

81TH
EDITION



Spinneys

DUBAI 92

CYCLE CHALLENGE



**ALL YOU
NEED TO KNOW**

**BUILD-UP
RIDE 1**

ALL YOU NEED TO KNOW

BUILD-UP RIDE 1

The 13th Edition of Spinneys Dubai 92 Cycle Challenge aims to be bigger and better than ever. Let's unite on our bikes as we celebrate cycling, starting with the first of our four Build-Up Rides, which takes place on Sunday 25 September 2022 at Al Qudra Cycling Track. #TheRacelsOn

Please read this document carefully to ensure you are prepared for Build-Up Ride 1.

RACE ID COLLECTION

Race ID collection will take place from Friday 23 September at **Revolution Cycles Dubai**, 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 take note of the store opening hours for Revolution Cycles Dubai:

FRIDAY: 10am - 7pm

SATURDAY: 9am - 6pm

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.) **ASTER PHARMACY BIG 5** riders will also receive a personalized race bib for all four Build-Up Rides.



DISTANCE: Build-Up Ride 1 is 37km

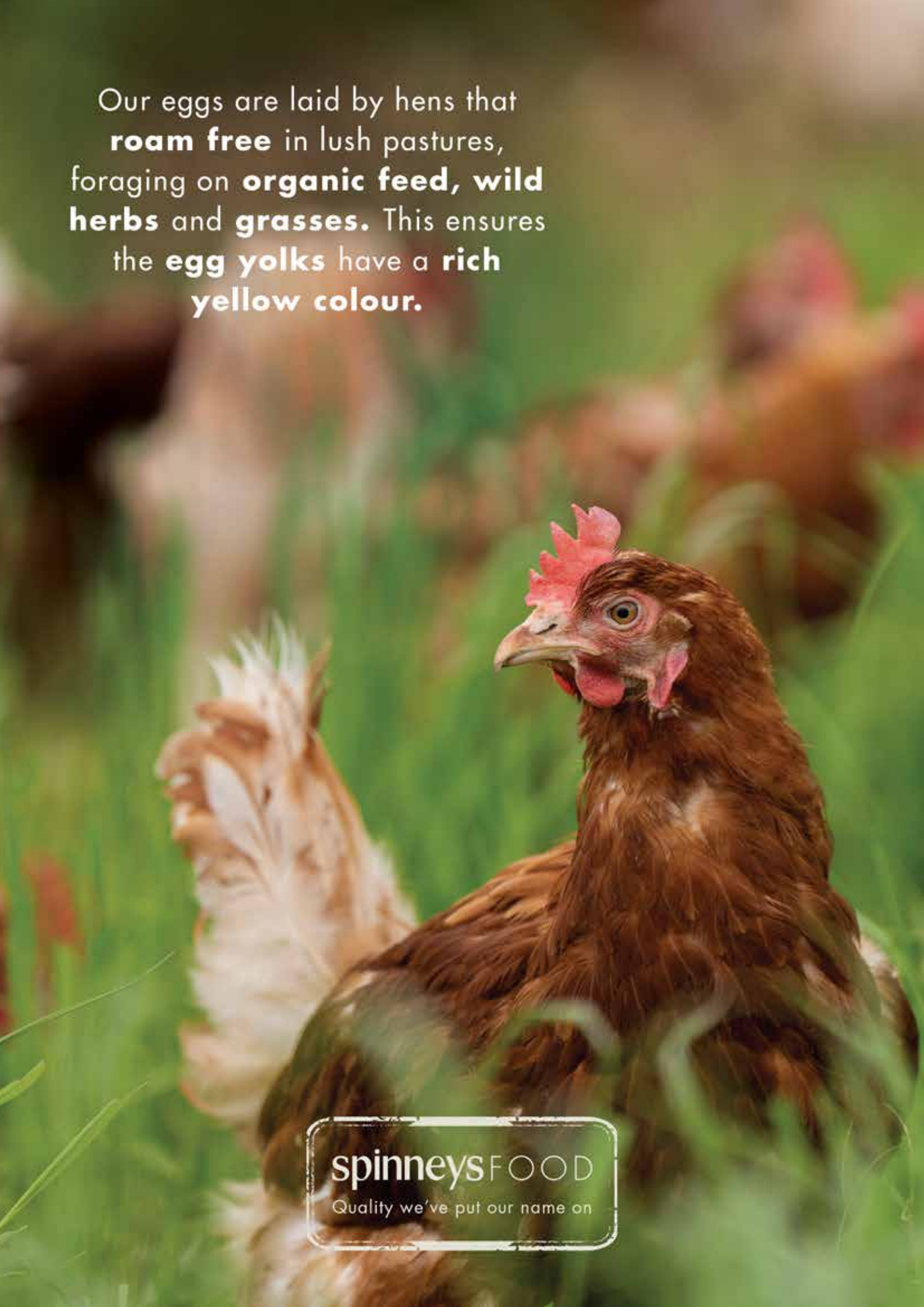
START TIME: There will be a start window of 20min for Build-Up Ride 1, from 6:30am - 6:50am depending on the speed you think you can do:

6:30am - 06:40am >38km per hour ave & above

6:40am - 06:50am <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.**

A close-up photograph of a brown hen with a prominent red comb, standing in a lush green field. The hen is the central focus, with its head turned slightly to the left. The background is softly blurred, showing other chickens and more greenery, creating a sense of a natural, free-range environment.

Our eggs are laid by hens that
roam free in lush pastures,
foraging on **organic feed, wild
herbs** and **grasses**. This ensures
the **egg yolks** have a **rich
yellow colour**.

spinneysFOOD

Quality we've put our name on

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.

NO TIMING CHIP - NO RESULT

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

THE COURSE

[Click on image](#)



A 37km out and back. Please [CLICK HERE](#) to view the Spinneys Dubai 92 Build-Up Ride 1 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. There will be no spectators allowed within the race village.



NEWBIES

The Revolution Cycles Dubai team will guide you round the track. Emil from Team Revolution will be at the information stand in the Start / Finish area and will leave at 6:50am. All 'newbies' are welcome to join him on the ride. No one will be left behind! Emil will be looking to hold an average of 23km ave on this ride.

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. (Any Riders seen using any of these will be DQF and asked to safely come out of any riding groups during the event).
- No Headphones: During the ride, the use of any headsets is prohibited, as this will limit you ability to be aware of your surroundings.

wahoo

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MECHANICAL SUPPORT

Revolution Cycles Dubai will be on-site during Build-Up Ride 1 with basic mechanical support. Thanks to Team Revolution.

WATER

There will be 1 water station on route for the 37km course – 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 15min) 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 – 6:50am. The finish line will close at 9.45am.

THE TRACK

The track is fairly narrow with contra flow along most of the course. Riding in groups and passing will be allowed during the ride so stay to the right of the path and ride no more than 2 abreast at any time - it will be a two-way path!

Allow faster riders to pass on the left. Keep a safe distance between you and other riders.

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

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.

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

RESULTS

Preliminary results are published after the ride. Any queries regarding time and results must be made before 12 midday on Tuesday 27 September when the final results will be published.

ASTER PHARMACY BIG 5 Leaderboard: The ASTER PHARMACY 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 ASTER PHARMACY BIG 5 Leaderboard after each event to see your GC. The coveted ASTER PHARMACY BIG 5 Leader jerseys will be presented to the leading female and leading male at the start of BUR 2.

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 ASTER PHARMACY BIG 5 benefits

TIME TRIALS & AERO BARS REMINDER

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

Even with the recent relaxing of the COVID Safety Restrictions, the event is still committed to providing a responsible and safe environment in which you are able to enjoy yourselves. For this reason we would still encourage riders to maintain the general COVID safety protocol throughout the event as follows:

Masks: Although not mandatory, we request all riders to wear masks before and after the ride.

Social Distancing: Maintain social distance protocol and avoid gathering in large groups before or after the ride where possible.

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

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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 - an exciting journey that brings the entire cycling community together on Sunday 19th February 2023, but in the meantime, a delicious Spinneys breakfast awaits all those cyclists who cross the Build-Up Ride finish line. What more race motivation would you need? Good luck, cycle safe and see you back in the Eat Well Live Well village!

**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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Host Federations



Host Authorities



Presenting Partner BIG 5



Official Suppliers



Cycling Activation Partners



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The Big Breakfast With Jono & Nats

Weekdays 6am - 10am

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