

THE SPARKLE CYCLE 2024

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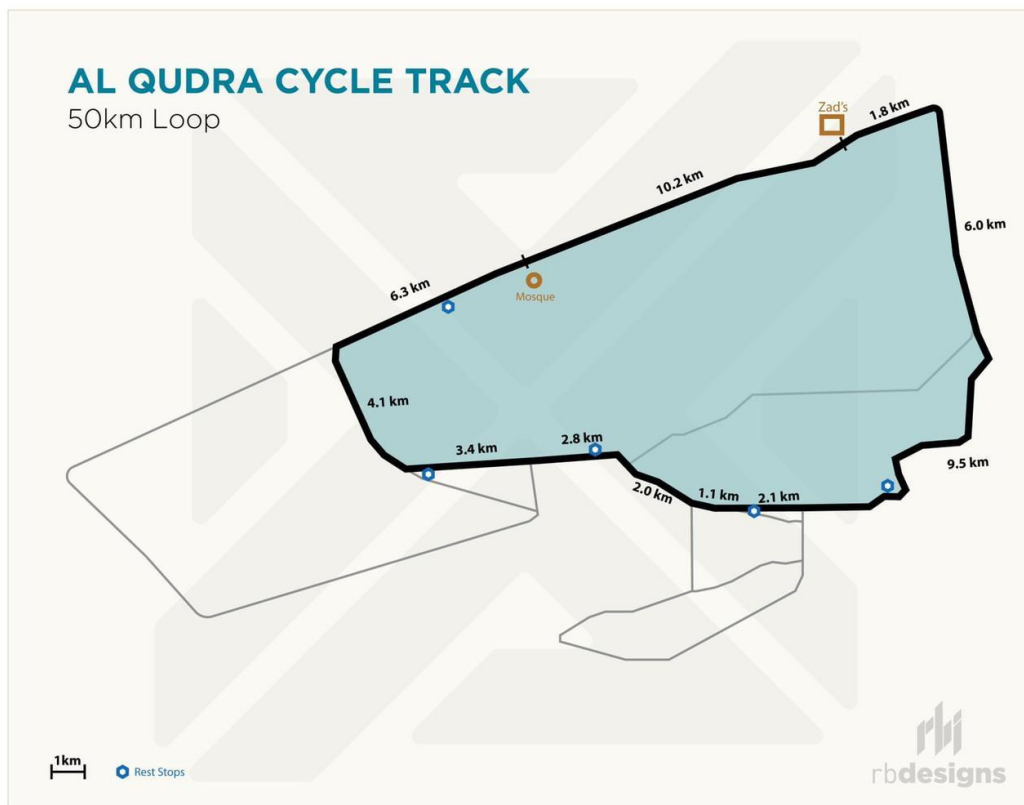
THE SPARKLE CYCLE GUIDE

500 KM CHALLENGE
15th November 2024 at 6pm

FAMILY FUN RIDE
16th November 2024 at 8am

Al Qudra Cycle Track, Dubai

SPARKLE CYCLE 2024 PLAN



Loop	Distance	Start Time	Finish Time	Average Speed	Break, Regroup	Total So Far	Remaining
Loop 1	50	18:00	19:40	30	20mins	50	450
Loop 2	50	20:00	21:40	30	20mins	100	400
Loop 3	50	22:00	23:40	30	20mins	150	350
Loop 4	50	00:00	01:40	30	20mins	200	300
Loop 5	50	02:00	03:40	30	20mins	250	250
Loop 6	50	04:00	05:40	30	20mins	300	200
Loop 7	50	06:00	07:40	30	20mins	350	150
Loop 8	50	08:00	09:40	30	20mins	400	100
Loop 9	50	10:00	11:40	30	20mins	450	50
Loop 10	50	12:00	13:40	30	Finished	500	0

NOTES:

1. Please fill in the [Google Sheet](#) with which group you would like to ride in and what loop's you'll join.
2. First Loop Wheels rolling at 6pm Sharp from ZADS: Please be there and ready by 5:30pm (We can't wait for people who are late, one person late means 50 people waiting)
3. Make sure your bike is in good mechanical condition, check the tyres are they in good condition and pumped to the correct pressure, replace old inner tubes minimize the risk of mechanical issues and punctures that will impact the day's schedule.
4. Be self-sufficient to repair a puncture should one occur. Carry a tube, pump, levers etc. and extra spares in your car.
5. Make sure you have your lights especially for the night laps, set them to non-flashing.

6. Park your car at ZADS, bring a cool bag with water, other drinks, food and nutrition so for each loop you only need to carry enough for that loop. (There will be time to refill after each loop) – Bring a cool bag and have enough cold water and drinks in there to last the whole day. Bring various things to eat, bars, gels, croissants, raisin whirls etc. and made sure to eat and drank enough in between loops.
7. It may be cold in the night loops, wrap up appropriately, can remove layers for later loops. Last year some even brought a change of clothing and changed after the first two loops.
8. Remember this is not a race we will be in the saddle for at least 18 hours. Aiming for an average speed of about 30 and a max speed of 35. As usual don't chase people who speed off when they get to the front. It will be doable if we keep it steady.
9. Most important is to ride disciplined and safely, call things out and pass the messages back, stay in a strict two-lane peloton, call out last wheel for the riders dropping back.
10. Don't overtake unless the whole group can safely get past and don't slow down as soon as you pass a rider or group, maintain the pace and only start pulling back in when YOU are at least 10 bike lengths clear of the riders you are passing. Hopefully the track should not be too busy on Thursday.
11. NO HEADPHONES - You need to hear and pass on messages when required.
12. Will check wind is before each loop and decide if clockwise or anticlockwise is more favourable.

EVENT DETAILS

- **Date:**
 - 15th November – 500 KM x 24 Hrs Challenge
 - The riders will be setting off every two hours from next to Zad's if you are joining
 - 16th November – Family Fun Ride
- **Location:** Al Qudra Cycle Track - [Location Link](#)
- **Start Time:**
 - 15th November – 500 KM x 24 Hrs Challenge: **6 PM**
 - 16th November – Family Fun Ride: **8 AM**
- **Check-In:** Please arrive at least 30 minutes before your ride for registration

ROUTE INFORMATION

- **Rest Stops:** A rest area will be available at the starting point.
- **Food and Water:** Please bring your own food and water for the 500km challenge. Paid food and beverage stalls will be open from 8 AM on 16th November.

WHAT TO BRING

- **Bike:** Please bring your bike, or you can rent one from TREK Bikes at [this link](#). Mention "SparkleCycle" to donate 25% of the rental rate at collection. You can also rent one from Hello Bikes at [this link](#). Use code "SPARK25" to get 25% off on your rental!

- **Water & Snacks:** Be sure to bring water and snacks if you're taking part in the 500 KM challenge.

RECOGNITIONS

- **Gift Hamper:** An exclusive gift hamper for the top finisher in the 500 KM x 24 Hrs category!
- **9 x Oakley's** up for grabs for those who complete 500km!

FAMILY FUN RIDE

Join us from 8 AM on the 16th of November for a morning of fun activities:

- **Bouncy Castle:** Bring your kids to have a blast at our bouncy castle!
- **Game Zone:** Enjoy fun games like foosball, table tennis, Jenga and more in our game zone!
- **Petting Zoo:** Meet and cuddle cute animals at our petting zoo, including baby rabbits, parrots, guinea pigs, ducklings and more.
- **Graffiti Wall:** Get creative and add your own artwork to our graffiti wall.
- **Food and Coffee Stalls:** Delicious snacks and coffee stalls
- **Raffle Draw:** Enter for a chance to win amazing prizes, from gym memberships to gift hampers while supporting a great cause!

JOIN OUR [WHATSAPP GROUP](#) TO STAY UPDATED WITH THE LATEST EVENT NEWS!



CONTACT INFORMATION

- **Event Coordinator:** Dulini Ratnayake, 0501831388

Thank you for joining us at The Sparkle Cycle! Ride safe and have fun!

EVENT SPONSORS



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