



WOW RIDES SPICE ROUTE ODYSSEY

BIG BIKING COMMUNE

Coverage Docket

CHENNAI'S BIKING COMMUNITY GIVES FITTING FINALE TO 'SPICE ROUTE ODYSSEY'

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பிரபல இரசக்கூர் வாகன சாதனையாளரும், ஈகசக்காரரும், வெல்மேனின் உலகளாவிய பிரான்ட் தூதருமான

கரோலில் மில்லாய்ஸ்கள், ஆள்களின் ஆரோக்கியம் தொடர்பான விரிப்புவார்வை ஏற்படுத்தி இந்தியாவிற்கு வருகை தந்துள்ளார்!

*** இந்தியா ஸ்பைஸ் ரைட் பற்றி ஆராய வெல்மேனின் ஆதரவுடன் அவர் தனது முதல் பயணத்தை மேற்கொண்டுள்ளார்**

சென்னை, நவ 15: இதுவரையில் உள்ள ஆள்கள், தங்களை சமூக வட்டத்துக்குள் தங்கலின் உடல்நலம், பிரச்சினைகள் குறித்த ஆலோசனைகளைக் கேட்க குறைந்த நேரத்தையே செலவிடுகிறார்கள். அவர்களின் உடல்நலம், பிரச்சினைகளைச் சுற்றி ஒரு வணங்குக உருவாக்கி வைத்துள்ளனர். மேலும் தங்களின் உடலையும் மற்றும் ஆரோக்கியத்திற்கு அவசியமான வதனை உடனடியாகச் செய்வதால், காலம் கடத்துகிறார்கள். பிரபலமான ஆலோசனரும் வெல்மேனின் உலகளாவிய பிரான்ட் தூதருமான கரோலின் மில்லாய்ஸ்கள் தனது சமீபத்தில் இந்திய பயணத்தின்போது மாறியும் வாழ்க்கை முறைகள் மற்றும் நீரிழிவு, ரத்த அழுத்தம், உடல் பருமன், இதரோடுகள் போன்ற பலவேறு நோய்களை அறிகிறது என்று நினைவுகூரப்பட்டுக் கட்டிக்கொண்டிருக்கிறார்.

தனது பயணம் மற்றும் அந்தப் பயணத்தை வாகனத்தில் மேற்கொண்டதில் அவசியத்தைப் பற்றி விவரித்த கரோலின், ஆரோக்கியப்பற்ற வாழ்க்கை முறைகள், ஈகசக்கார உணவு மற்றும் ஊட்டச்சத்தின் முக்கியத்துவத்தைப் பற்றி விவரிக்கிறார். தேவிய ஊட்டச்சத்து நிறுவனம் சமீபத்தில் நடத்தியுள்ள ஆலயில், மெய்மையாகிய 46 சதவீதம் பேர் ஊட்டமில்லாத மற்றும் பின் குறைபாடு உணவாக உள்ளதை உணர்ந்தது. மேலும் முயல்மேன் உணவு ஒழுங்கு முத்துயுள்ளதால், இணைத்து நீரிழிவுக்காக என்ற நீரிழிவு நோய் முத்துயுள் நடத்தியுள்ள ஆலயில் 70 முதல் 90 சதவீத குறைபாடு உணவாக என்ற தெரிவிக்கிறது. அச்சமட்டும் அளவுக்கு உயர்த்துவதும் இந்தக் குறைபாடுகளின் விதமானது. இவற்றைச் சரிசெய்வதற்கான தடுப்பு முறைகளை உணர்விப்பது தொடர்பான விழிப்புணர்வை பரப்புவதற்கும் முக்கிய நோக்கம் எடுத்துக்கொண்டு, இந்தியாவில் உள்ள ஆள்கள் உடல்

ஆரோக்கியத்தில் கவனம் செலுத்த வேண்டும் என்று, ஊட்டச்சத்து உட்கொள்ளல் மற்றும் வாழ்க்கை முறை நோக்கங்களை மேம்பட்ட ஊட்டமில்லாத துணைத்தின்மூலம் முதலில் செலவிட வேண்டும் என்று கேட்டுக்கொண்டார்.

இதற்கு நீதி வெல்மேன் நிறுவனத்தின் உலகளாவிய பிரான்ட் தூதரான நிகரோலின் மில்லாய்ஸ்கள் கூறும்போது, "எனது சாகச பயணங்கள் என்ன திரைப்பட வானிலைகளில், கடினமான நிலப்பரப்புகளுக்கு அளவுத்துச் செய்வதால், எனது உடலுக்கு மற்றும் மற்றும் காலவாரண மனநிலையை குறிப்பிட்ட அளவுக்கு இடம் விட வேண்டியிருந்தது. சோர்வு மற்றும் அழுத்தம் அதிகரிக்கிறது சீரான உணவு இல்லாமல் மற்றும் பரப்பான வாழ்க்கை முறைகள் ஆவனவ இணைத்த ஊட்டச்சத்து குறைபாட்டை ஏற்படுத்தலாம். வெல்மேனின் ஒரு மாதநிலை நாளொன்றுக்கு எடுத்துக்கொண்ட, பரப்பான வாழ்க்கை முறைகள் பரப்பான சரிவான உடல் மற்றும் மனநிலைப் போன்ற முடிவும், இந்த ஆள்கள் தங்களின் ஊட்டச்சத்து குறைவை எதிர்கொள்ள ஊட்டச்சத்து துணைத்தின்மூலம் எடுத்துக்கொண்டு தங்களின் செல்களில் மற்றும் உடலுறவை அதிகரிப்பது பரிந்துரைக்கப்படுகிறது."

மேயர் ஆர்கானிக்ஸ் பிரைவேட் லிமிடெட் நிறுவனத்தின் ஓடித் தளவாரண நிகர்த்தி அறிக்கைகள் போடப்போது, "எனது ஸ்பைஸ் ரூட் போட்டாக்கெனின் ஓடித் தளவாரண வரவேற்புத் பெய்ரிச்சி அளவிடும், இவ்வுணர்வு உடல் உயர்த்தியுள்ளதால், பரப்பான வாழ்க்கை முறைகள் பற்றி தெரிவிப்பதுவார். நம் நாட்டில் ஆள்களின் ஆரோக்கியம் மேம்பாட்டில் முக்கியமாகப்படுகிறது. இதன் விளைவாக நோய் ஏற்புச்சி குறைந்து, சோர்வு மற்றும் அழுத்தம் அதிகரிக்கிறது சீரான உணவு இல்லாமல் மற்றும் பரப்பான வாழ்க்கை முறைகள் ஆவனவ இணைத்த ஊட்டச்சத்து குறைபாட்டை ஏற்படுத்தலாம். வெல்மேனின் ஒரு மாதநிலை நாளொன்றுக்கு எடுத்துக்கொண்ட, பரப்பான வாழ்க்கை முறைகள் பரப்பான சரிவான உடல் மற்றும் மனநிலைப் போன்ற முடிவும், இந்த ஆள்கள் தங்களின் ஊட்டச்சத்து குறைவை எதிர்கொள்ள ஊட்டச்சத்து துணைத்தின்மூலம் எடுத்துக்கொண்டு தங்களின் செல்களில் மற்றும் உடலுறவை அதிகரிப்பது பரிந்துரைக்கப்படுகிறது."



CHENNAI'S BIKING COMMUNITY GIVES FITTING FINALE TO 'SPICE ROUTE ODYSSEY'

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RIDING THE

The ten-day journey across the Silk Route has left an indelible mark on these five bikers from around the world



The bikers travelled through Mangaluru, Bengaluru, Mysuru, Kochi, Kanyakumari, Madurai, Tiruchy, Puducherry, and finally reached Chennai on Thursday

• Veena Mani

Bikers from across the globe met in Chennai for the grand finale of a ten-day biking event organised by the Big Biker Commune. Five bikers from countries India, Ireland and the USA had biked along the spice route of India along the west coast for ten days.

They travelled through Mangaluru, Bengaluru, Mysuru, Kochi, Kanyakumari, Madurai, Tiruchy, Puducherry, and finally reached Chennai on Thursday.

Declan McEvoy, Karolis Mieliauskas, Deepak Kamath, Veena Shetty, Mandeep Merwah and Simas Suminskas were the riders who completed the trip.

The Spice Route Odyssey is a first-of-its-kind ride by Big Biking Commune, one of the largest aggregator platforms for the motorcycle community in India, under their 'World on Wheels' rides programme. The bikers' meet was held at the Haddows Club in Nungambakkam with the participation of more than 100 bikers from different bike clubs as well as solo riders. The entire ride, held in collaboration with Royal

“The riders thoroughly enjoyed the entire tour and got to experience a varied section of bikers.”

—Arun Kumar,
Big Biker
Commune

Brothers, clocked 3,000 km through the spice corridor across west and south India.

Through their journey, these bikers met and interacted with bikers from those states. For some like Karolis, Indian conditions were different from what he was used to, and while he has been to even the coldest spot on Earth, namely, Oymyakon in Russia, he found Indian conditions to be hot.

“We wanted to give the local biking community a flavour of international rides. With the Spice Route Odyssey, we brought the best names in the international biking community to share their experiences and motivate the local bikers to think of biking beyond borders, to step out of the comfort zone and explore the world. The riders thoroughly enjoyed the entire tour and got to experience a varied section of bikers as well as local culture along the route,” said Arun Kumar, convener of the Big Biker Commune.



CHENNAI'S BIKING COMMUNITY GIVES FITTING FINALE TO 'SPICE ROUTE ODYSSEY'

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From navigating Bengaluru's traffic to diving into the Arabian Sea, biker Karolis Mielauskas shares his favourite experiences in India

● KV Navya

What I like about India is its spicy food and people, who smile with their eyes. It makes me want to come back to this place again and again," says celebrated biker Karolis Mielauskas, one of the five riders who took part in the India Spice Ride. He was at Taj Coromandel to share experiences about his ride and build awareness on maintaining health.

"We travelled from Goa to Chennai, a distance of 3,000 kilometres in ten days through Mangaluru, Bengaluru, Cochin, Kanyakumari, Madurai and Chennai. My favourite place among this has to be Kanyakumari. We were there for the sunrise and saw the three colours of water from the Bay of Bengal, the Arabian Sea and the Indian Ocean. We later dove into the water. It was a splendid experience," he shared.

Previously, Karolis took on some challenging rides including a trip

around the world in 40 days, ride to Oymyakon in Russia, the coldest place on earth and solo motorcycle challenge across the world's deepest lake, Baikal in Russia.

He chose Royal Enfield Himalayan for India Spice Ride and said, climate and traffic were two major challenges he faced in this trip. "Every day would begin in an extremely sunny condition, then it would turn humid followed by heavy rain. The climate and temperature were fluctuating continuously. We could not stop, because we had to finish 3,000 kilometres in ten days," he said.

Talking about the traffic, he said, "I have seen heavy traffic jams in Moscow, Los Angeles and New York. I thought there could be nothing worse. But, the moment I entered Bengaluru, I changed my opinion. All kinds of vehicles were coming from all directions, jamming the road. Similar was my welcome to Chennai. Yet, the hospitality in these places was particularly warm."

Sharing details of his fitness regimen, he said, "My profession demands a certain level of physical fitness and mental sharpness as my adventures take me through



difficult terrains under extreme weather conditions. I take multi-vitamin and mineral supplements that help me maintain my daily energy and performance levels."

Do these supplements have any long-term side effects? "No, if you replace your meal with the supplements, then you may have problems. But, if you are balancing the deficit vitamin level in your body with supplements, it only does good," he said.

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(L-R) Declan McEvoy, Deepak Kamath, Karolis Mieliauskas, Veena Shetty, Mandeep Merwah and Simas Suminskas

Tracing the spice route on wheels

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When we met this group of motorcyclists at a Chennai club over the weekend, they were brimming with stories and anecdotes. They came from different places and had different backgrounds, but their passion for biking brought them all together. Declan McEvoy (Ireland), Karolis Mieliauskas (Lithuania), Deepak Kamath and Veena Shetty (Bengaluru), and Mandeep Merwah (Gurugram) had just clocked a 3000-km ride and told us that the 10-day ride was an experience of a lifetime.

The Spice Route Odyssey, as they called it, started from Goa on November 5, and took the bikers through Mangaluru, Bengaluru, Mysuru, Kochi, Kanyakumari, Madurai, Trichy and Puducherry before concluding in Chennai. "The motorcycling culture in India is on a rise. We

wanted to bring the local biking community closer to international riders so that exchange of ideas and experience could happen," said Arun Kumar, convener of Big Biking Commune that organised the ride.

Veena, who led the team for two days from Goa, added, "The challenging route was from Mangaluru to Bengaluru because the Shiradi Ghats were totally damaged due to rains and there were landslides, too. So, we took the Charmadi Ghat, which sees heavy traffic and off-roading, and it delayed the plan. The Kerala roads had potholes and the bus drivers had no traffic sense. It was difficult to lead the bikers who were here for the first time." For Karolis, it was his sixth time in India and first time on a motorcycle. "I was coming to India with my family. I rang Deepak and asked him if we could do a biking trip and that's how this happened," he said.

CONTINUED ON PAGE 5



PRO TIP FROM A BIKER

Declan, who also teaches engineering, was in his 20s when he began riding. "After I had children, I'd taken a break, thinking I'd start riding again after my retirement. But 10 years ago, a dear friend didn't turn up at work and when I learnt that he'd died on the bathroom floor that morning, it hit me hard. I realised life is now, not tomorrow when I retire. Four weeks later, I was on my motorcycle. Remember, there is never a time. You will always find an excuse to not to do something. So get out and just do it even if it doesn't feel like the right time," he said.

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Bikers document their pan Indian journey

CONTINUED FROM PAGE 1

Karolis added, "We used to wake up at 5am every day and within 30 minutes, we would be on our bike, on the road. We got to taste different Indian food every day. We also stopped by to see ancient temples, churches and historical monuments. Every evening, we met many biking enthusiasts who asked us a lot of questions."

In 2017, when Deepak was leading a team of three and passing by the Pamir Highway in Kyrgyzstan, he bumped into Declan and invited him to visit India. Since then, they have been in touch. "Whenever I travel abroad, I invite people to visit our incredible India," he beamed. His most recent adventure was riding across the American continents, covering 59,000km in 99 days, while leading a team of three. "Back in 1994, there was no Google maps. So, the mode of communication was the sign language as we didn't speak many of the regional languages. Travelling broadens your perspective towards life," he exclaimed. Declan, who has covered 80 countries



The gang during their Kanyakumari ride

on his motorcycle, told us, "I rode from Ireland to Alaska through all the European and central Asian countries, including Siberia, Magnolia, Russia, Ushuaia, and then through Canada, US and Mexico. I plan to ride Cape Town and then to Ireland next year and this will complete my around-the-world tour on one motorcycle. Last year, I attempted to ride across the poles in Lake Baikal, Siberia. It was a solo ride, with a 700km stretch on ice. I attempted to break the Guinness, but I failed due to bureaucratic issues in importing the motorcycle into Russia. So, I cycled across the lake. In February, I'm hoping to bring a team of international riders and attempt the record again." While Declan admitted to enjoying the scenery while travelling across the southern belt of India, he said that he faced his sets of challenges. "I'm used to riding on all kinds of roads. But what stumped me here was the huge volume of traffic and the style of driving. It was chaotic. But after spending a week on these roads, I picked up the Indian driving style," he concluded with a laugh, even as Simas Suminskas (from Lithuania), who travelled with these bikers to document their journey, clicked them in a happy frame.

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■ PRADEEP KUMAR

For someone who rode a motorcycle on permafrost (in temperatures of minus 52 degrees Celsius), Karolis Mieliauskas' request to step out of the air-conditioned hall seems odd. "It feels like I'm sitting in a refrigerator," he says.

In February 2019, Mieliauskas rode his motorcycle in Oymyakon, Russia - one of the coldest inhabited places on the planet. "I rode in Oymyakon for five days. There are valleys where the temperatures drop even further; at one point my thermometer stopped working," he says. His response was to hit the highest gear on his vehicle, and keep moving.

The 37-year-old Lithuanian is at a clubhouse in Nungambakkam, enjoying the pleasures of a perfectly warm November day in Chennai. Mieliauskas was part of a six-member team that just rode from Goa to Chennai on five motorcycles, over a 10-day trip they named Spice Route Odyssey.

Though he has visited India on six separate occasions previously, this is the first time Mieliauskas has ridden a motorcycle here. "India is tough," he sighs. "It is chaos on the road. If you are slower than the rest, then you will be killed, and if you are slower and thinking a bit too much, you will crash," Mieliauskas adds, laughing.

Unending quest
One of his riding partners, Declan McEvoy, an Irishman, also subscribes to this opinion. But McEvoy has grown more confident of his riding abilities over the past few weeks. "I feel like I have become Indianised. I think I'll be calling myself Britan McEvoy from now on," he smiles.

McEvoy is no slouch. The 57-year-old took to motorcycling as a teenager but had to give up on his passion, when he committed to the love of his life in his twenties. "When I got married, I sold my motorcycle and bought a carpet for our living room," he says, the dry humour not failing to find its mark.

Then, around 20 years ago, a life-changing moment for McEvoy happened at work. "One of my friends did not turn up, and I learnt that he had died on his bathroom floor while shaving to go to work. On that day, I decided that life is not about the future because who knows... it may never come to you," he adds.

About 12 years ago, he got back on the saddle and rode the length of Ireland in a single day before going on to cover the whole of United Kingdom on his motorcycle.

With the adventurer spirit rekindled - "It was like a

The adventure highway

It is not the thrill of riding that keeps these five well-known faces in the international motorcycling community going after years spent on the saddle. It is their way of life...



CHENNAI'S BIKING COMMUNITY GIVES FITTING FINALE TO 'SPICE ROUTE ODYSSEY'

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All geared up (from left) Declan, Veena; the group at Kanyakumari
*SPECIAL ARRANGEMENT

drug really", he says - McEvoy went motorcycling east into Europe. "I wanted to go further and further east, and eventually nobody would come with me because it was too far, and too many strange countries. I decided to go anyway," he says.

On one of those trips, on the Pamir highway in Tajikistan, he bumped into Deepak Kamath. One of the most popular, and recognisable, faces of the Indian motorcycling community, Kamath has not strayed from a motorcycle saddle for the better part of 30 years.

Hardcore adventurer

A former NCC cadet, Kamath is nicknamed Armstrong in the community. It is easy to imagine the name's origins (it could also be that he has strong arms, and can actually attempt to shake your hand off your body) consider

ing his explorer qualities. Try being the only Indian - and one of only three motorcyclists in the world - to have ridden on all seven continents, including Antarctica. In 1994, Kamath and his friend took a Yezdi 250 on a trip around the globe, covering 40,535 kilometres in the process.

It was Kamath who put together the Spice Route Odyssey. He explains: "It was to help the international riders connect with our community, and to understand how these trips are done."

The connecting part is something that Kamath holds dear, and is an aspect, he believes, that is on the decline among the younger biking community. "It is a Google-driven world today; it has made them rely on gadgets and disconnected them from the community. When I rode from Kanyakumari to Khardung La (in Ladakh) in 1991, there was no road. We got lost, and the Army people helped us get back on track," he adds.

But even for a road-worn motorcyclist like himself, Kamath remarks that the Spice Route Odyssey was a challenge. "Especially, the stretch from Kochi to Nagercoil. These were small roads, and the trucks and buses literally run on you," he says.

Making a difference

Mandeep Kaur Mervah, a Delhi-based motorcyclist who was part of the group, echoes his views. Mandeep, and Veena Shetty from Bengaluru, were only the women members of the touring contingent. In terms of acceptance of women bikers, the Indian motorcycling community still has a long way to

go. Both Mandeep and Veena have braved the odds to be where they are at.

Growing up in Kuwait, Mandeep, 48, says the restrictions placed on women riding a motorcycle is what made her determined get on one. When Kamath - who is a family friend - requested that she accommodate a couple of his guests at her Delhi residence on short notice, Mandeep demanded that she be allowed to take part in the Spice Route Odyssey in return. "I've only been riding for the last three years, and I feel very accomplished with what I have been able to do," she says.

Veena, who has been riding motorcycles for the last 19 years, was in college, when she convinced her father to buy her the two-stroke Yamaha XT100. "I was a topper in my college," she says. But when she broke her ankle attempting a wheelie, her dad responded by selling the bike.

"As a child, I used to wonder why my aunt or mother never rode my uncle's or my father's motorcycle. When I asked that I be allowed to ride, I was told I cannot because I was a girl," she remarks.

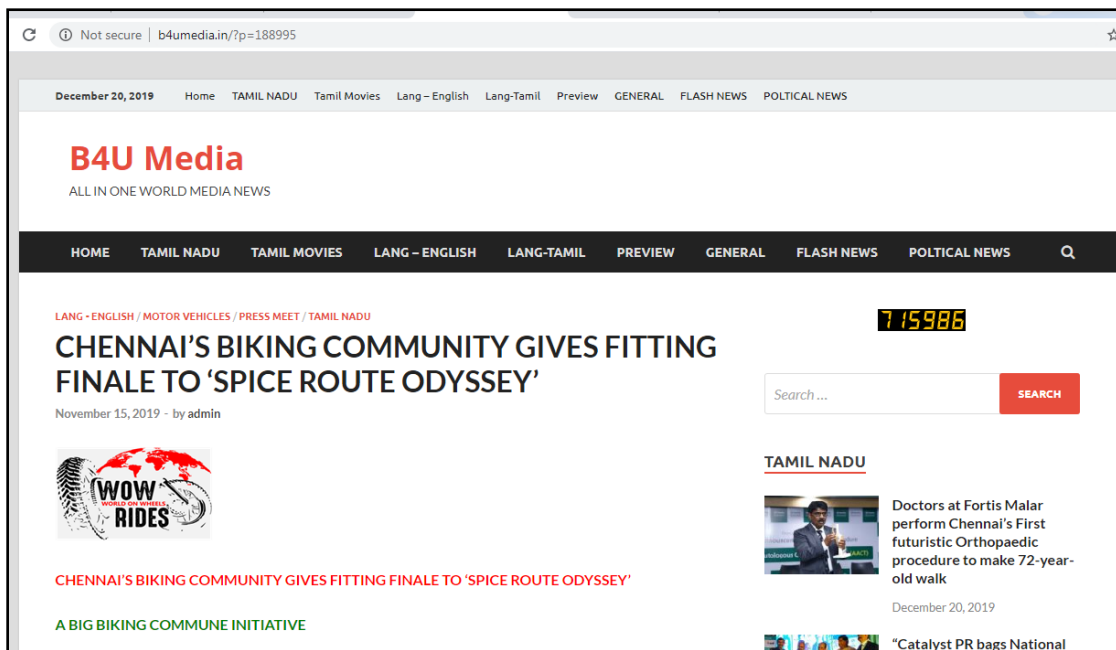
To help encourage more women to take up motorcycling, Veena hosts breakfast rides on Sundays. "I ask my friends to bring their sisters for the ride... to let them ride as pillion. Or, I let them ride my bike slowly," she says. For her part, Mandeep spearheaded an academy that is dedicated to training women to ride.

However, the perception is changing. "There are still people who give the looks when they spot a woman ride," Mandeep adds. "But then there are also men who give you the thumbs up, when they spot you on the road."

CHENNAI'S BIKING COMMUNITY GIVES FITTING FINALE TO 'SPICE ROUTE ODYSSEY'

Online:B4U

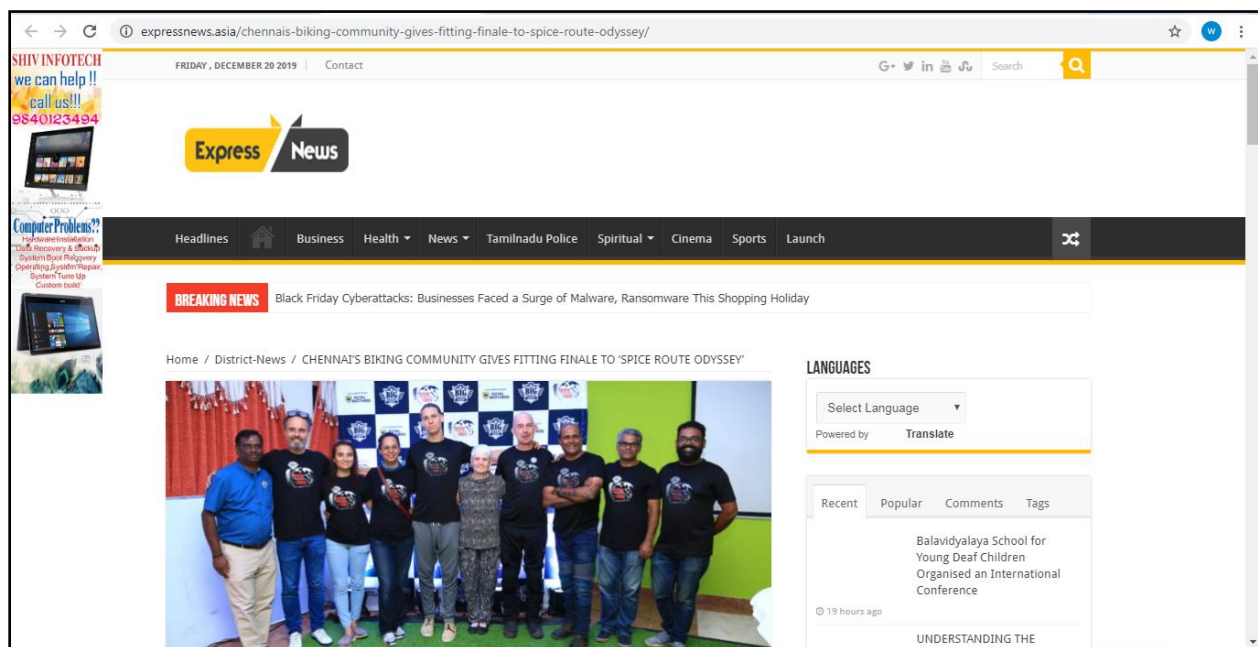
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CHENNAI'S BIKING COMMUNITY GIVES FITTING FINALE TO 'SPICE ROUTE ODYSSEY'

Online: Express News Asia


Link: <https://expressnews.asia/chennais-biking-community-gives-fitting-finale-to-spice-route-odyssey/>



CHENNAI'S BIKING COMMUNITY GIVES FITTING FINALE TO 'SPICE ROUTE ODYSSEY'

Online:UK Tamil Tv

Link: <https://www.youtube.com/watch?v=Vzj6kHwUw7k&feature=youtu.be>



The video player shows a group of about eight people, mostly men, standing in a line. They are wearing dark t-shirts with a logo. Behind them is a large checkered flag, typical of motorsport events. The video is titled '#CHENNAI'S BIKING COMMUNITY GIVES FITTING FINAL TO #("SPICE ROUTE ODYSSEY"'. It has 14 views and was uploaded on Nov 14, 2019. The player interface includes a search bar, a play button, and a progress bar showing 0:32 / 11:19.

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CHENNAI'S BIKING COMMUNITY GIVES FITTING FINALE TO 'SPICE ROUTE ODYSSEY'

Online:Sls

Link: <http://slsonline.news/2019/11/14/chennaiis-biking-community-gives-fitting-finale-to-spice-route-odyssey/>



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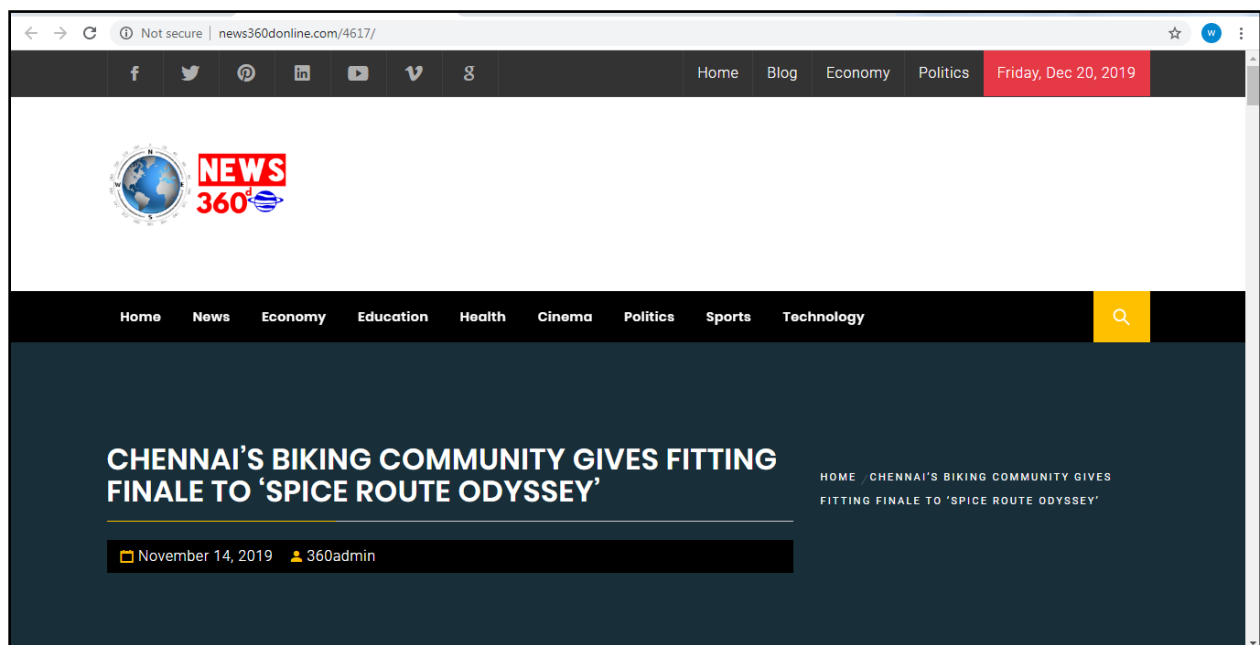
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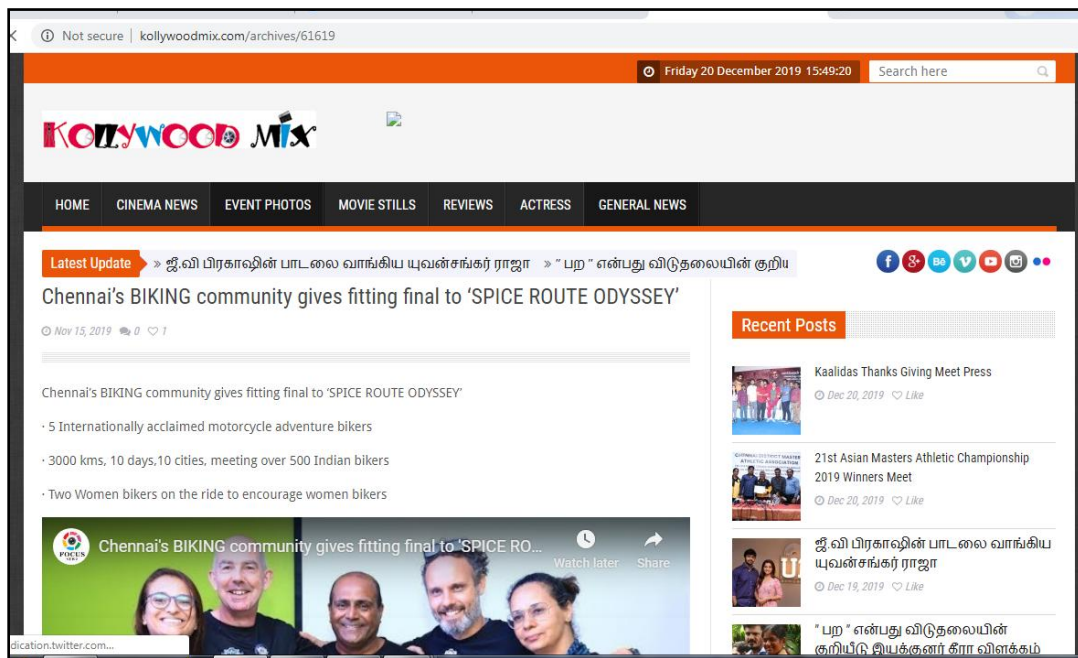
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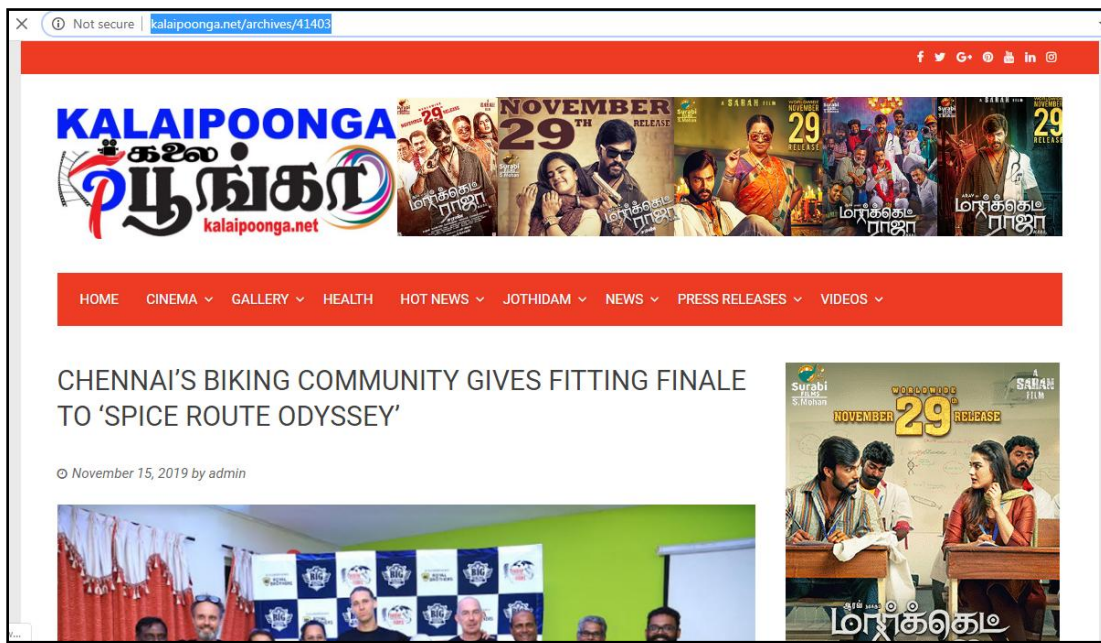
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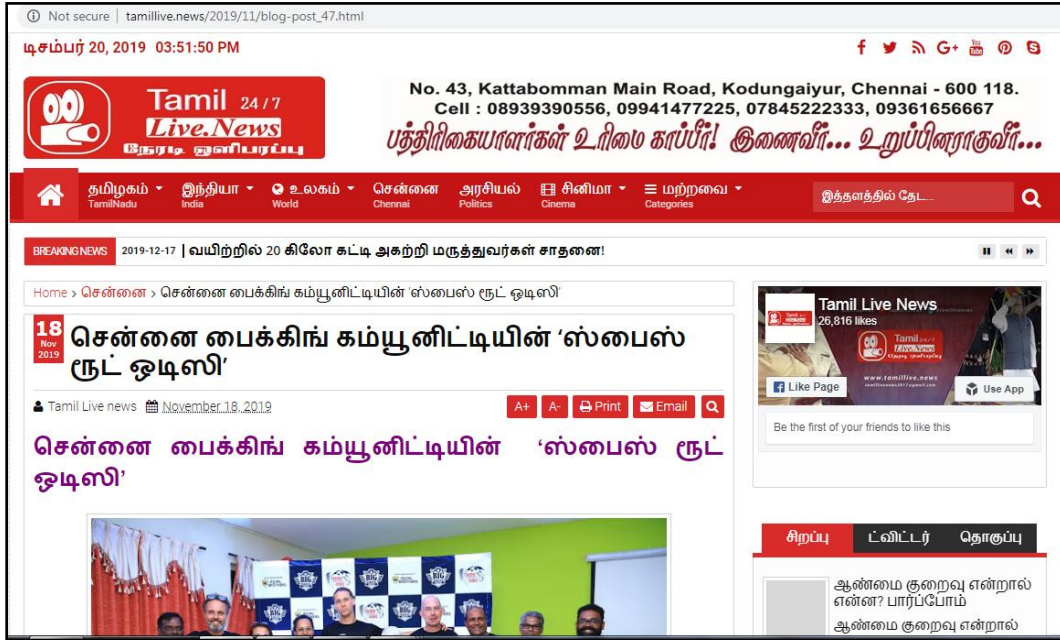
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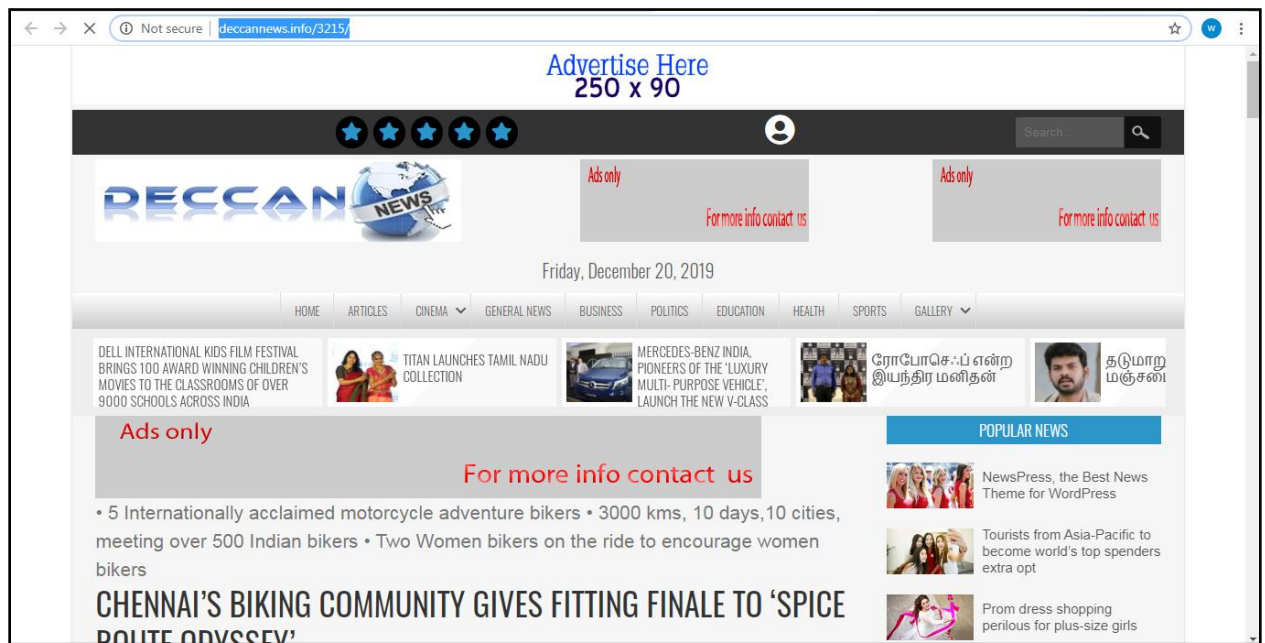
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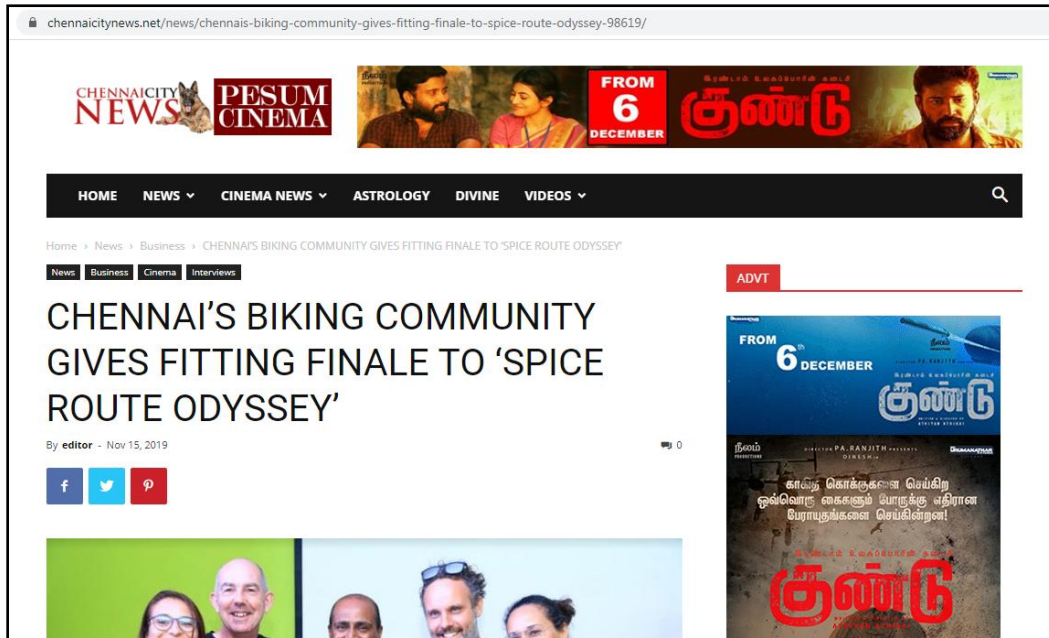
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