

All You Need To Know - Build Up Ride 3!

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Hello Cyclists,

Welcome to the 8th edition of the Spinneys 65km Build-Up Ride 3 taking place on **Friday 20th October 2017.**

This is where your journey begins as we approach the Spinneys Dubai 92 Cycle Challenge in December and we wish you the best of luck!

A few things that you need to know:



Distance: The Spinneys Dubai 92 Build-Up Ride 3 is 65km.

Times: Two starting times are available depending on the speed **you** think you can do.

- 6.00am - +37 km per hour ave & above

- 6:05am - -37 km per hour ave & below

Location: Al Qudra Cycling Track - [Top of the stick](#)

The Course: A 65km loop. Please [click](#) here to view the course.

Click on the links if you would like to download the route onto your [Wahoo](#) or any other GPS Bike Computer as a **GPX** file Via [RideWithGPS](#)

Village: The village and the start area are location near Zads at the top of the stick. For the location, click [here](#)



Spinneys Food and Water:



Start / Finish:



The track: The Al Qudra

There are two water stations on the track around the 20km mark and 40km point. You will also be able to refill your water bottles in the Spinneys Village. After you have completed your ride, please feel free to indulge in the delicious breakfasts provided by Spinneys. This week Spinneys are offering cheese and spicy omelets and freshly baked croissants.

All riders will start from the village beside Zads store. A rolling start will leave from the village, and the official start line will be 800 meters from the village.

The start line will be open from 6.00am - 6.30am.

The finish line will be 1km before the village and timing mats will close at 10am.

Cycling Track will be one direction, clockwise from 5.30am to 10.00am. The track is wide and there will be passing during the ride.

Stay to the right of the path! So faster riders can pass on the left. The track will close at 10am for riders. Please be vigilant, there maybe horses crossing the track near the mosque.



Parking: There is lots of parking at the start village. There is sand parking but please allow an extra ten minutes to get to the venue. Marshals will be at hand to help.



Time Trial and Aero Bars: These are permitted in this event but will NOT be permitted in the Spinneys Dubai 92 Cycle Challenge on 15th December.

REMEMBER: These bars are **NOT** bunch friendly, use with extreme caution. We advise you to avoid using while in any form of groups.



Timings chips: Chip collection is available at Revolution Cycles Dubai on:

- Wednesday 18th October: 12:00pm - 5:00pm
- Thursday 19th October: 12:00pm - 5:00pm

Please present a copy of your ID when collecting your chip. If you are collecting for someone else please present a copy of their ID and you will have to sign for it with your contact details. If you already own a classic (yellow) champion timing chip this can be used as normal.

Rental must be worn on the **left** ankle to give an accuracy timing.

Preliminary results are published after the ride. Any queries regarding time and the results must be made before 12 midday on Monday 22nd October, when the final results will be published.



The Vittoria Accumulator:

We are calculating and keeping track of how long it takes you to do all the Spinneys Build-Up rides and the Spinneys Dubai 92 Cycle Challenge. This will be your accumulated time and can lead to winning you a set of Vittoria Qurano Carbon Wheels. Keep up to date with the Vittoria Accumulator latest leader board [here!](#)

In case of an emergency call :

056 211 4374



Please quote your location, approximately km, any notable points around

Thanks to **Revolution Cycles Dubai** who will be on-site with basic mechanical support.

This is where your journey begins as we approach the Spinneys Dubai 92 Cycle Challenge in December and we wish you the best of luck!

See you all bright and early on Friday morning!

NO HELMET NO RIDE!

For information on all events in Dubai, download the Event's Security Committee App [here](#)

Available on the iPhone
App Store



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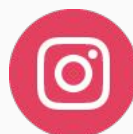
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