

ALL YOU NEED
TO KNOW:

BUILD-UP RIDE: 1

 Spinneys
DUBAI 92
CYCLE CHALLENGE



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BUILD-UP RIDE: 1

Welcome to the 11th anniversary of the Spinneys Dubai 92 Cycle Challenge.

The first of our four Build-Up Rides is taking place on Saturday 28th November 2020 at Al Qudra Cycling Track. Please read this document carefully to ensure you are prepared for Build-Up Ride 1.

RACE PACK COLLECTION

Race Pack Collection is from the **Revolution Cycles** Store in Dubai.

[CLICK HERE FOR DIRECTIONS](#)

You will receive an e-mail notification when your Race Pack is ready for collection. To collect your Race Pack, please ensure that you bring your Emirates ID.

Please take note of the store opening hours:

DAY	TIME
SUNDAY - THURSDAY	10:00 - 19:00
FRIDAY - SATURDAY	11:00 - 16:00

Important Note: To keep inline with COVID 19 protocol for events, and to ensure the safety of all riders, there will be NO RACE PACK COLLECTION ON THE MORNING OF THE RIDE.



YOUR RACE PACK WILL INCLUDE:

- 1.) Your Timing Chip (if you purchased one during online registration).
- 2.) Your wristband. This is your 'Ticket to Ride' so all riders must wear their wristband on event day. It will also allow you to collect your post-ride gift bag courtesy of Spinneys.
- 3.) DUBAI BIG 5 riders will also receive a personalized race bib for all four Build-Up Rides

BUILD-UP RIDE 1 INFORMATION

DISTANCE: 35km

START TIME: There will be a start window of 30min for Build-Up Ride 1, from 6:30am - 7:00am depending on the speed you think you can do

EXPECTED SPEED

> 38KM PER HOUR AVERAGE & ABOVE

< 37KM PER HOUR AVERAGE & BELOW

STARTING WINDOW

06:30 - 06:45

06:45 - 07:00

LOCATION: Al Qudra Cycling Track - top of the stick

Remember the minimum speed for the 92km Cycle Challenge in March is a 26km per hour average - so this is a great event to see how much work you need to do between now and the Main Race Day.



Spinneys

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TIMING SYSTEM AND TIMING CHIPS

To ensure timing and results are as accurate as possible, we will use Active MyLaps ProChips for all the Build-Up Rides and the 92km Cycle Challenge. ProChips are more reliable and accurate. The technology is similar to what is used at all Grand Tours and in Formula 1 races.

If you do not already own a MyLaps ProChip, you will have purchased a timing chip during registration for the event online, and it will be included in your Race Pack. Please be sure to follow the instructions within your timing chip packaging to activate and attach your chip to your bike. Your chip will need to be activated at least 2 days prior to your ride. Replacement timing chips cost AED125.

If you already own a MyLaps ProChip, please ensure that your subscription is up-to-date and valid.

Classic (yellow) champion timing chips cannot be used for this ride!

THE COURSE

[Click on image to enlarge](#)



The course for Build-Up Ride 1 is 35km out and back. [Click on image to view the Spinneys Dubai 92 Build-Up Ride 1 Route and upload to your GPS Device.](#)

THE VILLAGE

To ensure the safety of all riders and to keep in line with protocol under the current COVID 19 regulations, there will be NO Race Village.

Riders are encouraged to arrive on time for the start and to leave the venue as soon as you have completed your ride, collected your Spinneys Gift Bag, and caught your breath.

All riders MUST wear face masks before and after the ride. There will be no spectators allowed at this ride.

FIRST TIMERS

The Revolution Cycles Dubai team will guide you round the track. Bryan from Team Revolution will be at the information stand in the Start / Finish area and will leave at 7:00am. All 'newbies' are welcome to join him on the ride. No one will be left behind! Bryan will be looking to hold an average of 23km ave on this ride.

No Headphones: During the ride, the use of any headphones is prohibited, as they limit your awareness of your surroundings.

MECHANICAL SUPPORT

Revolution Cycles Dubai will be on-site during Build-Up Ride 1 with basic mechanical support. Thanks to Team Revolution!

GIFT BAGS

Spinneys Dubai will be providing a generous product hamper to each rider following the completion of the ride. Please ensure you collect your bag once you have finished your ride.

WATER

There will be no water stations on route for the 35km course - riders are encouraged to carry enough hydration on their bike for the duration of their ride. There will be a water station at the start / finish area, for you to top up before and after your ride.

START / FINISH

The start line is visible from the parking at Al Qudra. Follow the marshals and signage to the start area. Be sure to allow enough time (at least 10min) on arrival to make your way to the start line. It will be a rolling start, so be sure to avoid bunches and try to space yourself according to a safe distance between you and other riders. The start line will be open from 6:30am – 7:00am. The finish line will close at 9.45am.



THE TRACK

The track is fairly narrow with contra flow along most of the course. Passing will be allowed during the ride so stay to the right of the path and ride no more than 2 abreast at any time - it will be a two-way path!

Allow faster riders to pass on the left. Please do not ride in bunches; keep a safe distance between you and other riders.

**KEEP RIGHT - PASS LEFT
MAKE LOUD CALLS - PASSING LEFT!**

PARKING

There is lots of parking at Al Qudra. There is sand parking but please allow an extra ten minutes to get to the start venue. Marshals will be guiding you.

[CLICK HERE FOR THE CAR PARK LOCATION.](#)

DUBAI BIG 5 Priority Parking: Priority parking will be allocated to all DUBAI BIG 5 riders. Your DUBAI BIG 5 wristband is your ticket to the allocated parking so please be sure to wear your wristband prior to arrival.

RESULTS

Preliminary results are published after the ride. Any queries regarding time and results must be made before 12 midday on Sunday 29th November when the final results will be published.

DUBAI BIG 5 Leaderboard: The DUBAI BIG 5 Leaderboard will work off your accumulative time as you complete each of the four Build-Up Rides and The Spinneys Dubai 92 Cycle Challenge, so be sure to check the DUBAI BIG 5 Leaderboard on the event website after each event to see your GC. Please note, only riders who complete all 5 events will appear in the leaderboard, and only these riders will be eligible to receive the remaining DUBAI BIG 5 benefits.

TIME TRIALS & AERO BARS

These are permitted in this event for riders not riding in a bunch. Note that they will NOT be permitted in the Spinneys Dubai 92 Cycle Challenge. These bars are NOT bunch friendly - please use with extreme caution. We advise you to avoid using when cycling in a group of any kind.

Never use TT bars in a BUNCH. If you are riding with TT or Aero Bars, and you are approached by a bunch, the onus will be on you to drop out of the bunch.

COVID 19 SAFETY GUIDELINES

Spectators: No spectators will be allowed to access the start/finish area in order to encourage Social Distancing

Masks: It is mandatory for all riders to wear masks before and after the ride. Spinneys will provide a disposable facemask in your Spinneys Gift Bag, which you will collect after your ride. **IF YOU ARE NOT PEDALING YOUR BIKE YOU SHOULD BE WEARING A MASK.**

Social Distancing: Please do not gather in large groups before or after the ride. To ensure the safety of all riders we encourage you to keep a safe distance from other riders, and to leave the area once you have completed your ride, collected your Spinneys Gift Bag and caught your breath. Whilst on the course, please avoid bunch ups where possible and maintain a safe distance from other riders.

Sanitization: Sanitizing gel will be provided at the start / finish area. Please be sure to sanitize your hands before and after your ride.

FAQ's

For any other information about the Build-Up Rides or Spinneys Dubai 92 Cycle Challenge main event, please be sure to read the FAQ's

[CLICK HERE FOR FAQ's](#)

The Road to the Spinneys Dubai 92 Cycle Challenge starts here and we wish you the best of luck on this journey!

**REMEMBER:
NO HELMET NO RIDE!
NO WRISTBAND
NO RIDE!**

IN CASE OF AN EMERGENCY CALL: 056 211 4374

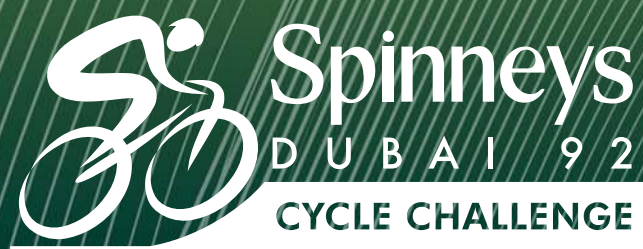
Please quote your location, approximately km, and any notable points around you.

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