

ALL YOU NEED
TO KNOW:

**BUILD-UP
RIDE: 4**



 Spinneys
DUBAI 92
CYCLE CHALLENGE



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TO KNOW:**

BUILD-UP RIDE:4

Welcome to the 12th anniversary of the Spinneys Dubai 92 Cycle Challenge.

Our fourth and final Build-Up Ride is taking place on Sunday 23 January 2022 at Al Qudra Cycling Track.

Please read this document carefully to ensure you are prepared for Build-Up Ride 4.

RACE ID COLLECTION

Race ID collection will take place from Friday 21 January at **The Cycle Hub**, for those who are renting a timing chip, you will need to collect your race ID & chip on the morning of the ride from the Information tent before the start line. To collect your Race ID, please bring your Emirates ID or Passport.

CLICK HERE FOR DIRECTIONS

Please note that the registration opening hours will be different to the store opening hours. Registration hours are as follows:

FRIDAY 21 JAN: 12pm - 8pm

SATURDAY 22 JAN: 10am - 4pm

INCLUDED IN YOUR RACE ID PACK IS:

- 1.) Your Timing Chip (if you purchased one during registration online or if you are renting one for the ride).
- 2.) Your wristband. This is your 'Ticket to Ride' on event day and it will also allow you access into the Eat Well Live Well Village where you can enjoy complimentary recovery drinks and snacks in the chill area courtesy of Spinneys – so remember to wear your wristband.
- 3.) DUBAI BIG 5 riders will also receive a personalized race bib for all four Build-Up Rides.



BUILD-UP RIDE 4 INFORMATION

DISTANCE: Build-Up Ride 4 is 85km

START TIME: There will be a start window of 30min for Build-Up Ride 4, from 6:30am - 7:00am depending on the speed you think you can do:

6:30am - 06:45am >38km per hour ave & above

6:45am - 07:00am <37km per hour ave & below

LOCATION: **Al Qudra Cycling Track - top of the stick**

Remember the minimum speed for the 92km Spinneys Dubai 92 Cycle Challenge in February is a 26km per hour ave - **so this is a great event to see how much work you need to do between now and the Main Race Day.**

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TIMING SYSTEM

To ensure timing and results are as accurate as possible, we are going to be using Active MyLaps ProChips for all the Build-Up Rides and the 92km Cycle Challenge. ProChips are more reliable and accurate, and the technology is similar to what is used at all Grand Tours and in Formula 1 races. This event operates on a rolling start basis, so your time will start when you cross the start line and will finish when you cross the finish line.

TIMING CHIPS

If you do not already own a MyLaps ProChip, you would have purchased or rented a timing chip during registration for the event online and it will be included in your Race Pack. For purchased chips, please be sure to follow the instructions within your timing chip packaging to activate and attach your chip to your left ankle. Your chip will need to be activated at least 2 days prior to your ride. Replacement timing chips cost AED125. Classic (yellow) champion timing chip cannot be used for this ride! All rental chips will need to be collected at the information stand on race day and will come pre-programmed, ready to use.

If you already own a MyLaps ProChip, please ensure that your subscription is up-to date and valid. **MYLAPS**

THE COURSE

Click on image



Please **CLICK HERE** to view the Spinneys Dubai 92 Build-Up Ride 4 Route and upload to your GPS Device.

THE EAT WELL LIVE WELL VILLAGE



The Eat Well Live Well Village will be open post ride exclusively to all registered riders. Please ensure you wear your wristband to access the area. **IMPORTANT** - It is currently mandatory for all riders to wear a face mask when off the bike, and follow the general safety precautions relating to social distancing and sanitizing of hands before and after the ride. There will be no spectators allowed within the race village.

RIDER SAFETY

Staging a Safe Ride for all participants is our main priority on all Build-Up Rides and the Spinneys Dubai 92 Cycle Challenge. For this reason, all safety rules with regards to cycling equipment remains applicable across all events:

- Any traditional bicycle, tandem bicycle or recumbent bicycles are permitted.
- Disc breaks are permitted.
- Any form of motorized bicycle is NOT permitted.
- Time trial bars (TT Bars), aero bars and disc wheels are NOT permitted.
- No Headphones: During the ride, the use of any headsets is prohibited, as this will limit you ability to be aware of your surroundings.

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MECHANICAL SUPPORT

The Cycle Hub will be on-site during Build-Up Ride 4 with basic mechanical support.

WATER

There will be 3 water stations on the 85km course, at the 26km, 52km and 73km marks. Riders are encouraged to carry enough hydration on their bike for the duration of their ride. There will be another water station at the finish recovery area for you to top up after your ride.

START / FINISH

The start line is visible from the parking at Al Qudra. Follow the marshals and signage to the start area. Be sure to allow enough time (at least 10min) on arrival to make your way to the start line. It will be a rolling start, so be sure to avoid bunches and try to space yourself according to a safe distance between you and other riders. The start line will be open from 6:30am – 7:00am. The finish line will close at 10.30am.

THE TRACK

Please note, the cycle track is open to other cyclists. However all riders will be restricted to cycling in a clockwise direction, which means there will be no oncoming traffic.

Take care when approaching slower riders. The track is fairly narrow so keep to the right and ride no more than 2 abreast at any time. Please do not ride in bunches, keep a safe distance between you and other riders.

**KEEP RIGHT - PASS LEFT
MAKE LOUD CALLS - PASSING LEFT!**

FOG SEASON

Fog Season is upon us so please allow sufficient time to get to the Start as it will possibly still be dark due to FOG. Please ensure your bike has a rear RED light, and it should NOT be set on FLASH. We may have to delay the start if the FOG is particularly bad.

PARKING

There is lots of parking at Al Qudra. There is sand parking but please allow an extra ten minutes to get to the start venue. Marshals will be guiding you.

CLICK HERE for the car park location.

DUBAI BIG 5 Priority Parking: Priority parking will be allocated to all DUBAI BIG 5 riders. Your DUBAI BIG 5 wristband is your ticket to the allocated parking so please be sure to wear your wristband prior to arrival.



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THE DIFFERENCE



Dubai Motor City
Jumeirah 1



04 425 6555
04 332 2203



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RESULTS

Preliminary results are published after the ride. Any queries regarding time and results must be made before 12 midday on Tuesday 25th January when the final results will be published.

DUBAI BIG 5 Leaderboard: The DUBAI BIG 5 Leaderboard will work off your accumulative time as you complete each of the four Build-Up Rides and The Spinneys Dubai 92 Cycle Challenge, so be sure to check the DUBAI BIG 5 Leaderboard after each event to see your GC. The coveted DUBAI BIG 5 Leader jerseys will be presented to the leading female and leading male before the start of Build-Up Ride 4

Please Note: only riders who complete all 5 events will appear in the leaderboard, and only these riders will be eligible to receive the remaining DUBAI BIG 5 benefits



TIME TRIALS & AERO BARS

These are NOT permitted in this event. Note time trial and aero bars will NOT be permitted in the Spinneys Dubai 92 Cycle Challenge either as these bars are NOT bunch friendly. We advise you to avoid using when cycling in a group of any kind even during training.

COVID 19 SAFETY GUIDELINES

The Spinneys Dubai 92 Cycle Challenge is committed to maintaining the safety of all riders under the current pandemic. We will therefore be following the below safety protocol for the fourth Build-Up Ride. Please read the below notice carefully and familiarize yourself with actions you should be taking to protect yourself and others around you.

Arrival: Please ensure that you follow the local authority restrictions around vehicle capacity.

Spectators: No spectators will be allowed to access the start/finish area in order to avoid group gatherings and encourage Social Distancing.

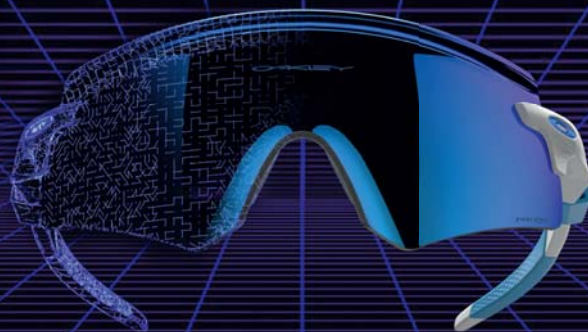
Temperature checks: Please check your temperature before your departure to the event venue. If you are displaying any of the symptoms of COVID 19, please seek immediate medical advice and do not come to the event venue.

Wear a Mask: It will be mandatory for all riders to wear masks before and after the ride. Please keep your mask in your pocket during the ride, and place it back on your face once you have crossed the finish line and have come to a stop after a safe distance.

Social Distancing: Please do not gather in large groups before or after the ride. To ensure the safety of all riders, we encourage you to keep a safe distance from other riders. Whilst on the course, please avoid bunch ups where possible and maintain a safe distance from other riders.

Sanitization: Sanitizing gel will be provided at the start / finish area. Please be sure to sanitize your hands before and after your ride.

**IF YOU ARE NOT PEDALLING YOUR BIKE
YOU SHOULD BE WEARING A MASK.**



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FAQ's

For any other information about the Build-Up Rides or Spinneys Dubai 92 Cycle Challenge main event, please be sure to read the

FAQ's on our **WEBSITE**

The Road to the Spinneys Dubai 92 Cycle Challenge starts here and we wish you the best of luck on this journey!

See you all bright and early on Sunday morning!

**REMEMBER:
NO HELMET NO RIDE!
NO WRISTBAND
NO RIDE!**

IN CASE OF AN EMERGENCY CALL: 056 211 4374

Please quote your location, approximately km, and any notable points around you.

Spinneys Dubai 92 Cycle Challenge is brought to you by



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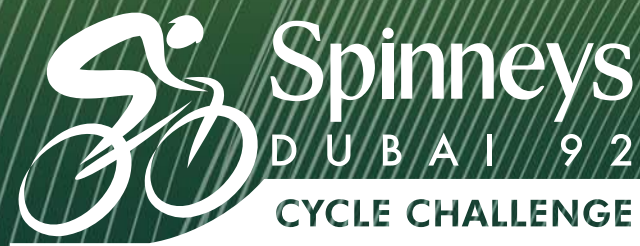


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