

## Gabriel Q Chan

Gabriel Q Chan's love for cycling began during his childhood in Kuching when he learned to ride a BMX and used to cycle leisurely with friends after school hours. He hadn't been on a bike for over two decades until he got back on a Brompton last year. His daily commute on the small wheel reignited his passion for cycling. Within two months back on the bike, he went from small wheels to his first road bike.

Cycling has also become a meaningful activity for him, providing him with moments to unplug and focus on the road ahead, solo and in groups. Gabriel enjoys the motivation in cycling and values the sense of achievement after every ride, especially on days when you spend long hours in the saddle, the road ahead is far, the hills are steep, in the sweltering heat. Sepeda Amal Borneo will be his first cross-country ride and longest after his AUDAX 200km in Singapore last year.

Gabriel also dedicates his time to community service. He started getting involved in voluntary work during his school days with the Leo and Junior Chamber movements, and the Sarawak Thalassemia Society. Gabriel has provided pro-bono service to Hagar International in Singapore on anti-human trafficking awareness and fundraising campaigns. He is participating in the Sepeda Amal Borneo ride to continue his work with NGOs over the years and support a cause that is close to his heart as cancer is common in his family.

Gabriel is a Communications Consultant by profession and has recently relocated home to Kuching after living in Singapore and Kuala Lumpur for over 20 years. Cycling has taught him the value of perseverance and overcoming tough situations, which he applies to his everyday life. He hopes to continue cycling for many more years to come and looks forward to cycling holidays abroad.

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