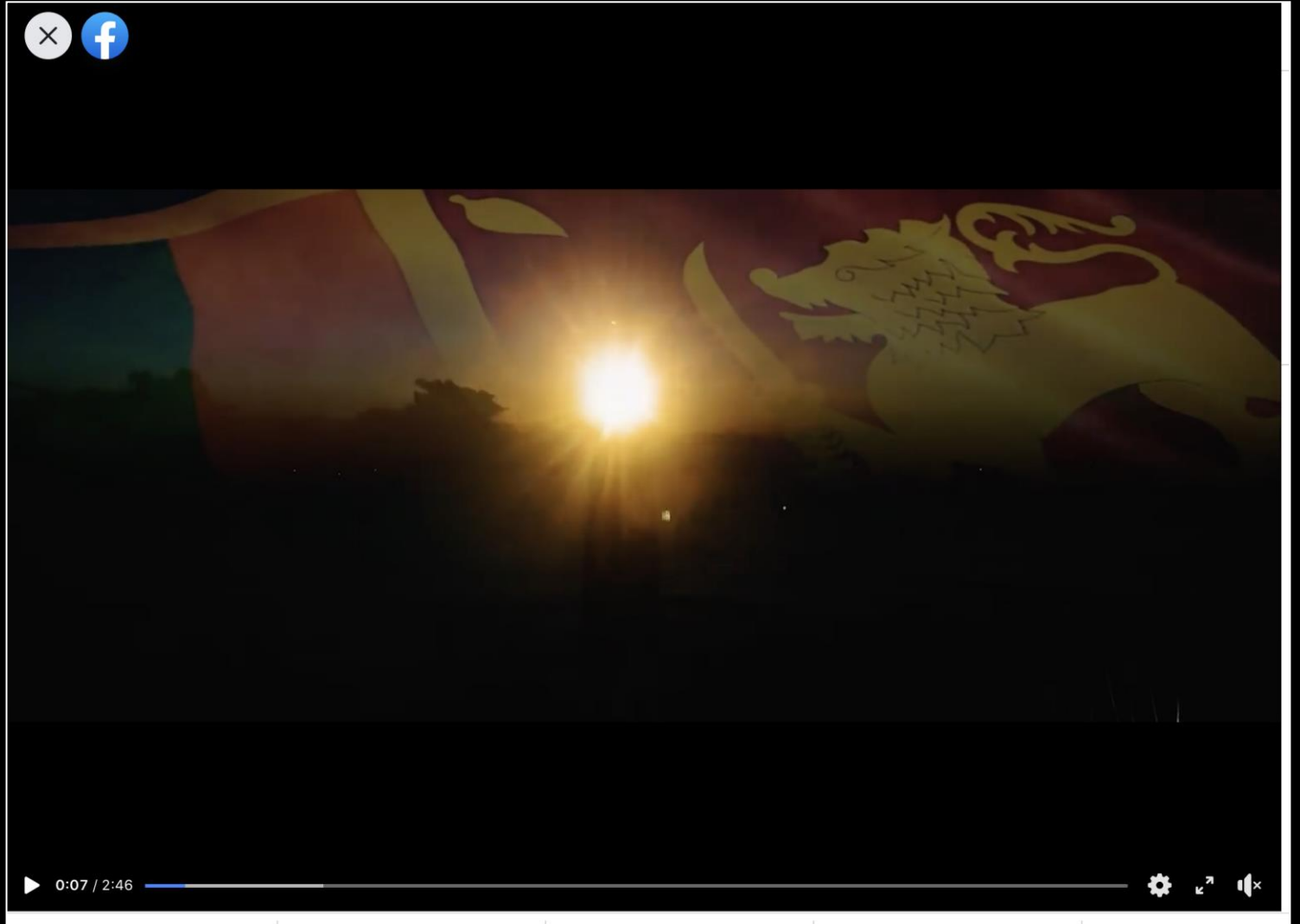
<https://web.facebook.com/RaceThePearl24/videos/1306610936921168>





One More

**RACE**  
**THE PEARL**  
24 HR BICYCLE RACE



<https://www.facebook.com/374646130003485/videos/360885748135682>

"Optimism is the faith that leads to  
achievement. Nothing can be done without  
hope and confidence."  
- Helen Keller -

**RACE**  
**THEPEARL**  
24 HOUR BICYCLE RACE



# The Birth & Growth of #TheUltraCyclist



Ultra endurance cycling is a subcategory of cycling that involves long-distance cycling events that can last for 24 hours, several days or even weeks, covering distances ranging from 1,000 to 5,000 kilometers. These events require riders to have exceptional physical and mental endurance as they cycle for extended periods, often without rest.



The definition of ultra endurance cycling varies depending on the event, but generally, it refers to a distance of 1,000 kilometers or more, with a time limit that ranges from 24 hours to several days to several weeks. The first ultra endurance cycling event can be traced back to the 1890s, when the first edition of Paris-Brest-Paris (PBP) was held. This event covered a distance of 1,200 kilometers, and riders had to complete the distance in less than 90 hours.



Over the years, ultra endurance cycling has evolved, with more events being introduced across the globe. One of the most famous ultra endurance cycling events is the Race Across America (RAAM), which was first held in 1982. The race covers a distance of 3,000 miles (4,800 kilometers), and riders have to complete the distance in under 12 days. RAAM has gained popularity over the years and is now considered the ultimate test of endurance cycling.



The growth of ultra endurance cycling events can be attributed to several factors, including the increasing popularity of cycling as a sport, the availability of better cycling equipment, and advances in nutrition and training techniques. Additionally, ultra endurance cycling has gained more attention in recent years, thanks to the participation of high-profile athletes and the increased media coverage of these events.



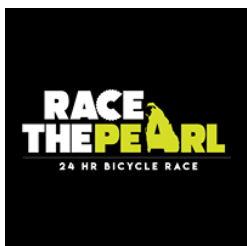
The physical demands of ultra endurance cycling events can be challenging, with riders experiencing physical and mental fatigue, sleep deprivation, and extreme weather conditions. However, these events also offer a unique opportunity for riders to test their limits and push themselves beyond their perceived boundaries.



While the physical demands of ultra endurance cycling can be challenging, it offers a unique opportunity for riders to push themselves to their limits and achieve their personal best.

[www.racethepearl.com](http://www.racethepearl.com) on 28th Oct 2023

#Cycling #UltraEndurance #ultracyclist



# SRI LANKA, PARADISE FOR THE #ULTRACYCLIST



## Word'sEnd4XR

4000 meters of climbing over 180 kms in Nuwara- Eliya In the central hills & tea capital of Sri Lanka through the nature and wildlife haven of Horton Plains leading to the World's End and back.



January



## Around The Pearl

In 10 Days

1400 kms around the beautiful coastal belt of Sri Lanka. to raise funds for 10,000 Wheelchairs A ride with a deeper purpose and the best way to see Sri Lanka on a Bicycle. For some it's a 10 day training camp and holiday



April



## Race Across Sri Lanka

330 km from the West Coast, Capital Colombo to the East Coast Surfing City Arugam Bay , through the picturesque party city of Ella in the lovely hills and downhills of Sri Lanka



July



## Race The Pearl

The ultimate challenge. 600 km in 24 hours. From The Northern most Point Pedro to the Southern Coast , Dondra Head. through day & night , elephants and peacocks , ups and downs

A 24 hour slice of life of human spirit to prove that anything is possible. The most Epic , Exotic and Exhilarating Bicycle Race in the Indian Ocean



October



Organized by

# SPINNER



Organizing Partner & Official Bike Mechanic



RIDE - RACE - REPAIR - RENT

+94 702 444 444



Spinner Cycling Sri Lanka



@unclebicycle

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24 HR BICYCLE RACE

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+94 777 354 194  
[www.racethepearl.com](http://www.racethepearl.com)