

**15th ASIAN MOUNTAIN BIKE
CHAMPIONSHIPS &
1st JUNIOR ASIAN MOUNTAIN BIKE
CHAMPIONSHIPS**



**MALACCA HISTORICAL CITY
5th – 8th November 2009**

**15th ASIAN MOUNTAIN BIKE CHAMPIONSHIP &
1st JUNIOR ASIAN MOUNTAIN BIKE CHAMPIONSHIP 2009
MALACCA HISTORICAL CITY**

- 1.0 Date : 5th – 8th November 2009
- 2.0 Venue : Botanical Park & Beruang Hill, Malacca
** Attachment below shows the map for Down Hill and Cross Country competition site.*
- 3.0 Accommodation : d'Village Resort, Malacca
Ranked 26 over 97 hotels in Malacca
** 50 USD per person per day*
- 4.0 Competition Schedule :

Day	1	2	3	4	5	6
Date	4 th	5 th	6 th	7 th	8 th	9 th
Events	Arrival	Meeting	Race			Departure

Wednesday November 4th, 2009

- 0800 – 1900 - Arrival of participated contingents
2000 – 2100 - Opening ceremony (athlete village)

Thursday November 5th, 2009

- 0930 – 1030 - Jersey Check and License Control
1030 – 1130 - Team Manager's Meeting
1130 – 1230 - Technical's Meeting
1430 – 1630 - DH – Trial Run
1630 – 1830 - XC – Official Training
2030 – 2230 - Welcoming Party

Friday November 6th, 2009

- 0730 – 0900 - DH – Training
0930 – 1030 - DH – Seeding Run (Women Junior)
1030 – 1130 - DH – Seeding Run (Women Elite)
1230 – 1400 - Break
1400 – 1500 - DH – Seeding Run (Men Junior)
1500 – 1600 - DH – Seeding Run (Men Elite)

Saturday November 7th, 2009

- 0730 – 0900 - DH – Training
- 0930 – 1030 - DH – Final Run (Women Junior)
- 1030 – 1130 - DH – Final Run (Women Elite)
- 1200 – 1230 - Prize Presentation Ceremony
- 1230 – 1400 - Break
- 1400 – 1500 - DH – Final Run (Men Junior)
- 1500 – 1600 - DH – Final Run (Men Elite)
- 1600 – 1630 - Prize Presentation Ceremony

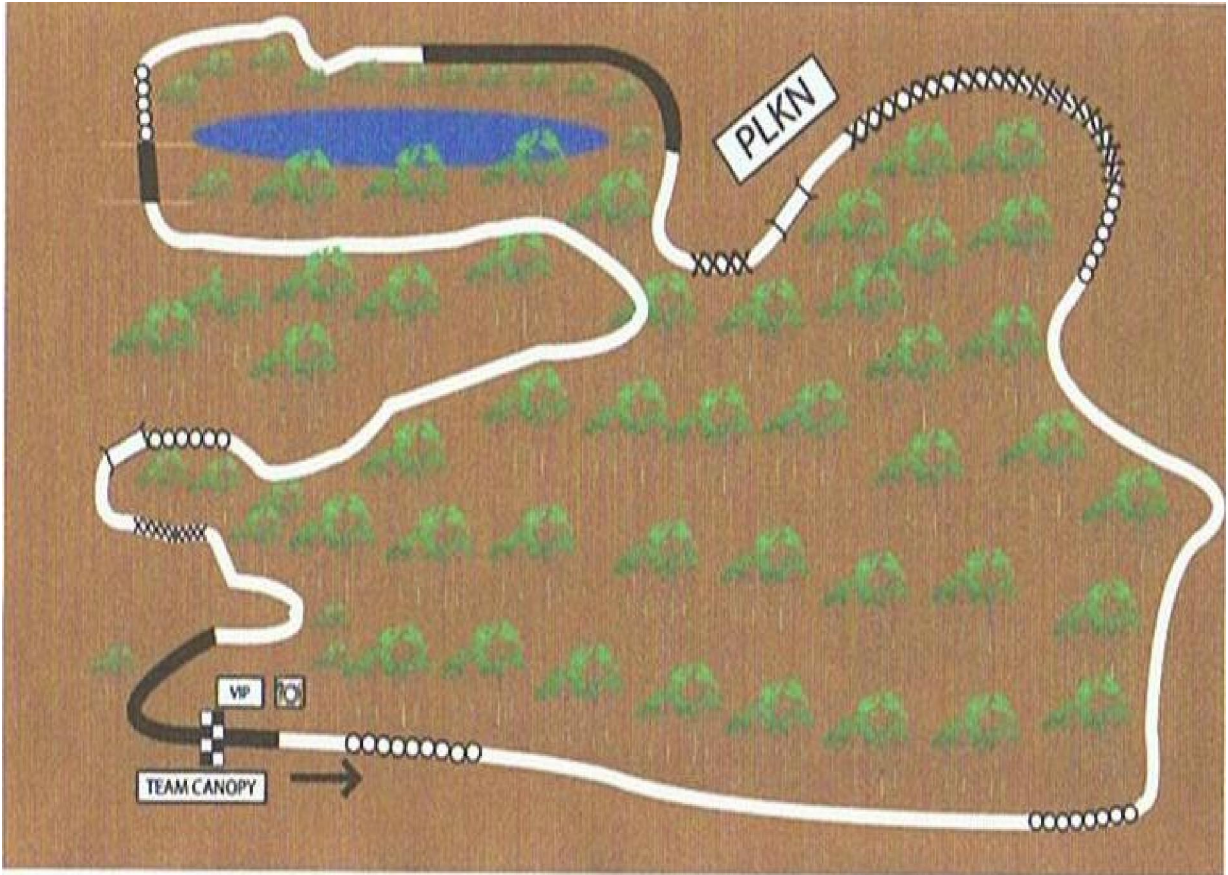
Sunday November 8th, 2009



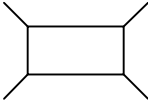

- 0800 – 0930 - XC – Women (Junior)
- 1000 – 1200 - XC – Women (Elite)
- 1200 – 1230 - Prize Presentation Ceremony
- 1230 – 1330 - Break
- 1400 – 1545 - XC – Men (Junior)
- 1615 – 1830 - XC – Men (Elite)
- 1830 – 1900 - Prize Presentation Ceremony
- 2030 – 2230 - Farewell Party

Monday November 9th, 2009

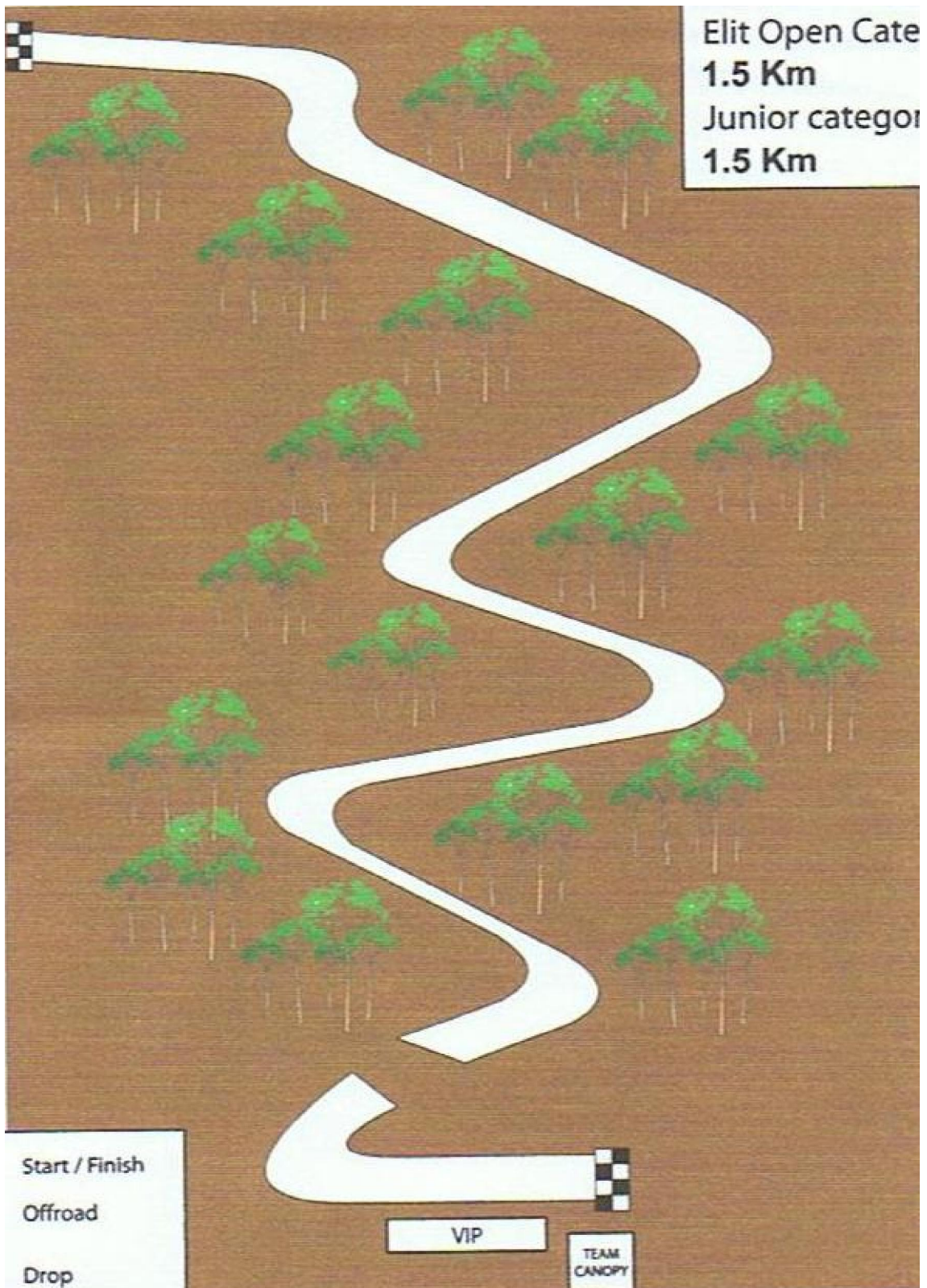
- 0800 – 1200 - Departure of participated team

CROSS COUNTRY COURSE

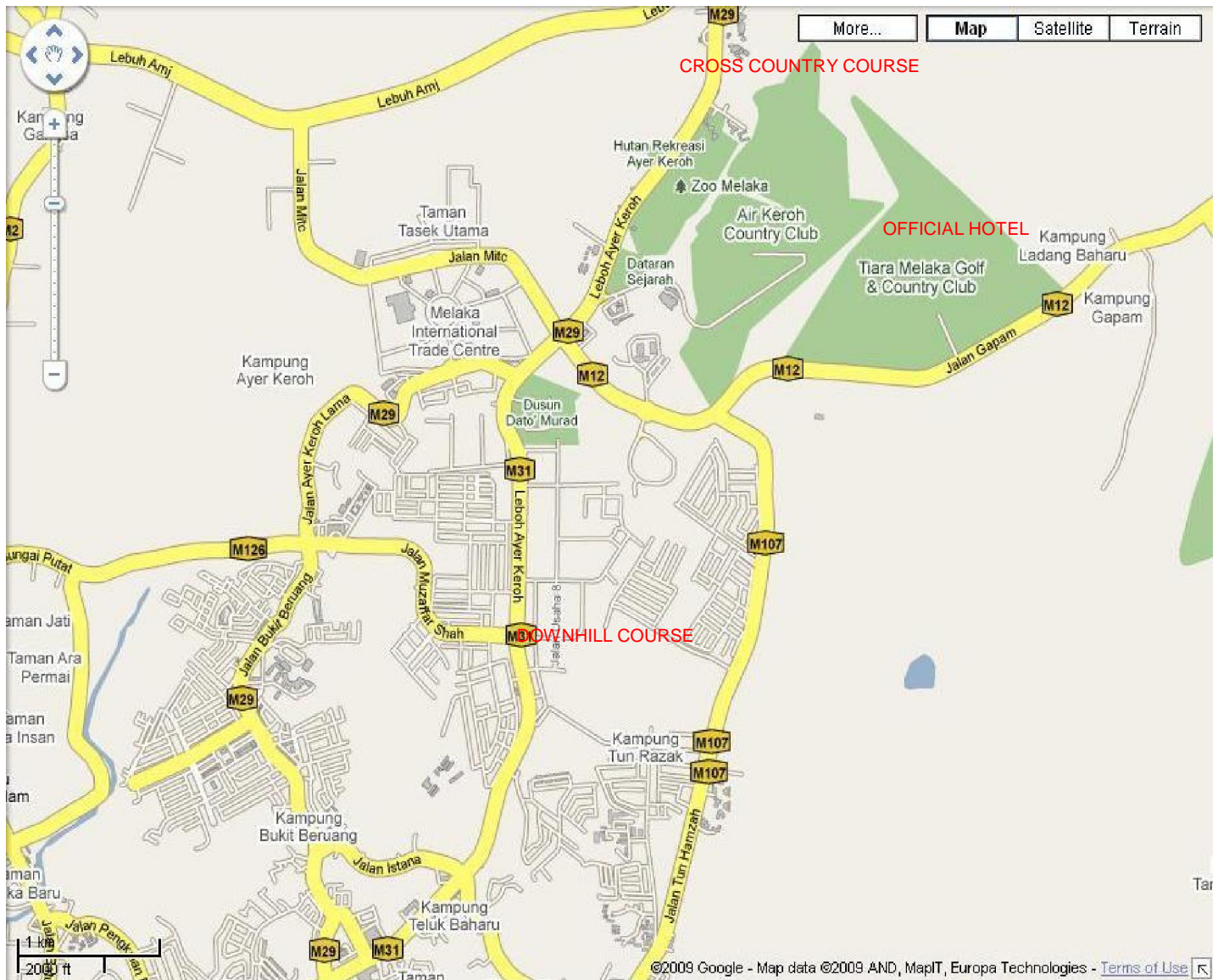


DIRECTORY	
	START / FINISH
	UP HILL
	BRIDGE
	SINGLE TRACK

DOWNHILL COURSE



MAP OF THE OFFICIAL HOTEL AND VENUE OF THE CHAMPIONSHIPS



5.0 GENERAL INFORMATION ON MALAYSIA

Head of State	:	Duli Yang Maha Mulia Al-Wathiqu Billah Tuanku Mizan Zainal Abidin Ibni Al-Marhum Sultan Mahmud Al-Muktafi Billah Shah
Area	:	329,847 square kilometres (127,355 sq mi)
Capital	:	Kuala Lumpur
Main Cities	:	Shah Alam, Putrajaya, Alor Star, Melaka City, Johor Bahru, Ipoh, Kota Kinabalu, Kuching, Georgetown, Kuantan, Kuala Terengganu, Kota Bahru and Seremban.
Population	:	28,067,000
Religion	:	Islam
Languages	:	Malay (official), English (commercial)
Currency	:	RM, Ringgit Malaysia
Currency Regulations	:	No restrictions

5.1 IMMIGRATION AND VISA REQUIREMENTS

Every person entering Malaysia must possess a valid national passport or internationally recognized Travel Document valid for travel to Malaysia. Any person not in possession of a Passport or Travel Document which is recognized by the Malaysian Government, must obtain a Document in lieu of Passport can be made at any Malaysian Representative Office abroad.

Holders of Travel Documents like a Certificate of Identity, Laisser Passer, Titre de Voyage or a Country's Certificate of Permanent Residence must ensure that their return to the country which is issued the document or the country of residence is guaranteed. The document shall be valid for more than six (6) months from the date of entry to Malaysia.

Foreign nationals who require a Visa to enter Malaysia must apply and obtain a Visa in advance at Malaysian Representative Office before entering the country. Visa which has been granted is not absolute guarantee that the holder will be allowed to enter Malaysia. The final decision lies with the Immigration Officer at the entry point.

5.2 HEALTH REQUIREMENTS

Some tropical illnesses are prevalent in Malaysia and travelers should seek medical advice regarding any recommended vaccinations before traveling. Hepatitis A and B are common, as is dengue fever, which has no vaccination or immunization. Malaria risks are isolated to the inland regions; the exception is Sabah, where there is an all-year risk.

Dysentery and travelers' diarrhea afflict travelers in Malaysia; visitors should stick to bottled water and avoid uncooked meat, fish and vegetables, unpeeled fruit, ice and salads. A further health hazard in Malaysia is smoke haze and air pollution, particularly in Kuala Lumpur, which has the worst air quality in Asia with very high Benzene pollution levels. This could aggravate cardiac or respiratory problems. Travelers should still avoid contact with domestic, caged or wild birds and ensure that poultry and egg dishes are well cooked as a precaution. Medical insurance is recommended.

Travelers older than one year coming from infected areas require a yellow fever vaccination certificate. *No cholera or smallpox vaccination* is required for travelers entering Malaysia. However, in the case of *yellow fever*, vaccination is required for persons arriving from infected areas and from yellow fever endemic zones.

5.3 CLIMATE

Malaysia has a tropical, humid climate with temperatures averaging 86°F (30°C), though it is cooler in the highland areas. The major change in seasons is marked by the arrival of the monsoons that bring heavy downpours on the east coast of Peninsular Malaysia, the northeastern part of Sabah and the western end of Sarawak (from November to February). Boat trips to the islands do not run during the height of the monsoon.

5.4 INTERNATIONAL AIRPORT

From Ayer Keroh to

1. Kuala Lumpur International Airport 87.02km
2. Penang International Airport 432.5km

MAP OF PENINSULAR MALAYSIA



6.0 MALACCA STATE OF YANG DI - PERTUA

Yang di-Pertua Negeri Melaka's Institution is the highest institution in the state of Malacca. It was introduced during Portuguese's era and continues to Dutch and British's era. State Governors was appointment from the country of origin respectively. They are responsible for the development of colonized state's economics, politics and social.

After independence, Malaysia practice King institution in nine states namely Perlis, Kedah, Perak, Selangor, Negeri Sembilan, Johor, Pahang, Terengganu and Kelantan while four other states were kingless namely Malacca, Penang, Sabah and Sarawak, which practices Yang di-Pertua Negeri's institution.

Sultanate or King's institution is one hereditary institution and inherited throne follows heritage certainty. Those states that has Yang di-Pertua Negeri is those states that does not has a King. These institutions practise is based on an appointment made by Yang di-pertuan Agong after consulting with the Chief Minister.

Based on the constitution of Negeri Melaka, Yang di-Pertua Negeri appointed for a piece of period or four years and can be stretched following suitability. He is not allowed to own business or profit and also not allowed to actively work within any commercial activity.

Yang di-Pertua Negeri's function and role cover following matters:

a) Head of the State Government and Administrative Function

The state administration power is gripped by Yang di-Pertua Negeri but other administration function can be submitted to other parties in legal point of view. Yang di-Pertua Negeri will appoint members of the State Government Executive Council (MMKN) to advice him in conducting his role as Head of State.

b) Juridicial Function

Yang di-Pertua Negeri is a component of State Legislative Assembly and predominates to hold gatherings or dissolution of State Legislative Assembly

c) Respect Resource and Sovereignty

Yang di-Pertua Negeri also is a member of king Councils, which is presided by Yang di-Pertuan Agong. Di-Pertua Negeri also may appoint medallist, title, dignity and greatness and decide duties those concerning with it.



Tun Datuk Seri Utama Mohd. Khalil bin Yaakob is the sixth Melaka State governor (Yang di Pertua Negeri), replacing Tun Datuk Seri Utama Syed Ahmad Al-Haj bin Syed Mahmud Shahabudin who has completed his services in 31 May 2004.

Tun Datuk Seri Utama Mohd. Khalil bin Yaakob was born in Kuantan, Pahang on 29 December 1937. He is the third child of Yaakob bin Awang Shukor and Salmah binti Zainuddin.

Tun Datuk Seri Utama Mohd. Khalil bin Yaakob obtained his early education at Sekolah Ahmad Shah, Kuantan Pahang. He then furthered his studies at Malay College Kuala Kangsar (MCKK) in 1950. After completing his secondary education, he entered Universiti Malaya, Kuala Lumpur and graduated with a Bachelor Degree in Arts (Hons) in 1962.

Tun Datuk Seri Utama Mohd Khalil has served the Diplomatic and Administrative Service under Wisma Putra since 1963. For over 12 years, Tun was posted as a diplomats in Italy, Morocco, Singapore and Indonesia. He also took a course in Lembaga Pertahanan Nasional Indonesia (LemHanas) in 1974. After he has completed his services abroad, he was then appointed as General Manager of Lembaga Kemajuan Wilayah Jengka, Pahang in the year 1976 to 1978.

The victory resulted in him being given mandate as the Melaka State governor (Yang di Pertua Negeri) by DYMM Seri Paduka Baginda Yang di-Pertuan Agong, Tuanku Syed Sirajuddin Jamalullail in Istana Negara on 1st June 2004 upon his excellent record and respectable devotion in his duty.

7.0 MALACCA CHIEF MINISTER

A Chief Minister is the elected head of government of a sub-national (e.g. constituent federal) state, provinces of Pakistan, notably a state (and sometimes a union territory) of India, a territory of Australia or a British overseas territory that has attained self-government. It is also used as the English version of the title given to the heads of governments of the Malay states without a monarchy.

In Malaysia, it is used to refer to the heads of government, called in their Malay language term Ketua Menteri (literally Chief Minister), of the Malaysian states without a sultan, i.e., Malacca, Penang, Sabah and Sarawak, while the Malay language term Menteri Besar (literally Great Minister) is used in other states with a monarch.



Y.A.B. Datuk Seri Hj. Mohd Ali b. Mohd Rustam
DGSM, SPDK, DCSM, DMSM, DSM, PBM

- **Post** : Melaka Chief Minister
- **Committee** : State Committee Chairman of Religion Affairs , Land , Finance and Economy Planning

The Chief Minister is appointed by Yang di-Pertua Negeri among State Assembly men by his prerogative and by lending his trust to the majority from the assemblymen. A chief Minister is incumbent to chair the Government Executive Council (MMKN) meeting which takes place every week in the Chief Minister's office.

The Chief Minister will carry out his duties and roles as the lead administrator of the state, apart from complying with citizen's needs particularly in his territory. His is never to hold any projects, or to involve in any businesses with any commercial party.

MAP OF MALACCA HISTORICAL CITY



8.0 GENERAL INFORMATION ON MALACCA HISTORICAL CITY

Melaka is a fascinating city which is rich in its history. A blend of many cultures, from all over the world, is seen in their architecture, traditions, music, and cuisine. Melaka is one of the UNESCO world heritage sites.

Melaka began as the Melaka Sultanate, with its roots from Sumatera. It became one of the most important trading ports of the region. The Arabs, British, Chinese, Dutch, Indians, Japanese and Portuguese traders have left their imprints on Melakan culture. This unique combination of culture from the East and the West has produced distinctive communities such as the Peranakan, the Chitty, and those of Portuguese descent.

Situated on the south-western coast of the Malay Peninsula, Melaka is one of the fourteen states of Malaysia. It lies between the states of Negeri Sembilan and Johor, and it extends over an area of 1,658 kilometers. Melaka is divided into three districts: Melaka Tengah, Alor Gajah and Jasin.

The state of Melaka has numerous architectural landmarks that are worth a visit. Influences from the Portuguese, Dutch, British, and Chinese, are visible in these architectural landmarks. The Town Hall of Melaka is an exceptional monument made by the Dutch. There are a number of spectacular places of worship, including churches, temples and mosques. The rich Melakan heritage and culture can be seen through various cultural museums throughout the city.

Melaka offers a wide range of attractions for travelers. For all those interested in history and art, it is a place worthwhile to spend a holiday. Melaka is easily accessible from all over Malaysia through the North-South Expressway. It is about 2 hours away from Kuala Lumpur and about 3 to 4 hours away from Singapore.



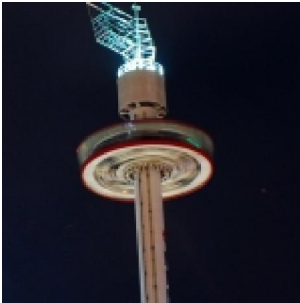
8.1 INTERESTING PLACES TO VISIT IN MALACCA

MALAYSIA MINI PARK



If you are curious about the history of Malaysian architecture or in other words, if you want to see the traditional style of housing of all the 13 states of Malaysia, their people and their ways of life, then this is a “never-miss” destination for you. The Malaysian Mini Park cultural park, located near the town of Ayer Keroh, is built on a singular concept of portraying the essential culture of Malaysia through its architecture.

TAMING SARI TOWER



Menara Taming Sari (Melaka Tower) is the first and only gyro tower in Malaysia so far. It measures 110 meters in height, and revolves 360° to provide a panoramic view of Malacca town and beyond. It was commercially opened on the 18th of April of 2008. The tower is built with advanced Swiss technology, and is said to have the ability of absorbing earthquakes measuring 10 richter scales.

MALACCA RIVER CRUISE



The Melaka River was a key reason behind what Melaka is today. The beautiful past of this great city would not have been possible had its was not bestowed with a river like this. In other words, the Melaka River significantly shaped the history of this land. The Melaka River can be imagined as the embodiment of the Malay Sultanate of Melaka; it was the start and conclusion of each war. The Melaka River was perhaps one of the most important incentives for the world heritage.

ST. PAUL HILL (A FAMOSA)



As you may know, the Portuguese came to Malacca in 1511 and ruled the place till 1641. When they arrived at the shores of Melaka, the first thing they did was build a fort overlooking the river. They named it A Famosa. The A Famosa is one of the oldest European Architecture present in Southeast Asia. Throughout the Portuguese rule, the fort was critical to their foothold of the island because the town was constantly under threats from other foreign bigwigs (i.e. the British and Dutch).

THE STADTHUYS (OLDEST BUILDING IN SOUTH EAST ASIA)



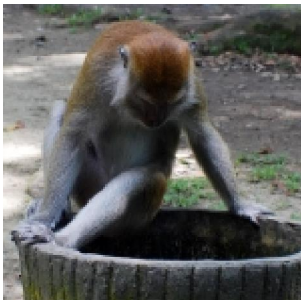
Stadthuys, also known as the Dutch Square, is really the oldest of all the Dutch buildings in Melaka and South East Asia. It was once officially home to the Dutch Governors. It has been preserved in its original Dutch architectural form. It was constructed in 1650, and it is known (and famous) for its red-painted buildings. It is situated in the old part of Melaka city and the building is living proof of the exquisite Dutch architecture (with the typical tower clock).

JONKER STREET



If you happen to be in Melaka, Jonker Street is a must see! The narrow street, which is located in the Melaka Chinatown, is also known as Jonker Walk and Jalan Hang Jebat. It has several of the oldest houses in the country, dating to the era of the 17th century, therefore it is also unofficially called the Antique Street. The thin street is famous amongst the locals for selling artifacts of different periods; you will certainly find stuff from various shops all over Malacca.

MELAKA ZOO



Zoo Melaka is among the most famous and well known attractions in the area of Ayer Keroh. It is located along the Lebuhraya Ayer Keroh, which happens to be the central roadway that makes a link between the North-South Expressway and the State, approximately 13 kilometers away from downtown Melaka. With a total area of 54 acres, the Zoo Melaka become the second largest zoo.

THE ROYAL MUSEUM – MALACCA



Muzium Istana, or the Royal Museum, is also known as Istana Batu, and it is located in Kota Bharu town in the state of Kelantan. Kelantan, meaning “Land of Lighting”, is a state with green fields, abundant villages of traditional fishing peoples, and beaches lined with casuarinas. Located in the northeast corner of peninsula, Kelantan holds numerous exciting opportunities for tourists, including river cruises, river rafting, bird watching, and jungle trekking. This museum originally belonged to the Royal Family of Kelantan.

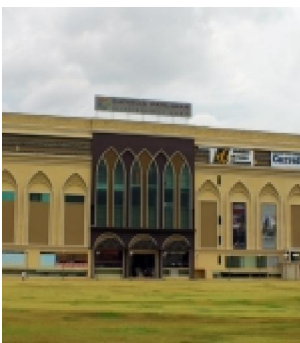
BABA & NYONYA HERITAGE MUSEUM



Baba-Nyonya, also known as Peranakan or Straits Chinese, is the descendants of noble Chinese who migrated to the British Straits Settlements of Singapore, Malacca and Penang, and adopted the Malay culture. This unique blend of cultures is born after the intermarriages between them and the local Malay. This interesting and exceptional culture and its heirloom can now be seen at the Baba & Nyonya Heritage Museum.

8.2 SHOPPING MALLS IN MALACCA

DATARAN PAHLAWAN



For a person who loves the classic and the modern, one must not miss out the chance to explore the largest shopping mall in Melaka! The megamall promises you a thrilling shopping experience with the latest fashion, a taste of their local delights and also exciting events that line up for you. You’ll be thrilled with the fusion-themed megamall while you go into details of the history and the modern days when you shop. Dataran Pahlawan Melaka will definitely be your one-stop megamall when you visit Melaka!

MAHKOTA PARADE



Situated in the middle of Melaka town, Mahkota Parade comes in within Mahkota Melaka and the commercial and tourist centre of Melaka. Being the first complex in Melaka, Mahkota Parade begin their operation way back in 1994, having over 500 000 square feet of retail space. Being located at a strategic place in the town, Mahkota Parade is bound to be the main shopping centre for the capital city of Melaka.

MELAKA MALL



Melaka Mall has gone through multiple changes and was being transformed into a modern shopping centre formerly known as Kotamas. Situated right opposite Jusco Melaka, the mall offers a great place for daily grocery shopping and making grocery shopping much easier for the locals as well as the tourists. The mall has tenants like Parkson, a second one in Melaka after Mahkota Parade and Cold Storage. And to everyone's delight, MBO Cineplex has made their apperance in the mall as well to cater to movies' leisure.

9.0 OFFICIAL CHAMPIONSHIP HOTEL

d'VILLAGE RESORT MELAKA

Nestled amidst a flora and fauna splendor, soaked in a peaceful atmosphere. This budget resort is an oasis of tranquility for leisure holiday makers and budget conscious travelers. The name d'Village reflects the "Kampung" style atmosphere of the resort.



Nearby attractions boast of the Malacca Zoo, Crocodile Park, Butterfly Park, Ostrich Farm, Orang Asli Museum, Mini Malaysia, and Recreational Forest.



Golfers can indulge in golfing facilities within reach from the resort. There are Air Keroh Country Resort, Tiara Golf Resort, Orna Golf Club and Golden Valley. To include in extra activities of the day, guest can pack in shopping into their itinerary at the biggest shopping chain in Malaysia namely Jaya Jusco and is just few kilometer away.

Whether it is for pleasure or business, Ayer Keroh d' Village packs the ideal price to fit anyone's budget: "The most perfect breakaway for a gateway".

ROOMS



FACILITIES IN THE HOTEL



RESTAURANT



POOL

