

All You Need To Know - Build-Up Ride 4!

Hello Cyclists,

Welcome to the 9th edition of the Spinneys Dubai 92 Build-Up Ride 4 taking place on **Friday 23rd November 2018 at Al Qudra Cycle Track!**



You're so close to the the Spinneys Dubai 92 Cycle Challenge in December and we wish you the best of luck for this final challenge! 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 4 is 85km

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

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

- **6:30am** - 38 km per hour av. & above
- **6:35am** - 37.5 km per hour av. & below

Please note a change in start times from previous Build-Up Rides!

The Course: An 85km loop, with the start heading out towards Bab Al Shams. 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](#).

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

Timings Chips: Chip collection is from the Cycle Village on the morning of the Build-Up Ride from **5.15am until 6.15am**.

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 FOR THIS RIDE.**

******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 that used in Formula 1 cars.



Spinneys Food: After you have completed your ride, please feel free to indulge in the delicious breakfasts provided by Spinneys. This week, Spinneys is serving cheese omelets and salad cups at the truck, SF snacks, watermelon and smoothies.

Water: There are water stations on the track at the start/finish line and at the 25km, and 60km mark. You will also be able to refill your water



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, in the direction of Bab Al Shams. The start line will be open from 6.30am - 7.00am. The finish line will close at 10.00am.

The Track: The track is wide and there will be passing during the ride.

bottles in the Cycle Village.

Please remember, you must stop if you are taking water from the water stations on the course.

Stay to the right of the path - it will be two-way path! Allow faster riders to pass on the left.

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



The Corima Accumulator:

Back again for the second year! We are calculating and keeping track of how long it takes you to do all the Spinneys Dubai 92 Build-Up Rides and the Spinneys Dubai 92 Cycle Challenge.

This will be your accumulated time and can lead to winning a set of Corima wheels. Keep up to date with the Accumulator latest leader board [here!](#)



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 25th November, when the final results will be published.



Time Trial and Aero Bars:

These are permitted in this event but will NOT be permitted in the Spinneys Dubai 92 Cycle Challenge on Friday 14th December.

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

See you all bright and early on Friday morning!
NO HELMET NO RIDE!

In case of an emergency call :

056 211 4374

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



Remember there is a **minimum speed** to complete the 92km Cycle Challenge of **26km per hour!**

Thanks to all our Sponsors of the Spinneys Dubai 92 Cycle Challenge

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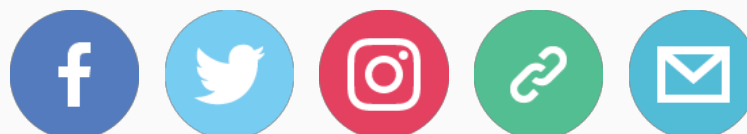
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