

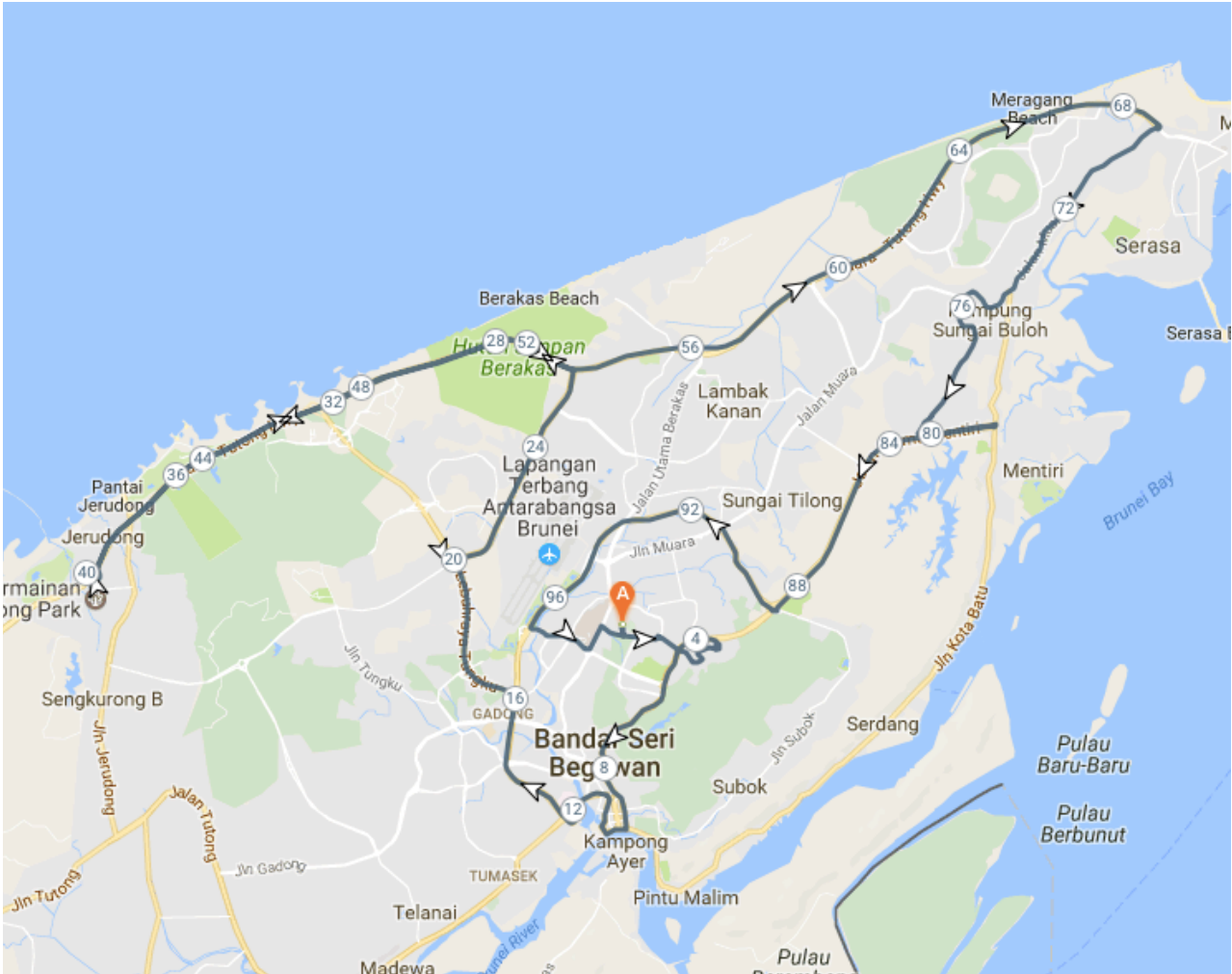
CYCLE 4 HEALTH
 IN CONJUNCTION WITH
 WORLD MOVE FOR HEALTH DAY



100 KM

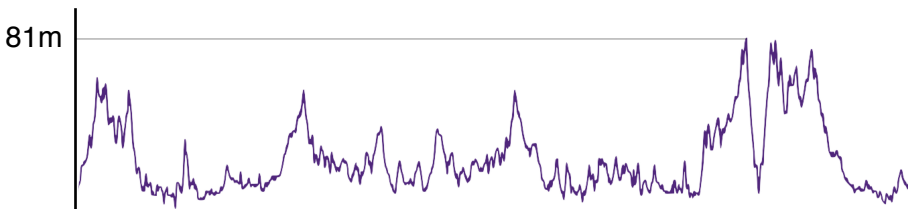
5 hours 30 mins*
 *estimation only

SUNDAY | 6AM | 14 MAY 2017



Distance	99.720 km
Lowest Point	2 m (at 11.61 km)
Uphill	41.76 km (41.9%)
Flat	17.01 km (17.1%)
Steepest Uphill	+11.1% (at 82.80 km)
Longest Uphill	1.35 km (at 23.58 km)

Total Ascent/Descent	1133 m / 1133 m
Highest Point	81 m (at 80.01 km)
Downhill	40.95 km (41.1%)
Max. Height Gain	79 m
Steepest Downhill	-11.1% (at 80.10 km)
Longest Downhill	1.35 km (at 54.81 km)













SUPPORTED BY:



SANCTIONED BY:



No	Km	Turn	Directions
6:30:00	0.000		-MULA- Stadium Negara Hassanal Bolkiah
6:30:34	0.194	←	Ke kiri memasuki Jln Stadium
6:33:34	1.012		Di bulatan, masuk ke jalan yang ke-2 (Jln Pusat Dakwah)
6:36:08	1.616	↑	Jalan terus melintasi lampu trafik Jln Pusat Dakwah memasuki Simpang 336
6:39:52	2.329	←	Ke kiri memasuki Simpang 336-71
6:43:00	3.375	!	Berkumpul semula di kawasan letak kereta Sekolah Yayasan Sultan Haji Hassanal Bolkiah (Jika Perlu)
6:43:31	3.664	←	Susur keluar memasuki Jalan Utama Mentiri
6:46:39	4.675	↑	Jalan terus melintasi bangunan Kemeterian Kewangan > Supa Save Mabohai > Hotel Radisson > Tamu Kianggeh
7:01:26	9.532	→	Ke Kanan memasuki Jalan McArthur
7:01:58	9.721	↑	Jalan Terus melintasi Masjid Sultan Omar 'Ali Saifuddin
7:04:32	10.571	↑	Jalan terus memasuki Jln Stoney
7:05:29	10.913	←	Ke kiri memasuki Jalan Raja Isteri Pengiran Anak Saleha
7:07:16	11.497	↑	Jalan terus melintasi lampu trafik Jln Hj Basir
7:09:31	12.095	←	Ke kiri memasuki Lebuhraya Sultan Hassanal Bolkiah
7:18:55	15.115	↑	Jalan terus menuju persimpangan Lebuhraya Tungku
7:21:53	16.041	←	Ke kiri memasuki Lebuhraya Tungku
7:34:13	20.027	←	Ikut kiri dan susur keluar memasuki persimpangan Lebuhraya Rimba
7:35:33	20.437	←	Ke kiri memasuki Lebuhraya Rimba
7:50:11	25.022	↑	Jalan terus melintasi lampu trafik Jln Utama Terunjing
7:53:37	26.049	←	Ke kiri memasuki Lebuhraya Muara - Tutong
8:33:30	38.791	←	Ikut kiri dan susur keluar memasuki persimpangan Jerudong Park
8:34:31	39.203	←	Ke kiri
8:34:36	39.232		-PIT STOP- Kawasan letak kereta Jerudong Park Food Court 1 (15 minit)
8:35:35	39.551	←	Ke kiri
8:36:37	39.859	←	Ke kiri memasuki Lebuhraya Tutong - Muara
8:38:13	40.316	↑	Jalan terus menuju Pusing Keliling Jln Muara
10:09:23	68.932		Di bulatan, masuk ke jalan yang ke 3 (Jln Muara)
10:26:00	74.343	↑	Jalan terus melintasi lampu trafik Jln Kota Batu
10:32:09	75.779	←	Ke kiri memasuki Simpang 791
10:34:14	76.316	←	Ke kiri memasuki Jalan Paya Panchor
10:38:02	77.516		Di bulatan, Jalan terus
10:41:24	78.468		Di bulatan, jalan terus
10:44:09	79.134		Di bulatan, jalan terus
10:46:30	79.736	←	Ke kiri memasuki Jln Utama Mentiri
10:50:22	81.441		Di bulatan, masuk ke jln yang ke 4 (Jalan Utama Mentiri)
10:52:40	81.980	↑	Jalan terus menuju pusing keliling Sg. Akar
11:16:26	88.691		Di bulatan, masuk jalan ke 3 (Jln Sungai Akar/Lebuhraya Sultan Hassanal Bolkiah)
11:38:41	96.590	←	Susur keluar memasuki Jalan Menteri Besar
11:44:33	98.320	←	Ke kiri memasuki Jln Perdana Menteri
11:46:38	99.022	→	Ke kanan memasuki Jalan Stadium
11:48:20	99.560	←	Ke kiri memasuki Simpang 32
11:48:52	99.753		-TAMAT- Stadium Negara Hassanal Bolkiah

TERMS & CONDITIONS

In consideration of accepting and allowing me to participate in the Event, I, hereby freely and voluntarily agree with the Event organiser that:

- 1 I acknowledge that I am eighteen (18) years of age or older, or the legal guardian of the child, and that I have read and understood the contents of this document.
- 2 I have consent from my legal guardian and/or my parents in participating in the Event (for participants below 18 years old).
- 3 I declare that I am deemed physically fit and medically fit to participate in this event. I also confirm that I have no physical or medical condition, which in my knowledge would endanger others or myself while participating in the Event.
- 4 I understand that this Event IS NOT A RACE and requires me to start and finish as a group lead by designated marshalls/support car at an average speed range of 25-30KM/H.
- 5 I concur that the event organiser, event supporters, The Brunei Darussalam Cycling Federation and each of their respective officers, employees, volunteers and/or agents involved in the event may DELAY/STOP/PAUSE the Event at anytime due to unfavorable weather, safety concerns, technical issues or any unforeseen circumstances that may occur prior/during the Event.
- 6 I consent to the free use of my name, photographs, likeness and/or voice to appear in any documentary, promotional (including advertisements), television, radio or film coverage of the Event and without compensation or further notice, and I agree to assign all copyright or other interests therein to the Event.
- 7 Being fully aware of the risks, conditions and hazards associated with this Event, I HEREBY ACKNOWLEDGE AND DISCHARGE the event organiser, event supporters, The Brunei Darussalam Cycling Federation and each of their respective officers, employees, volunteers and/or agents involved in the Event from any and all liability for accident, injury or damage to me or the person under my care or property howsoever caused arising out of or in connection with the Event.
- 8 I FURTHER AGREE TO WAIVE, RELEASE AND DISCHARGE for myself, my heirs, executors, administrators, legal representatives, assignees and successors an interest in any and all claims of damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of my participation in the Event against the event organiser, event supporters, The Brunei Darussalam Cycling Federation and each of their respective officers, employees, volunteers and/or agents.