

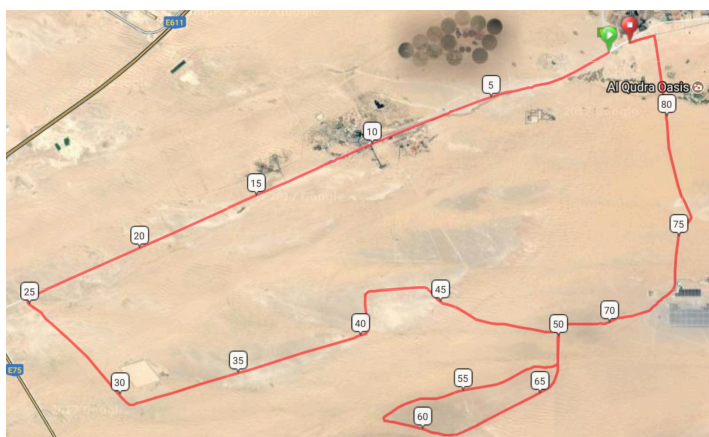


Hello Cyclists,

Welcome to the 8th edition of the Spinneys 85km Build-Up Ride 4 taking place on **Friday 24th November 2017.**

Your journey to the largest cycle event in the UAE, The Spinneys Dubai 92 Cycle Challenge is either well on its way or it just the beginning - either way you're on the right track for the BIG day in December and we're here cheering for you - Best of Luck !

Details on using the ProChip collection, the route, and a few other things that you need to know:



Distance: The Spinneys Dubai 92 Build-Up Ride 4 is 85km.

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 85km 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:

There are three water stations on the track around the 25km, 45km mark and 65km 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 will be offering wraps and a new range of sandwiches. Tea, snack bars, smoothies and oranges are also on offer.



Start / Finish:

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 200 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 10.30am.



The track:

The Al Qudra Cycling Track will be one direction, ANTI clockwise from 5.30am to 10.30am. The track is wide and there will be passing during the ride.

Two-Way Section: As per last year, we are using the 20km extension and there will be a section of the track that is two-way for 2km.

All riders will need to keep to the correct side of the track (RIGHT) and allow the two-way.

At approximately 50km & 70km the track is two-way
KEEP RIGHT!



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: EXCITING NEWS

For the first time we will be using the ProChip timing system for our challenge event on the 15th December as they come with 99% accuracy in timing as well as the option of live tracking in the Village.

In order for us to ensure that we have this fully tested, we want to use the ProChip this Friday in our Build-Up Ride (4) and we would like all entrants to use them! They are expensive and the only thing we ask is that you please sign for them and return them after the Build-Up Ride.



We are doing this as we want to have the BEST timing system for our Cycle Challenge!

Our team will hand out the ProChip to each entrant in the village on Friday. PLEASE ensure that you pick it up before you ride. We know many may ride from the bottom of Al Qudra and SO PLEASE ensure you check into the Village and look for our Registration Desk by the Large Map.

Chip Collection is Friday morning 5-6 a.m.

For those who already have a yellow ChampionChip we will lend you a ProChip for Friday morning, as **ChampionChip will not work.**

Preliminary results are published after the ride. Any queries regarding time and the results must be made before 12 midday on Monday 27th November, 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



ANDROID APP ON
Google play



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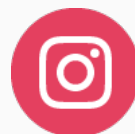
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