



**May Wong is from PJ, Selangor.**

She was born in 1968, (yes, she does not give out her age so easily). She has 2 boys, 1 is a young man of 21 and the other a kitty of 3 years old, haha.

Since graduating, she has been working in her family business dealing with aluminum and glass fabrication. With age catching up, she would like to work less and cycle more now.

Till her early 40s, she was the perfect role model of a couch potato with her favorite pastime of sleeping or sitting/lying in front of the TV and snacking away. Then the weight started to pile up and she tried to eat less and less but the weight was still going up and up. In 2010, she finally took the plunge and joined a bootcamp program. From there it led her to running, hiking and then cycling. She has been cycling since 2015 and is still in love with this sport. She has joined some cycling events like races and interstate cycling and cycling in Thailand and Italy. Her first multi day tour was with AWOL and she enjoyed the camaraderie and a chance to do good that she looks forward to every year.

It didn't take her long to decide and sign up for SAB as it is for a particularly good cause. As a woman she knows the danger of cervical cancer and is in line with ROSE foundation vision of seeing more women in Malaysia free from it. She is looking forward to this ride as it will give her the opportunity to explore East Malaysia on a bike with a group of like-minded cyclists and she is already thinking of the yummy food East Malaysia have to offer.