



## Conquering the Lekas Highway Ride 2025: My 78km of Sweat, Satay, and Speed

### Description

The weekend brought a truly memorable challenge: the Lekas Highway Ride 2025 in Malaysia. This event is a significant undertaking, marking its 10th edition by closing a section of the highway just for cyclists. It was an inspiring sight to join over 6,000 registered cyclists taking over the asphalt.



Goodie bag with a number tag

I opted for the 78km category, which felt like the right balance of distance and challenge. For those seeking shorter options, there were 12km and 17km routes, and the seasoned endurance riders tackled the 105km. The energy at the start line was tremendous, reminiscent of a large-scale event like the bike section of a local marathon.

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As always, Mr Teddy takes the rear seat in my Colnago V3, with my race tag kiap between its legs

## The Seng Bee Riders Experience and Preparation

For this ride, I joined the Seng Bee Riders group. We were led by Ben, the owner of Seng Bee Bicycle Shop near Kallang MRT Station. His expertise was incredibly helpful; he assisted me with a last-minute tyre and tube change, and his pricing was very reasonable.

Ben's organisation was a huge factor in the success of our trip. He meticulously handled all the logistics, including bus support for our 16 bicycles—the largest overseas cycling group I've been a part of—the itinerary, and critical on-the-ground tips. That kind of guidance makes a big difference when tackling a new international ride.

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Standby bike

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There was more room for the bikes than for us

We stayed at the RHR Hotel in Kajang, conveniently located just 8km from the start point. The hotel was accommodating, allowing us to store our bicycles securely in our rooms. The lift size was also just right for moving the bikes, thankfully!

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## Fueling Up: The Ultimate Kajang Satay

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Pairs well with the fresh coconut juice

Before the race, we made sure to properly fuel up with local cuisine. You can't visit the area without trying the renowned Kajang Satay. The meat portions here are substantially larger, about two times the size of those commonly found in Singapore. After about 10 sticks, I was completely satisfied. It was, without a doubt, the heartiest satay meal I've ever had. We also managed to sample the famous Ten Hup Chee Cheong Fun in the vicinity. My plan to reduce weight just went bust.

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I ordered the large portion for extra carbs. Before I knew it, it became a small portion.

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## Race Day: The Start, the Crowd, and the Climb

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The team getting ready to move off

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He looks ready too!

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Riding to the starting point. Great weather!

The weather was ideal for the race. As we arrived at the starting point, more and more riders poured in. With over 6,000 participants, it was a fantastic expo of bicycles of all ranges and designs. it reminds me of the [Wicked Wallop event](#) we attended at Carros Centre, Singapore where motorbikes of all made and model kept pouring in left, right, centre. Literally surrounded by road bikes, mountain bikes and foldies everywhere I turned.

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We affixed our tag numbersâ??provided in our goodie bagsâ??to our jerseys, knowing we could scan a QR code at the end to get our official timing. Want to guess how long I took to complete?

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More satay awaits!

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**EVENT DATE:**  
**11 OCT 2025**  
Saturday  
7.45pm

**VENUE:**  
**KAJANG SELATAN TOLL PLAZA  
@ LEKAS HIGHWAY**

**ROAD CLOSURE ANNOUNCEMENT**  
On 11 October 2025 (5:00pm)  
On 12 October 2025 (4:00am)

**DAY ITINERARY**

- Check-in @ Entry Shoot
- Pre-Lucky Draw Announcement
- Technical Briefing @ Starting Point
- 1st Flag Off **105KM CORPORATE TEAM**
- 2nd Flag Off **78KM**
- 3rd Flag Off **17KM TEEN/OPEN**
- 4th Flag Off **17KM VIP**
- 5th Flag Off **12KM CHILDREN**
- Stage Performance
- Prize Presentation **12KM 17KM VIP**
- Stage Performance
- Prize Presentation **78KM 105KM CORPORATE TEAM**
- Grand Lucky Draw
- The End

**ROUTE MAP**  
**105 KM**

**PARKING AREA**

**OUT**

**SPONSORS:**  
Title Sponsor: **RNB**  
Venue Sponsor: **LEKAS**  
Official Insurance Partner: **TOKIO MARINE**  
Sanctioned by: **LEKAS**  
Co-organized by: **Garmin**, **THULE**

**WATERMARK:** default watermark

More fresh photos before we return with tired faces

Before the official start, I noticed an interesting stationary bike setup connected to a blender, allowing riders to cycle and blend their own fruit juice. It was a novel sight! I decided to call it the "cyclo-blender."

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Will cycles for food

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Due to the sheer number of people, the start was a cautious progression. Pushing our bikes forward among the 6,000-strong crowd was quite a spectacle. I made a conscious effort to start slower to ensure I had ample space allowance for safety on the road.

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I cannot even see the starting line

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SBR riders ride well, and pose well

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Letâ??s goooooo!

The guys were moving at a really healthy pace led by A-teez and Randy. By sheer luck, I managed to catch up and enjoyed the draft.

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## The King of the Mountain Challenge

The true test of endurance arrived after the first 20km: the segment known in cycling as the KOM, or King of the Mountain. This involved a demanding 3km stretch of uphill climb with an average gradient of 3.6%. For those familiar with local geography, it's roughly twice the distance of ascending Mount Faber from the Keppel Bay side. It was a significant test, but pushing through was incredibly rewarding.

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I was dropped when we reached this segment

The remainder of the ride featured a satisfying series of rolling slopes. On one of the long downslope stretches, I managed to hit an exhilarating 61km/hr. It's impressive to consider how professional riders can reach speeds of 100km/hr on similar descents.

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Well lit and wide well paved roads

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This guy is having fun

The event was well-supported, featuring three checkpoints for essential fluid and fuel refills, as well as medical aid stations for emergencies. Of course, they also became our self serve photo booths.

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Forcing my smile while catching them and my breath

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Time to refuel

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## Finish Line: Medals and Gratitude

Our group finished the race safely, each of us clocking different but respectable times. The most important thing was that everyone completed the ride safely and well. We were all presented with a well-deserved finisher medal and were able to enjoy a variety of local food afterwards. The diet can wait for now :D.

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First time, I am so glad to see the â??Finish Lineâ?• Toll station

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M050230

78km

11 October 2025

Category : 78km - Men's Open

Status : Finished

Country : SGP

★ Add To Favourites

Finish Time

03:07:

OVERALL

CATEGORY

1557/3091

875/1553

GENDER

1442/2748

Net Time

03:04

OVERALL

CATEGORY

1641/3001

918/1553

Did you guess it right?

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Congratulations to all finishers!

This outing was a truly valuable experience, enhanced by the guidance of the more seasoned riders from the Seng Bee group. My sincere thanks go to Ben, Jacke and Robert, and to A-teez and Randy for their efforts in managing and pulling the group. And a salute to the rest of the crew for bringing the energy and shared laughter throughout the journey. It was a great trip of rides and camaraderie.

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