

RACE THE PEARL

24 HR BICYCLE RACE



Race Brief - V 1.0

6th Edition 2023



RACE THE PEARL

24 HR BICYCLE RACE



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

The Finest Island

"Undoubtedly the finest Island of it's size in the world"

Marco Polo, 13th Century Explorer



RACE START - POINT PEDRO

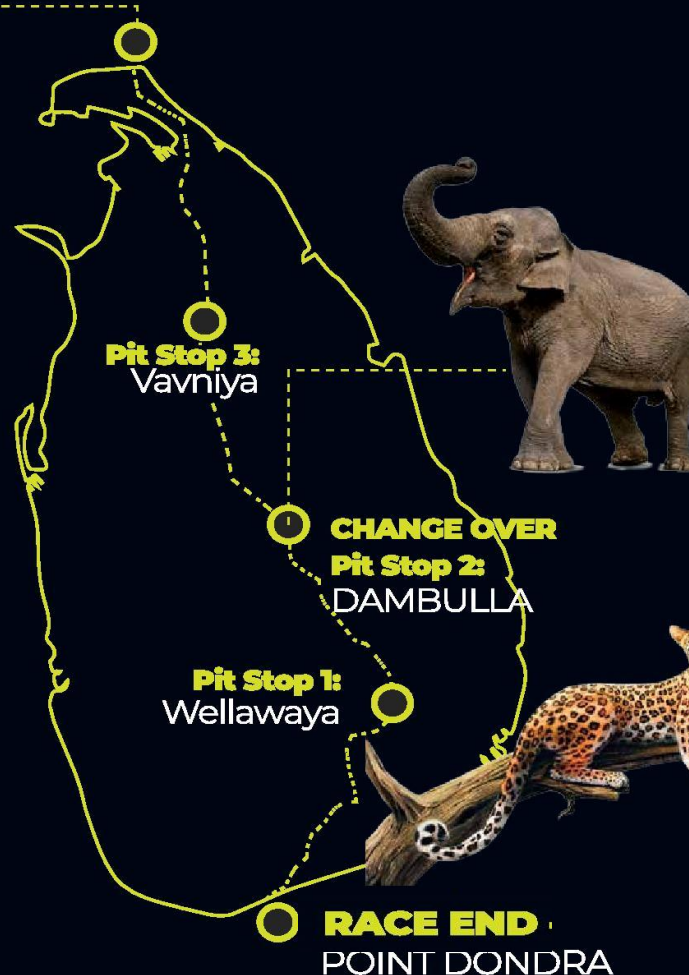
Jaffna is a city located in the Northern tip of Sri Lanka. It has opened its doors to tourism in 2009. The city has a lot of influence from India, you can see this on the streets and in their food which is different from Central or South Sri Lanka.



RACE THE PEARL
24 HR BICYCLE RACE

**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.

Sri Lanka

Ceylon, Serendib

The Pearl Of The Indian Ocean



Race The Pearl in 24 Hours



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

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 -



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

RACE THE PEARL

24 HR BICYCLE RACE

Organized By Spinner



Organizer Of



Organizing Partner & Official Bike Mechanic



**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 ^{is} nothing else like it!

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

YASAS HEWAGE,
Race Founder & Rider

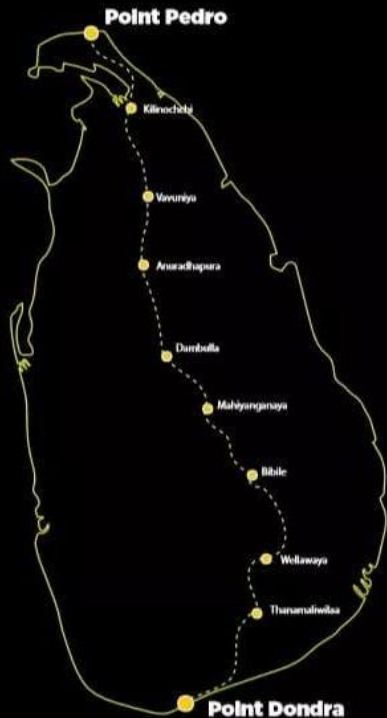
RACE THE PEARL is a 24 Hr Cycling Challenge that will push all known physical and mental boundaries on an attempt to ride a Bicycle across the Pearl of the Indian Ocean. Some will Race and some will Ride.

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, uphills and downhills, 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

RACE THE PEARL

24 HR BICYCLE RACE



Relay Power Play

****RELAY - 2 to 5 Riders**
Stage 1 - 142 km
 Point Pedro to Vavniya
Stage 2 – 106 km
 Vavniya To Dambulla
Stage 3 – 92 km
 Dambulla to Mahiyangana
Stage 4 – 116 km
 Mahiyangana to Wellawaya
Stage 5 – 145 km
 Wellawaya to Dondra

Race In Summary

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

DATE :
 28th Nov 2023 at 00.00 am

START POINT
 Point Pedro

FINISH POINT
 Point Dondra

DISTANCE
 600KM (APROX)

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)

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

CREATED BY

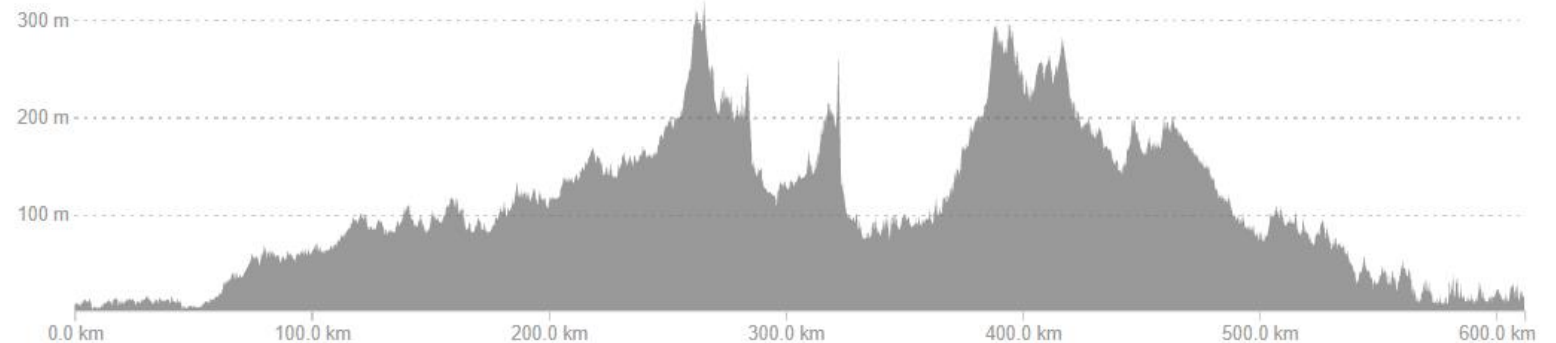
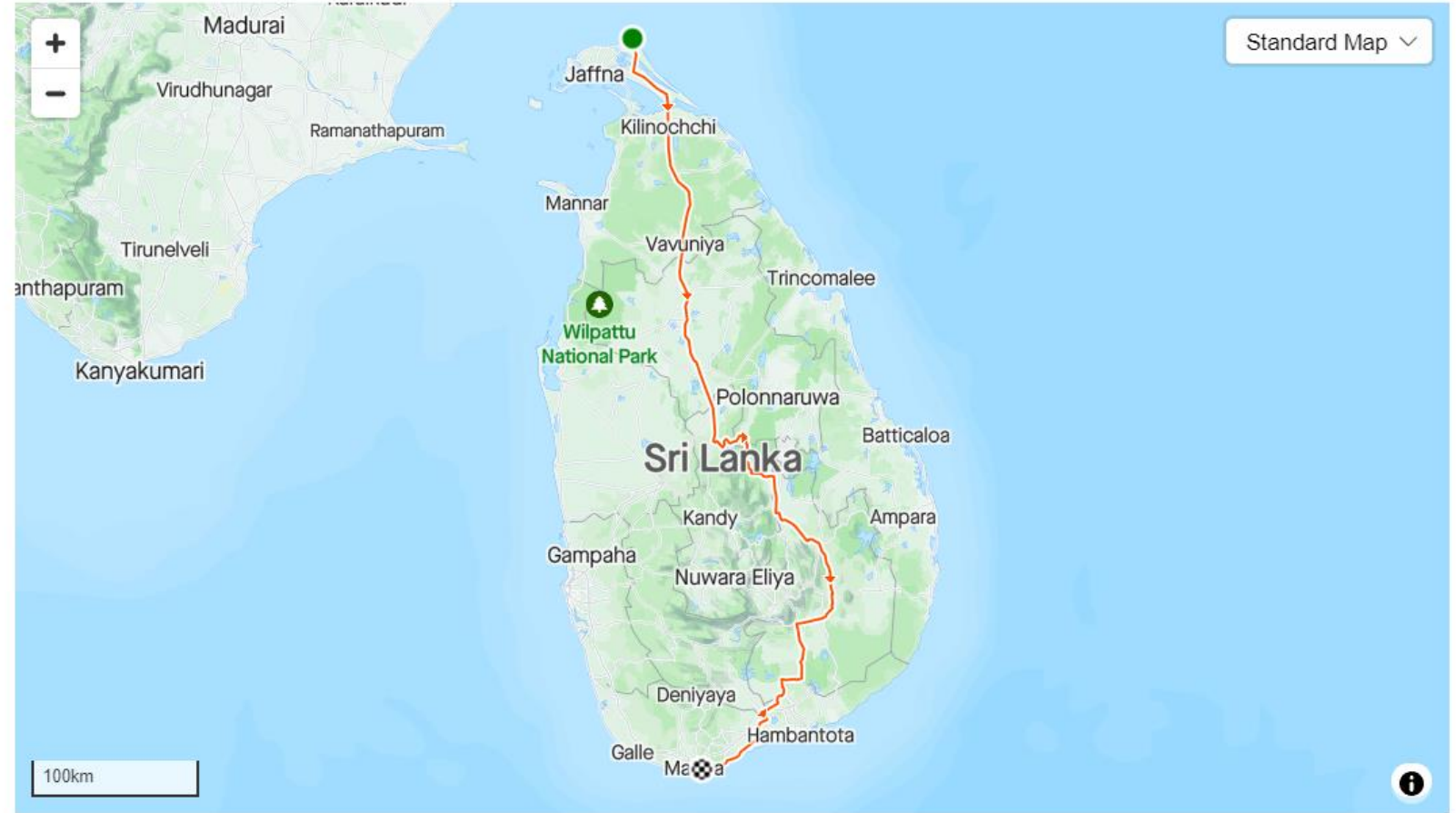
yasas hewage
January 6, 2023 · Public



Route Profile

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

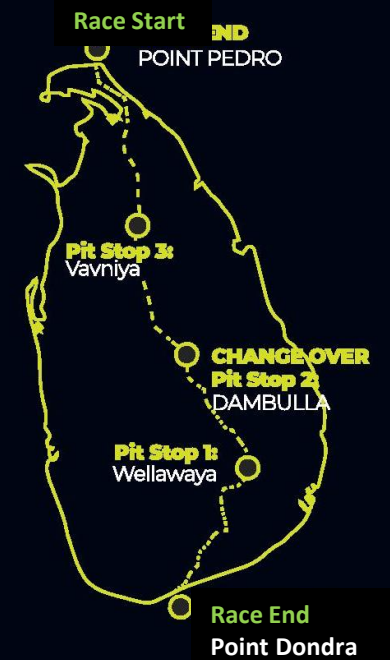
Route and Elevation



RACE ROUTE

Dondra	0 km	596 km
Tangalle	31 km	566 k m
Angunukolapelassa	52 km	547 km
Suriyawewa	79 km	519 km
Thanamalwila	109 km	490 km
Wellawaya	145 km	454 km
Buttala	160 km	434km
Monaragala	176 km	414 km
Bibile	217 Km	375 km
Mahiyangana	256 Km	338 km
Bakamuna	325 Km	267 km
Dambulla	349 km	243 km
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
Vavniya	458 km	139 km
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
Point Pedro	596 km	0 km

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



https://www.strava.com/activities/2123137839?fbclid=IwAR28hmTTzzhuzd3teZwiChKzvxzjjwYmFm0B4BLCktrKC2BqHMfn_twBqQ

<https://veloviewer.com/athletes/7500890/activities/2123137839>

2023 Race Start
From Point Pedro

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



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).
No drafting*



2

24 Hour Team

Riders will participate in teams not exceeding 5 and are allowed to ride together to complete the 600 km in 24 hours . Drafting* is allowed



3

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 . No drafting*



4

Two Day Challenge #RideThePearl

A category for aspiring ultra endurance riders to give this herculean challenge a go with the comfort of a 48 hour cut off time. With an option of a sleep over at mid point. No drafting*



5

Individual Time Trial

Clock your official 40 km time trial and be part of the Race The Pearl family. No drafting*

**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 24 Hour Team Category . Tandem Bikes are allowed in the Relay category in the day light stages (refer rule book)

RACE CATEGORIES



	Category	*Drafting	Distance	Race Time	Early Bird Offer	Race Fee		
24 Hour Solo*	Individual	No	600 km	24 Hours	Await The Early Bird offer on June 28th 2023	Rs 58,000	Pearl Jersey 	<ul style="list-style-type: none"> • Finisher Medal • Rider Jersey • Finisher T Shirt • Official Timing Certificate • 5 Aid Stations • Post Race Food station • Race Pictures • Awards Ceremony
24 Hour Team	Individual (ride in a team)	Yes	600 km	24 Hours		Rs 64 ,000	Pearl Jersey 	
24 Hour Relay	Up to 5	No	600 km	24 Hours		Rs 84,000		
2 Day Challenge #RideThePearl	Individual	Yes	600 km	48 Hours		Rs 104,000		

* 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 **24 Hour Team** Category . Tandem Bikes are allowed in the **Relay** category in the day light stages (refer rule book)

**24hr cut off time is based calculated by adding 10 % to the Solo winners timing . E.g if the Solo winner completes in 23 hrs the cut off is 24 hours + 10 % X 23 hours , This is to give eligibility for Finisher Status, To earn the Finisher medal and Finisher t- shirt

A bunch of riders drafting each other cannot exceed more than a group of 5 at any given time and has to be from the same team (24 hour team)

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

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

- 4 The 24 Hour Solo and 24 Hour Team athletes are eligible to earn the Prestigious Pearl Jersey by beating the 24 Hour Clock .
- 5 The 24 Hour Solo Riders Will get the exquisite 'Pearl Ring'



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. / 33266 m.

RACE DETAILS



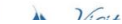
Race the Pearl

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 a 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



Official Qualifier for the prestigious Race Across America

RACE THE PEARL

24 HR BICYCLE RACE 2ND EDITION

RIDER SUPPORT VEHICLE GUIDE



ORGANISED BY

Spinner
EPIC CYCLING EVENTS



Support a child with a wheelchair
WHEELS FOR WHEELS FOUNDATION
www.aroundthepearl.lk

Race Support Vehicle (RSV)

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



(Source Craig Worlds End 4XR)



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



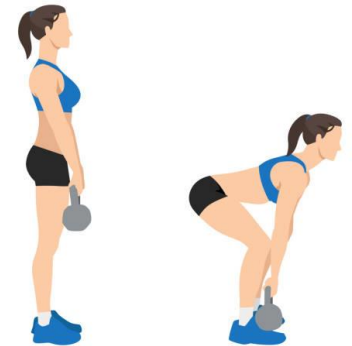
Single Leg Row



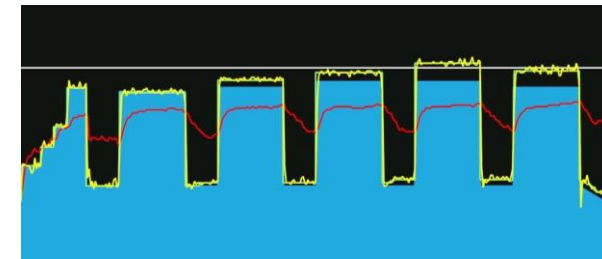
Calf Raise



Building Mental Toughness



Structured Strength & Conditioning

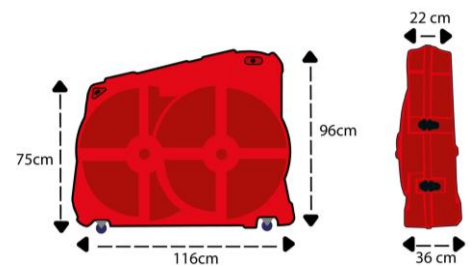
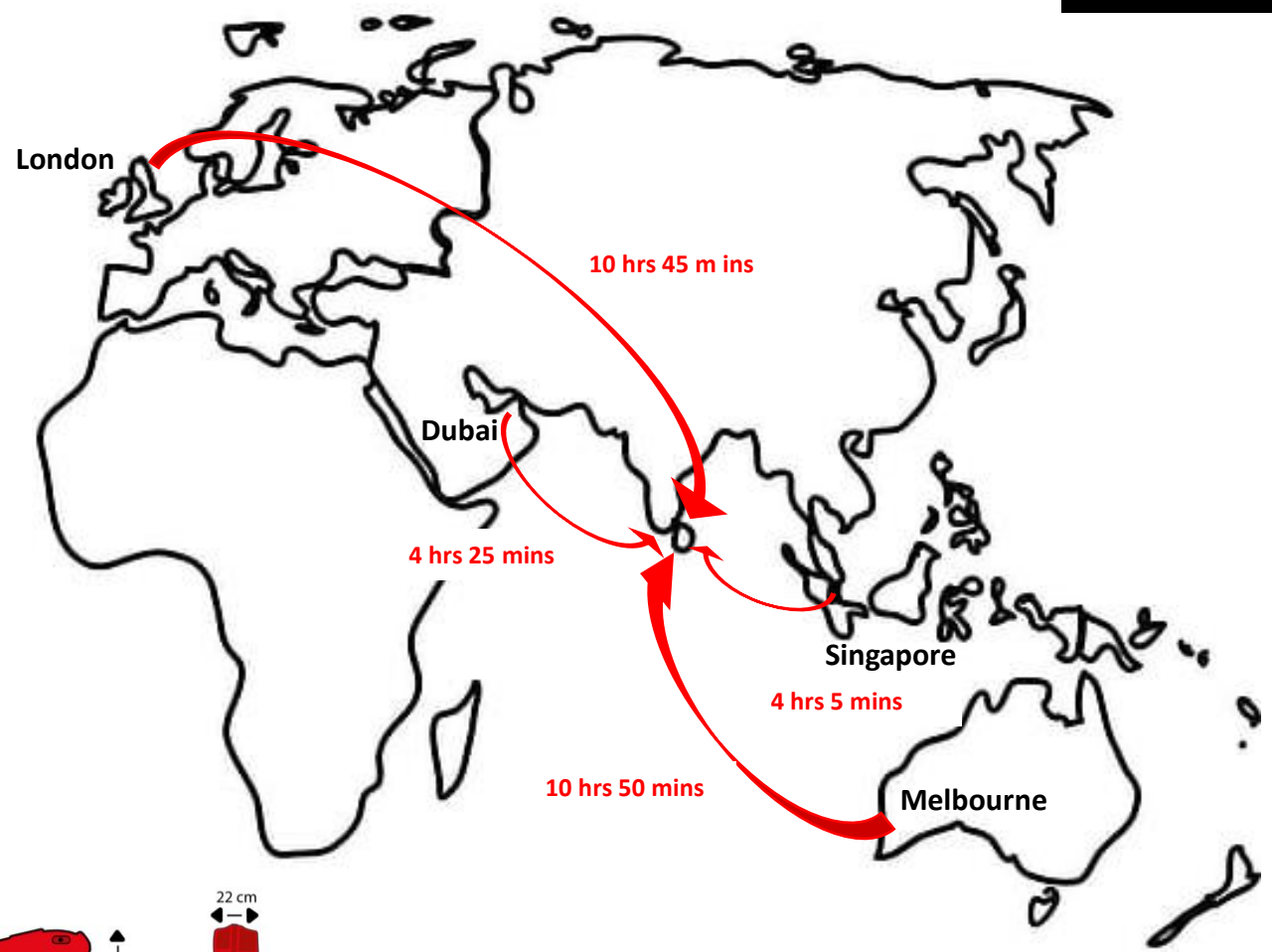
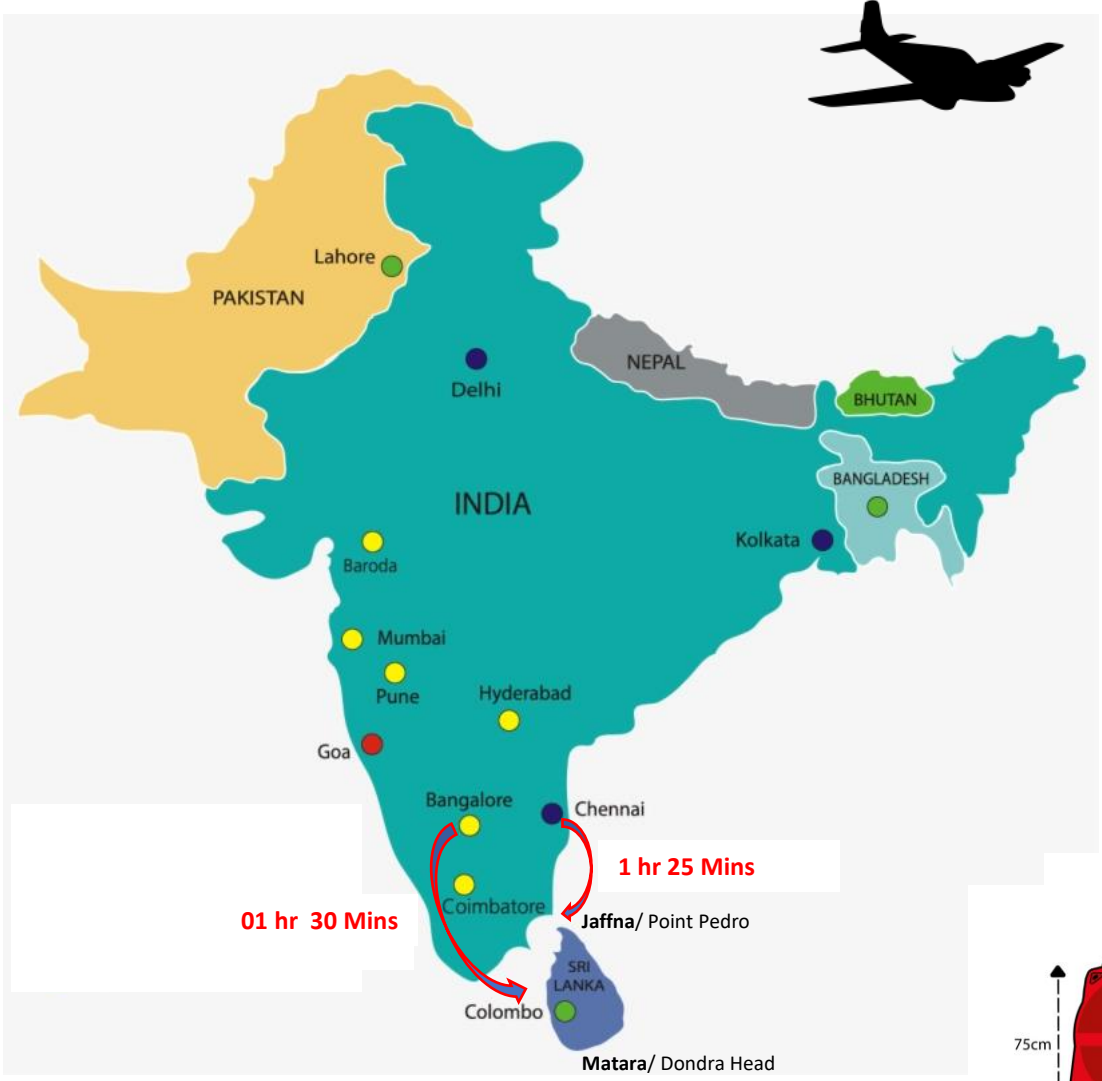
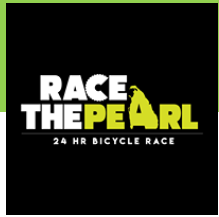


Interval Training For FTP & FTTH Development

Contact Spinner Cycling School
Bike Fit Lab For Guidance

Planning Your Air Travel

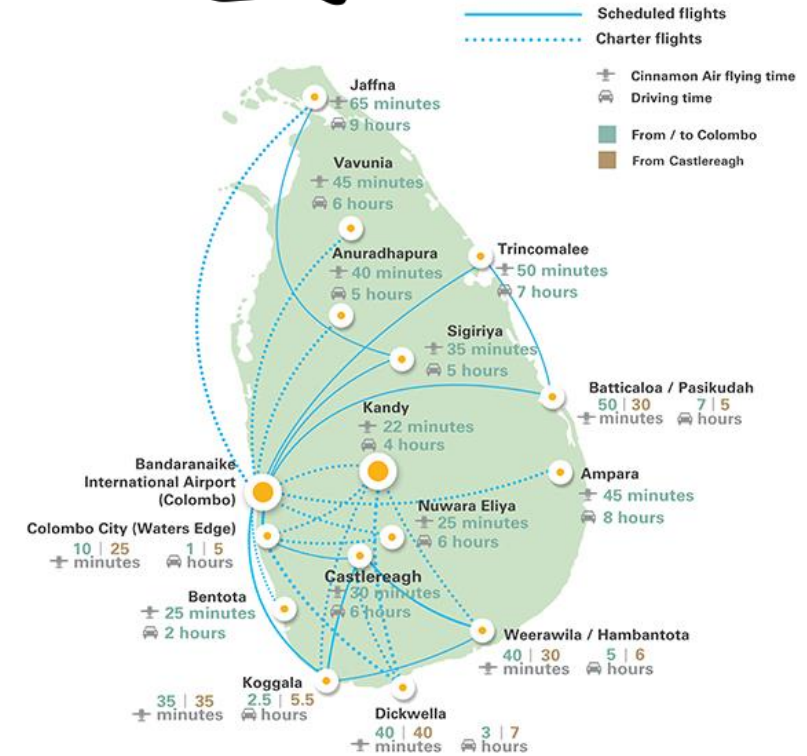
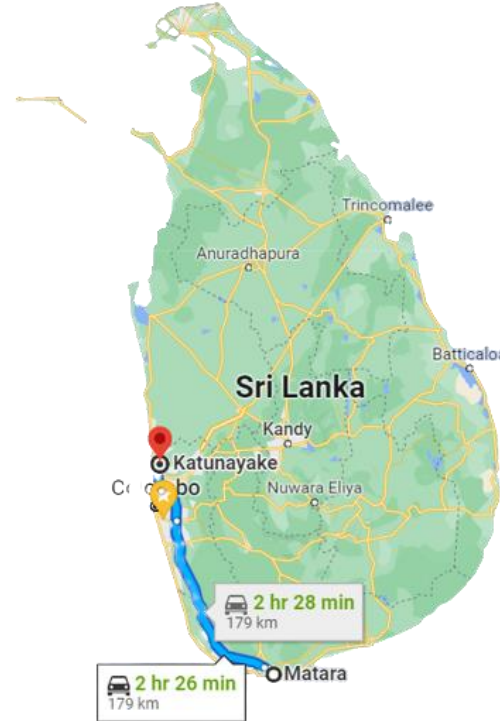
The exciting part is the planning . It starts way before race day



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

Transport Planning

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



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	
Race Across America	USA	Bike	4,800 km	12 Days	USD 3700	USD 9000	
Race Across Sri Lanka	Sri Lanka	Bike	330 km	2 Days	USD 95	USD 135	
Race The Pearl	Sri Lanka	Bike	600 km	24 Hours	USD 190	USD 280	
Half Ironman	India	Swim /Bike /Run	113 km	8.5 Hours	USD 400	USD 600	
Full Ironman	Malaysia	Swim/ Bike/ Run	226 km	17 Hours	USD 450	USD 650	
Marathon	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

Timing		Goal
48 hours Before Race	Take high Gi- carbohydrate food (Not white bread) including carbohydrate snacks in between main meals . Whole grain food , Kurakkan Pittu, Kaupi, Red rice , Manioc etc . There is no need to over eat . Do Keep sipping water as well	Store optimum energy in your muscles for the first 90 minutes of the race. So you could have 1200 – 1400 calories stored in glycogen
Race Day Breakfast	Have a similar carbohydrate meal 2 hours before the race . Do not try anything new on race day . Two hours leading up to the race, sip on 500-750 ml of the home made sports drink	
During Race	The body can take in around 60-90g of carbohydrate per hour during exercise	<p>You can try to Keep up with the extensive calorie burn rate (aprox 1000 calories p/h) at a pro race but never catch up so keep fueling</p> <p>On bike we Could take max 1500 calories over 4 hours</p>
Eat: First 20 minutes of the race	One Home made Energy/Ajani bar/ or Peanut butter Brand Crackers ☺/ Two Thala Gulis ☺. Sesame seed balls	
Eat: Every 20 mins	20/20 Rule : Take 20g Carbohydrate every 20 mins (One home made energy bar (200 Cal) or one Anamalu Banana (100 cal) 60g of Carbs will give 240 calories	
Drink: 60 to 90 mins to race finish	Have a cola drink (150 cal) In Ultra Race may be every 4 hours	
Drink – Electrolytes & Water	One bottle of water /one bottle of electrolytes (specially with sodium (300 mg)) Take Aprox 1 ltr of liquid per hour (depends on time of day)	
Post Race Recovery	Have a Anamalu/banana and a yoghurt within 20 minutes of race finish (Carb and Protein) . Within 90 mins celebrate with a Sri Lankan rice & curry with two eggs. (more proteins) Or some mung eta. In ultra race like Race The Peral , you will have a similar mid day meal	Body is still asking for energy . Need help it recover



Energizing the Race

In 2015 Spinner Introduced the scientific approach to sports nutrition in Sri Lanka with SIS (Science in Sports) UK. This was to help athletes and cyclists understand the four principles of **1) Hydration , 2) Energy , 3) Recovery & 4) Rebuild**. Many events including Ironman70.3Colombo were sponsored and supported . The Covid-19 pandemic made us change how we look at things and the need to simplify and make things affordable . Now we totally fuel our rides and races from natural and locally available nutrition and it's doable ,

but remember ..

'Eat before you are hungry drink before you are thirsty '



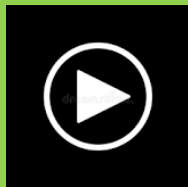
Y asas.Hewage
Spinner Cycling School

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

RACE
THEPEARL
24 HOUR BICYCLE RACE



#TheUltraCyclist



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



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.

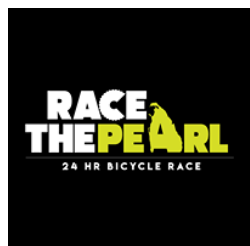
The growth of ultra endurance cycling events can be attributed to several factors, including the increasing popularity of cycling as a sport, the availability of better cycling equipment, and advances in nutrition and training techniques. Additionally, ultra endurance cycling has gained more attention 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.

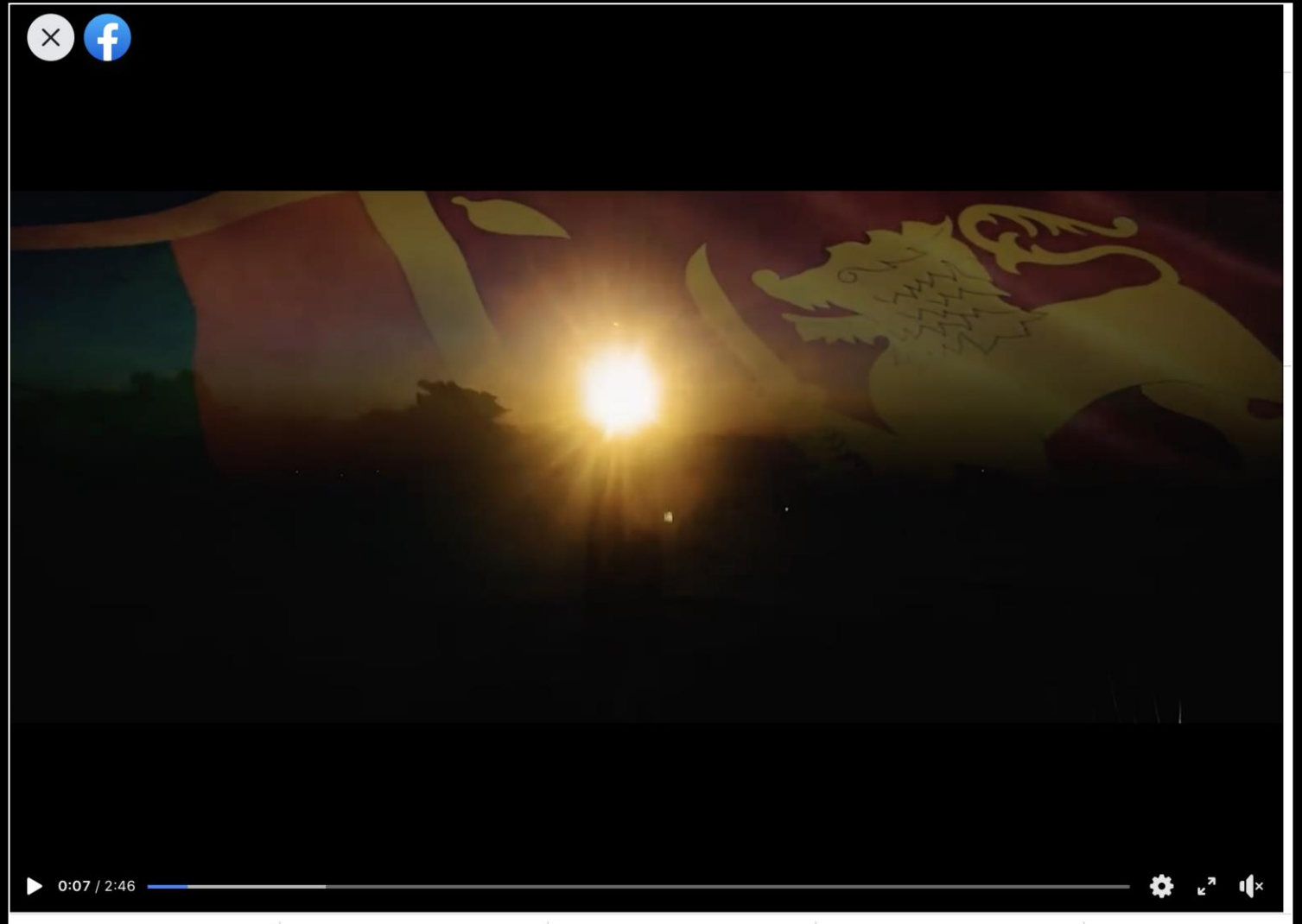
www.racethepearl.com on 28th Oct 2023

#Cycling #UltraEndurance #ultracyclist



One More

RACE
THE PEARL
24 HR BICYCLE RACE



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

Organized by

SPINNER



Organizing Partner & Official Bike Mechanic



RIDE - RACE - REPAIR - RENT

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Spinner Cycling Sri Lanka



@unclebicycle

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24 HR BICYCLE RACE

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