

Trainingcamp Kuala Lumpur

Friday, 19 January 2007

During and after the Tour of Siam the Discovery Channel Marco Polo Team got together in a trainingcamp in Kuala Lumpur. The team trained well as preparation towards the coming events, the Tour of Siam in Thailand and the Tour de Langkawi back in Malaysia. Also the young riders and new Japanese and Chinese riders in the team joined and trained under the guidance of experienced riders like Jamsran Ulzii-Orshikh and Thijs Zonneveld.

The 11 riders that got together were, Chinese, Yu Tong, Xing Yan Dong, Liu Yi Lin and Zhang Wei, Hong Kong Chi Yin Leung, Japanese Hisanori Akayima, Dutch riders Thijs Zonneveld and Pol Nabben, from Russia Sergey Kudentsov, from Mongolia Jamsran Ulzii-Orshikh and Loh Sea Keong who showed us the best rides around his hometown Kuala Lumpur. The support staff were Dan from Thailand, Germany's Francis Cerny and from the Netherlands, Henk Zuidema, Gudo and Remko Kramer.

As special preparation towards the Tour de Langkawi we trained at the "monster climb" of Genting Highlands a total of almost 40 km climbing which starts gradually, gets steeper then goes down for a bit and then the last 10 km are over 10 % average with the last 5 km over 15 %.

The young riders went as hard as they could and tried to impress the rest of the riders, which they did. Especially new Chinese riders Liu Yi Lin and Zhang Wei (only 19 years old made a great impression.

Now we are traveling to Thailand to start the next competition in the Tour of Siam.