

# All You Need To Know - Build-Up Ride 1!

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**Hello Cyclists,**

Welcome to the 9<sup>th</sup> edition of the Spinneys Build-Up Ride 1 taking place on **Friday 7th September 2018 at Al Qudra!**



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 are listed below. Please read this carefully and get in touch if you have any further questions!**



**Distance:** The Spinneys Dubai 92 Build-Up Ride 1 is 35km

**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 35km loop. Please [click](#) here to view the course and 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 located near Zads at the top of the stick. For the location, click [here](#)

**\*\*\*\*New for this year\*\*\*\***

**Timing System:** In previous years we've used a passive timing system (MyLaps ChampionChip). However, due to the increased (bluetooth) technologies on bikes, and the subsequent interference with timing systems, we have moved to an active timing system - MyLaps ProChip.

To ensure timing and results are as accurate as possible, we are going to be using ProChips for all the Build-Up Rides and the 92km Cycle Challenge. ProChips are 99% accurate and the technology is similar to what is used in Formula 1 cars.

**Newbies:** The Revolution Cycles team will guide you round the track. Daniel from the team will be at the information stand in the race village and will leave at 6.15am. All 'newbies' are welcome to join him on the

ride. No one will be left behind on this ride.



**Timings chips:** Chip collection is from the Race Village on the morning of the Build-Up Ride from **4.45 until 5.45am**. To collect your chip you will be required to leave either a deposit of AED150 or your Emirates ID.

Replacement timing chips cost AED150. Classic (yellow) champion timing chip **CANNOT BE USED OF THIS RIDE.**



**Spinneys Food:** After you have completed your ride, please feel free to indulge in the delicious breakfasts provided by Spinneys. This week, Spinneys is offering cheese & spicy omelets and freshly baked croissants.

**Water:** There is one water stations on the track around the 18km mark, near the gazebo. You will also be able to refill your water bottles in the Spinneys Village.

**Start / Finish:** All riders will start from the village beside Zads store. A rolling start will leave from the exit behind Zads, and the official start and finish line will be 1km from the village. The start line will be open from 6.00am - 6.30am. The finish line will close at 8.30am.

**The track:** The track is wide and there will be passing during the ride. **Stay to the right of the path - it will be two-way path!** Allow faster riders can pass on the left.



**The Accumulator:** Back again for the second year! 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 a set of Cormina wheels. Keep up to date with the Accumulator latest leader board [here!](#)

**Mechanical support:** Thanks to [Revolution Cycles Dubai](#) who will be on-site with basic mechanical support.



**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 guiding you.

**Results:** Preliminary results are published after the ride. Any queries regarding time and results must be made before 12 midday on Sunday 9th September, when the final results will be published.

In case of an emergency call :

**056 211 4374**

Please quote your location, approximately km, and any notable points around you.



**Time Trial and Aero Bars:** These are permitted in this event but will NOT be permitted in the Spinneys Dubai 92 Cycle Challenge on 14th December.

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



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!

Remember this is a minimum speed to complete the 92km Cycle Challenge of 26km per hour.

See you all bright and early on Friday morning!

**NO HELMET NO RIDE!**

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