

ALL YOU NEED  
TO KNOW:

# LEARN TO RIDE - DUBAI



 Spinneys  
DUBAI 92  
CYCLE CHALLENGE



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TO KNOW:**

# LEARN TO RIDE - DUBAI

Welcome to the 12th anniversary of the Spinneys Dubai 92 Cycle Challenge and the Launch of our NEW LEARN TO RIDE PROGRAMME.

Please read this guide carefully to ensure that you are prepared for the Programme.

## LEARN TO RIDE - CLINIC OVERVIEW

**CLINIC DATE:** Sunday 23 January 2022

**TIME:** 07:00am

**DURATION:** 90min

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

The meeting point will be at the Spinneys Dubai 92 Cycle Challenge Eat Well Live Well village at the Al Qudra Cycle Track (top of the stick next to Zad Food Stores Coffee Shop)

**VIEW ON MAP**

Please arrive at 7am for a 7:30am start.

The aim of the clinic is to boost the confidence and knowledge of novice cyclists aged 13 and above that have entered or planning to enter the Spinneys Dubai 92 Cycle Challenge 40km Live Well Outride, or the 92km Main Event on the 19th February 2022.

This 90-minute cycling clinic will take place in a traffic-free, safe environment with cycling experts from our reputable bicycling partners, and will focus on these key elements:

- Bicycle and equipment options
- Importance of wearing a helmet and gloves
- Basic bike set-up
- Safety – do's and don'ts
- Fundamentals of riding on the road in a group



## RIDER REQUIREMENTS

To participate in the clinic you will need to bring the following with you:

- Bicycle (mountain, road, or city bicycles are fine but no TT bikes)
- Helmet
- Sportswear or cycling specific apparel

## RUNNING ORDER

The clinic will follow the structure below, with the theory part starting at the Eat Well Live Well Village, and the practical part of the session out on the Cycle Track:

07:00	Arrival, registration and wristband collection
07:10	Meet and Greet
07:20	Meet your coach & team
07:30	Clinic starts <b>Points of Discussion:</b> a. Why cycle? Benefits of cycling b. Equipment i. Types of bikes and benefits ii. Helmet iii. Shoes and pedals (benefits of riding with a cleated systems) iv. Clothing v. Tire pressure for different types of bikes vi. Bike Fitting
08:00	How to start riding from a stationery position
08:10	<b>Points of Discussion:</b> a. Riding in a bunch i. Do's and dont's ii. What to look out for
08:20	Staying hydrated & nutrition
08:30	Group Ride (on the track)
09:00	Finish

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## THE EAT WELL LIVE WELL VILLAGE



The Eat Well Live Well Village will be your meeting point on arrival. It will also be open post ride exclusively to all registered riders. Water and light refreshments will be available within the village after your ride. 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.

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## RIDER SAFETY

Staging a Safe Ride for all participants is our main priority on this Learn To Ride Clinic, 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.

## MECHANICAL SUPPORT

**The Cycle Hub** will be on-site during The Learn To Ride clinic with basic mechanical support.

## WATER

Riders are encouraged to carry enough hydration on their bike for the duration of their ride. There will be a water station at the finish recovery area for you to top up after your ride.

## THE TRACK

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!**





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## PARKING

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

**CLICK HERE** for the car park location.



## 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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Cycling Activation Partners



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