



FtourisPRE-EVENT NEWS RELEASE

For Immediate Release

Malaysia's most highly rated and challenging ultra race returns to Janda Baik

Malaysia Action Asia 50 - November 25, 2018

The second edition of the Malaysia Action Asia 50 is returning on Sunday November 25, participants will find themselves running through untouched nature and alongside wildlife, a pristine sanctuary that's just 30 kilometres away from the hustle and bustle of Kuala Lumpur in the race. Set in the village of Janda Baik, the event, which includes 50km, 22km, 10km and a new 5km distance, will start and finish at Cherengin Hills Convention & Spa Resort, and be a true test of mental and physical strength.

One of the toughest trail running races in Malaysia, runners will have to conquer not only the hot and humid weather, but also the large elevation gaps as well. With three distances on offer to cater for all ages and fitness abilities, the Malaysia Action Asia 50 is a chance for everyone and anyone to be immersed in nature's beauty.

The 5km & 10km route for beginners and novice trail runners offers a varied terrain of hills and flats, dirt trails and paved road, and 10km course has a total of 425m of elevation gain with the highest point at 516m. The 24km is more challenging with more than double the elevation gain (887m total) and a lot more dirt trails.

For those seeking to test their limits, the 50km course has a whopping 2,433m elevation gain - equivalent to climbing KL's iconic Petronas Towers more than five times. The course begins by following the 24km route until a river crossing, followed by a section of dirt and single track along a gorgeous quiet valley. Here runners will find themselves surrounded by almost 100 per cent pristine rainforest with monkeys leaping from trees, the sound of very loud crickets, and just absolute ideal running conditions that will put runners in that zone they've long lived for. At Bentong, runners will turn around and return on the same route to the river crossing, offering an opportunity to cheer on others coming in the opposite direction. Back at the river crossing the route rejoins the 22km course to the finish.



The flag off times will be 5am (50km), 7am (22km) and 7:15am (5km & 10km). To minimise environmental damage to the natural route and maintain a clean green environment in Malaysia, the Malaysia Action Asia 50 will be operating a strict no cup policy. Runners are advised to bring their own water bottles or hydration packs and refill them at the water checkpoints throughout the course.

Race Info:

Event:	Malaysia Action Asia 50
Date:	November 25, 2018 (Sunday)
Time:	50km – 5:00 a.m 24km – 7:00 a.m 5km & 10km – 7:15 a.m
Location:	Cherengin Hills Convention & Spa resort, Janda Baik, Malaysia
Distance:	5km, 10 km, 22 km, 50km
Course:	http://www.actionasiaevents.com/our-events/upcoming-events/2018-malaysia-nov50/course.html#content

For more race details, please click below:

www.actionasiaevents.com

www.facebook.com/ActionAsiaEvent/

www.instagram.com/actionasiaevents/

www.twitter.com/ActionAsiaEvent

www.youtube.com/user/ActionAsiaEvents

About Action Asia Foundation

Since its inception in 1997 the Action Asia Foundation has promoted the idea that outdoor activities can play a crucial part in fostering an individual's personal development. Proceeds from Action Asia events help the work



of the Foundation. The goals of the foundation include: developing personal development opportunities for young people in Asia through organising outdoor adventure activities; raising the quality of life for disadvantaged young people in Asia by funding health clinics, schools and activity centres; promoting cultural interchange through adventure programmes and events; and developing permanent facilities for youth adventure training. The foundation's achievements so far include funding a day-care and health facilities in Nepal, and organising kayaking, climbing and other outdoor activities for handicapped and underprivileged youth in Hong Kong.

Press Contact

For further information, images or interview opportunities please contact Action Asia Events:

Ms. Leila Cheng, PR Executive

(+852) 2581 9800 / media@actionasiaevents.com