

CYCLE FOR CANCER 2022

15-24th July

SANDAKAN - SIBU

1100+ KM

Up for the
challenge?



Organized by:



In support of:



In collaboration with:



INTRODUCTION

Cancer is a heavy burden on both patient and the healthcare system and nearly 50000 new cancer cases are diagnosed yearly in Malaysia¹.

Despite the COVID-19 pandemic, MAKNA disbursed RM15 million in aid to nearly 7000 patients all over Malaysia in the year 2020. Since its establishment in 1995, MAKNA has provided curative, preventive, research and support services to cancer patients and their families, high-risk groups and the general public in Malaysia.

The Malaysian Medical Association proposes to organize a fund-raising event – Cycle For Cancer 2022 towards the fight against cancer. We aim to raise a total of RM500,000 for the National Cancer Council (Majlis Kanser Nasional – MAKNA) of Malaysia.

Your participation in this event will indeed increase public awareness on cancer and make a difference in the lives of cancer patients, survivors, and their families.

¹ <https://gco.iarc.fr/today/data/factsheets/populations/458-malaysia-fact-sheets.pdf>

OBJECTIVES

Objective 1

To raise funds for cancer related aid and services

Objective 2

To raise public awareness regarding cancer in Malaysia

Objective 3

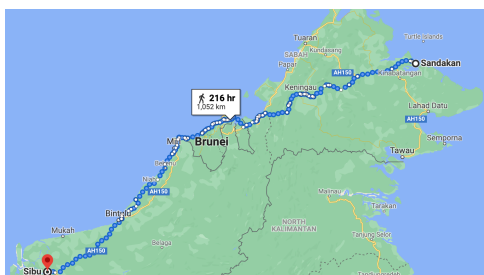
To promote cycling as a lifestyle in this post-pandemic era

Objective 4

To reduce carbon emissions by promoting cycling

DATE

15th July 2022 flag off at Sandakan



24th July 2022 end in Sibul - MAKNA East Malaysia HQ

- | Day 1 : Sandakan - Telupid (130km)
- | Day 2 : Telupid – Kundasang (110km)
- | Day 3 : Kundasang – Kota Kinabalu (90km)
- | Day 4 : Kota Kinabalu – Sipitang (135km)
- | Day 5 : Sipitang - Limbang (110km)
- | Day 6 : Limbang – Miri (170km)
- | Day 7 : Miri – Niah (95km)
- | Day 8 : Niah – Bintulu (123km)
- | Day 9 : Bintulu – Selangau (140km)
- | Day 10 : Selangau – Sibul (75km)

PARTICIPANT INFORMATION

This is not a race but rather a fully supported long distance 10-day ride – spanning over 1100km from the east coast of Sabah, over the beautiful rolling hills of the Crocker Range passing Southeast Asia’s tallest mountain, the majestic Mt. Kinabalu, and then along the west coast of Sabah. Cyclists will then take a scenic coastal route crossing the borders of Sarawak (and Brunei) towards the historical town of Sibul, home to MAKNA’s East Malaysia Office.

The ride is of an intermediate difficulty level. Thus, cyclists will need adequate training prior to the event. Average distance covered per day will be 100-150km at a speed of 25km/hour. Appropriate grouping of riders according to speed and experience will be done before the event and medical screening by a certified doctor is needed before participation.

How much does it cost to participate?

Participants will be required to raise a **minimum of RM3000** to participate; of which a minimum of **RM1000** will be channeled to MAKNA. Receipts for tax exemption will be issued.

MMA will contribute to part of the RM3000 donation for members:

- **RM500 for every life member**
- **RM200 for every ordinary member**

What’s included?

This will include food (three meals a day) and accommodation for the entire event – 2 riders to a room (same sex) unless specific requests are made. Apparel will be provided in the form of a set of cycling jersey that you will need to wear on the first and last day for photo/videography purposes. Light snacks will be provided, and water stations will be available every 50km.

A support convoy consisting of a medical/technical/safety team in vans/cars/motorcycles will be available throughout the ride to carry cyclists’ personal belongings and to pick up riders that are unable to keep up due to unforeseen circumstances.

What’s not included?

Cyclists will need to bring their own bicycle, helmet, complete with front and rear light, water bottle and . Insurance coverage is also preferable (although the organizers are currently working to obtain coverage) for the duration of the event. Transport from home to Sandakan (starting point) and from Sibul (destination) back home will not be included – but participants will be informed if subsidized flight tickets become available nearer the event.

Activities

We aim to provide all riders with a unique, memorable experience of a lifetime and thus may arrange social activities to local attractions along the way. These are completely optional, and costs will be borne by riders themselves.

Registration form: bit.ly/CFC2022



A detailed participant information sheet will be sent out to successfully registered participants.

VOLUNTEER INFORMATION

Can I contribute as a volunteer?

Yes, you definitely can!

We welcome volunteers to aid us in pre-event planning and logistics during the ride. If you have a motorcycle/van/pickup truck; good with logistics/planning; or any other service that you can offer; please let us know too! Your contribution of time/money/effort will certainly **make a difference** in the lives of cancer survivors in Malaysia. We will also feature **your logo** should you volunteer as an organization.

Food and accommodation throughout the event will be covered and you will also receive a **t-shirt and goodie bag**. You will also have the opportunity to interact and build new friendships with like-minded, enthusiastic fellow Malaysians. We will need you to arrange your own transport to Sandakan and from Sibu after the event.

Fill up the CFC2022 Volunteer form here: bit.ly/CFC2022volunteer



DONATION MECHANISM

All donations/financial sponsorship are to be transferred to the account below:

Bank Name: UOB
Bank Account Name: MMA Foundation
Bank Account Number: 1063 0577 41
UOB Swift Code: UOVBMYKL (international donations)
Transaction details: CFC2022 Donation

Please provide **proof of transaction and the following details** to cfc2022@mma.org.my for tax exemptible receipts:

1. Name
2. IC number
3. Phone number
4. Postal address
5. Company name, Reg, Number and Business address (for companies)

Riders that have collected donations from **multiple sources may download a template** from <https://bit.ly/CFC2022donor> and submit it with your final amount.

SPONSOR CATEGORIES/VALUES

Main Sponsors	Cash (RM)
Diamond Sponsor (x1)	300 000
Platinum Sponsor (x2)	200 000
Gold Sponsors (x5)	100 000
Silver Sponsors	<i>(Refer table below)</i>
Bronze Sponsors	5 000

Silver Sponsors

Accommodation Sponsor (~RM70000)	Providing accommodation for part/whole of the event for cyclists (100 persons x 10 nights)
Nutrition Sponsor (~RM50000)	Providing food, for cyclists and support convoy for part/whole of the event (100 persons x 10 days)
Travel Sponsor (~RM40000)	Providing part/all of the travel arrangements for cyclists (50 persons): - Flights to Sandakan from Kuala Lumpur/Kuching - Flights to Kuala Lumpur/KK from Sibul
Support Convoy Sponsor (~RM20000)	Providing part of/all the costs of bus service for cyclists, lorry for bicycles (in situations like storms, etc.) Basic repair kits for 50 cyclists
Apparel Sponsor (cyclist) (~RM10000)	Providing apparel for cyclists and/or support convoy (50 persons x 2 jerseys each = 100 pcs)
Apparel Sponsor (support convoy) (~RM7000)	Providing apparel for support convoy (50 persons x 2 t-shirts each = 100 pcs)
Fuel Sponsor (~RM10000)	Providing part/whole of the funds needed for support convoy fuel
Insurance Sponsor	Providing coverage for cyclists (50 persons) during the event
Media Sponsor	Providing media coverage pre, during (on site) and post event
Publicity Sponsor	Providing publicity for the event (virtual/physical)

SPONSORSHIP BENEFITS

Items	Diamond	Platinum	Gold	Silver	Bronze
Invitation to flag off event	✓				
Invitation to press releases (virtual/physical)	✓	✓			
Three cycling slots	✓				
Two cycling slots		✓			
One cycling slot			✓	✓	
Logo on front of cycling jersey	✓				
Logo on sleeve of cycling jersey		✓	✓		
Logo on back of cycling jersey		✓	✓	✓	✓
Logo on all promotional material	✓	✓	✓	✓	✓
Acknowledgement in media releases	✓	✓	✓	✓	✓
Inclusion of merchandise in goodie bags	✓	✓	✓	✓	✓

This concept paper is correct at time of writing. Sponsorship details and benefits are made in good faith and newer versions of the concept paper will supercede the previous.

Contribute to the lives of cancer patients here:
bit.ly/CFC2022sponsor



Contact persons:
Ms Rafikah Nordin
Dr Timothy Cheng
03 4041 1375
cfc2022@mma.org.my