



Ask Tan Ju Lin what she remembers best about her childhood in Ipoh, and she will narrate stories of playing police and thief up a mango tree, catching fish in drains and zipping around the neighbourhood on her BMX bicycle. It took almost 4 decades before she took up cycling again, this time on a road bike.

Cycling for Ju Lin started as a form of exercise, then progressed onto cycling holidays abroad and now in its latest iteration, she is cycling in support of charitable organisations and causes which she is passionate about. As a relative newbie, the 2023 Amal Sepeda Borneo ride will only be her second charity ride but sees herself continuing in this vein.

She shares that cycling purely for pleasure as compared to cycling in support of a good cause changes one's perspective and motivation when faced with heat, arduous days in the saddle and tackling long uphill climbs. It gives one a sense of purpose and motivation, that your efforts are going towards something bigger and more important than one's self.

In her "other" spare time she goes bird watching and is engaged in activities supporting nature conservation. Ju Lin is also a keen potter and leisure diver.