

81<sup>TH</sup>  
EDITION



Spinneys

DUBAI 92

CYCLE CHALLENGE

**ALL YOU  
NEED TO KNOW**

**BUILD-UP  
RIDE 3**



# ALL YOU NEED TO KNOW

# BUILD-UP RIDE 3

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 third of our four Build-Up Rides, which takes place on Sunday 20 November 2022 at Al Qudra Cycling Track. #TheRacelsOn

Please read this document carefully to ensure you are prepared for Build-Up Ride 3.

## RACE ID COLLECTION

Race ID collection will take place from Friday 18 November at **The Cycle Hub** (Jumeirah branch), 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 The Cycle Hub:

<b>FRIDAY:</b>	<b>8:00am - 8pm</b>
<b>SATURDAY:</b>	<b>8:00am - 7pm</b>

### 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 should have received their Race Bib & Wristband for Build-Up Rides 2 - 4 so no need to attend Race Pack Collection unless you have opted to rent a chip for each event.



**DISTANCE:** Build-Up Ride 3 is 65km

**START TIME:** There will be a start window of 30min for Build-Up Ride 3, from 6:30am - 7:00am depending on the speed you think you can do:

**6:30am mass start >42km per hour ave & above**

**6:35am - 6:45am 38km - 42km per hour ave**

**6:45am - 7:00am <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.**

**Our Angus and Wagyu cattle** are raised on **grass**, then fed a specially formulated grain mix, which is designed to maximise the **marbling**, **flavour** and **tenderness** of our beef.



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Wagyu Beef Shabu Shabu



SpinneysFOOD Grass-Fed  
Beef Rib-Eye Steak



## 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 AED175. Classic (yellow) champion timing chip cannot be used for this ride! All rental chips will need to be collected at race pack collection 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**

## START FORMAT

For Build-Up Ride 3 we will be introducing a third start wave for the riders who average 42km/hr and above in the interest of rider safety. This group will be first to start and will still be timed on chip time like the rest of the field. Each start group will follow a rolling start format and so all rider times will start when they cross the start line and will finish when they cross the finish line.



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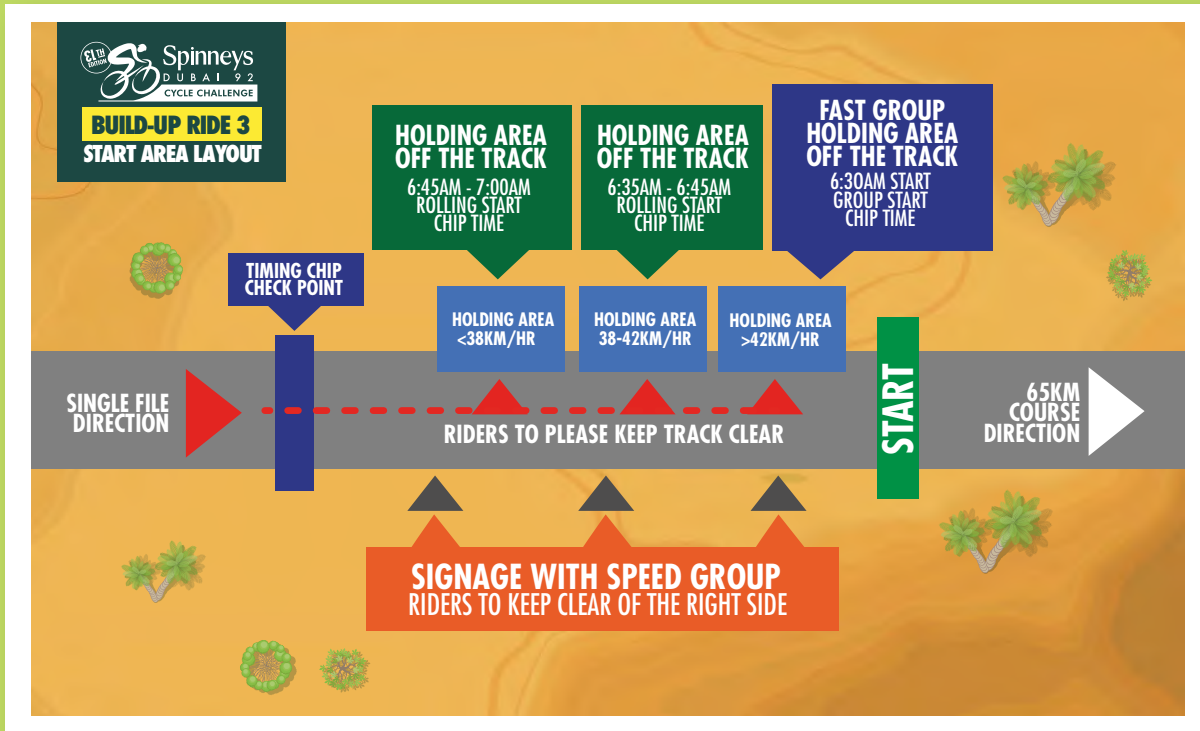
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# START AREA - RIDER INSTRUCTIONS

1. Pass through chip check point. Riders to pass through in single file, one at a time.
2. Find your Speed Group at the start holding area, based on the average speed you can hold over 65km.
3. Move off the track into your holding area on left side of track and await your turn to start.



## THE COURSE

Click on image



A 65km loop in a clockwise direction. Please **CLICK HERE** to view the Spinneys Dubai 92 Build-Up Ride 3 Route and upload to your GPS Device.



# The Big Breakfast With Jono & Nats

Weekdays 6am - 10am



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## 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 on the track and will leave at 7:00am. 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 26km 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.



## MECHANICAL SUPPORT

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**The Cycle Hub** will be on-site during Build-Up Ride 3 with basic mechanical support. Thanks to The Cycle Hub Team.

## WATER

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There will be 2 water stations on route at 32.5km and 53.5km for the 65km 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.

*Note: There is also a water fountain at Sheik Hamdan Mosque, along with toilets for emergencies only, at the 56km mark.*

## START / FINISH

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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 – 7:00am. The finish line will close at 9.45am.

## THE TRACK

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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 should be no oncoming traffic - however we ask you to be cautious and be mindful of potential hazards.

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.

## FOG SEASON

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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.

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

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A LITTLE MORE  
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# GIANT

JUMEIRAH

RIDE  
JUMEIRAH.  
RIDE  
GIANT.

51<sup>TH</sup>  
EDITION



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DUBAI 92  
CYCLE CHALLENGE

## PARKING

There is lots of parking at Al Qudra. There is sand parking but please allow an extra 15 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 22 November** 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 1 week after each event to see your GC. The ASTER PHARMACY BIG 5 competition will officially recognize two age categories for both male and female riders, which are:

Up to 44 years (Open Category) - Yellow Leader Jersey



45 years+ (Vets Category) - Blue Leader Jersey



## AWARD STRUCTURE

The top 3 male and female riders in each of the Open and Vets age group categories will be awarded podium winner medals after the final event, and the leaders in each will be presented with a leader jersey that must be worn during each of the competition races, as long as the respective riders are top of the general classification. The overall Aster Pharmacy BIG 5 leader will wear the yellow leader jersey regardless of his or her age category.

Should a Vets Category rider place in the top 3 positions of the overall classification, then the rider will be eligible to receive awards in both the Open and Vet categories. More details will be released in the coming weeks.

**Please Note:** Your age category in the Spinneys Dubai92 Cycle Challenge, all associated Build-Up Rides and the Aster Pharmacy BIG 5 are set in line with the UCI Gran Fondo qualifying age eligibility which is defined by the rider's age on December 31st of the year of the qualifier event (19 February 2023), in this case 31 December 2023.

**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.





## 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 is under way - 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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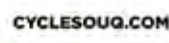
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