

**ALL YOU NEED
TO KNOW:**

BUILD-UP RIDE:3



Spinneys
DUBAI 92
CYCLE CHALLENGE



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

The third of our four Build-Up Rides is taking place on Friday 22nd January 2021 at Al Qudra Cycling Track. Please read this document carefully to ensure you are prepared for Build-Up Ride 3.

RACE PACK COLLECTION

If you are a DUBAI BIG 5 rider - the race pack that you collected for Build-Up Ride 1 has everything you need for the remaining Build-Up Rides, so you do not need to collect anything prior to this ride – Please keep your race pack items in a safe place so as not to lose any of the contents. *Please be sure to wear your wristband and race number for Build-Up Ride 3.*

If you rode in the first Build-Up Ride and have a timing chip, then you can collect your access band from the information tent at Al Qudra Cycle Track on Friday morning before your ride.

If this is your first Build-Up Ride then you will need to collect your Race Pack – The below information is specific to you:

Race Pack Collection is from the Revolution Cycles Dubai in Dubai on Tuesday between 10:00 and 19:00. Note: Revolution Cycles has Moved - Follow the link for the New Store Location

CLICK HERE FOR DIRECTIONS

To collect your Race Pack, please bring your Emirates ID.

YOUR RACE PACK WILL INCLUDE:

- 1.) Your Timing Chip (if you purchased one during online registration).
- 2.) Your wristband which you will need to wear on event day as 'your ticket to ride' and will allow you to collect your post ride gift bag courtesy of Spinneys – **SO REMEMBER TO WEAR YOUR WRISTBAND.**

Please take note of when you registered to see when your specific collection window is:

DATE REGISTERED	WHEN TO COLLECT
BEFORE 12PM MON	TUES OR WED, 10.00 – 19.00
AFTER 12PM MON, AND BEFORE 12PM TUES	TUES, 15.00 – 19.00 OR WED 10.00 – 19.00
AFTER 12PM TUES	WED, 15.00 – 19.00

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.

BUILD-UP RIDE 3 INFORMATION

DISTANCE: 65km

START TIME: There will be a start window of 1 hour for Build-Up Ride 3, from 6:30am - 7:30am depending on the speed you think you can do

EXPECTED SPEED	STARTING WINDOW
> 38KM PER HOUR AVERAGE & ABOVE	06:30 - 07:00
< 37KM PER HOUR AVERAGE & BELOW	07:00 - 07:30



LOCATION: Al Qudra Cycling Track - top of the stick

CUT-OFF: The Finish Line will close at 10:30am

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.

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 would 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 LEFT ankle. Your chip will need to be activated at least 2 days prior to your ride. Replacement timing chips cost AED125.

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

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

Timing Format: This is a timed event. Due to a rolling start, your time will be calculated from the time you cross the starting mat, to the time you cross over the finish mat.

THE COURSE

[Click on image to enlarge](#)



The course for Build-Up Ride 3 is a 65km loop. Click on the image to view the Spinneys Dubai 92 Build-Up Ride 2 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 7:30am. 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 26km 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 3 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 a Monviso water station at the 23km and 42km marks on route, however riders are encouraged to carry enough hydration on their bike for the duration of their ride to avoid having to stop. There will be an additional Monviso water top up station at the finish area, for you to top up 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 – 7:30am. The finish line will close at 10:30am.



THE TRACK

Please note, the cycle track is open to other cyclists. However all riders will be restricted to cycling in a clockwise direction, which means there will be no oncoming traffic. Take care when approaching slower riders. The track is fairly narrow so keep to the right and ride no more than 2 abreast at any time. Please do not ride in bunches, keep a safe distance between you and other riders.

KEEP RIGHT - PASS LEFT

MAKE LOUD CALLS - PASSING LEFT!

FOG SEASON

Fog Season is upon us so please allow sufficient time to get to the Start as it will possibly still be dark due to FOG. Please ensure your bike has a rear RED light, and it should NOT be set on FLASH. We may have to delay the start if the FOG is particularly bad.

PARKING

There is lots of parking at Al Qudra on the compact sand parking area 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 where possible. 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 within 48 hours (before 12 midday on Sunday) at which point 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 under the results tab on the event website after each event when results have been published as final, 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.

IMPORTANT NOTICE - COVID 19 SAFETY GUIDELINES FOR BUILD-UP RIDE 3

The Spinneys Dubai 92 Cycle Challenge is committed to maintaining the safety of all riders under the current pandemic. We will therefore be following the below safety protocol for the third Build-Up Ride. Please read the below notice carefully and familiarize yourself with actions you should be taking to protect yourself and others around you.

Arrival: Please ensure that you follow the local authority restrictions around vehicle capacity.

Spectators: No spectators will be allowed to access the start/finish area in order to avoid group gatherings and encourage Social Distancing.

Temperature checks: Please check your temperature before your departure to the event venue. If you are displaying any of the symptoms of COVID 19, please seek immediate medical advice and do not come to the event venue.

Wear a Mask: It will be mandatory for all riders to wear masks before and after the ride. Please keep your mask in your pocket during the ride, and place it back on your face once you have crossed the finish line and have come to a stop after a safe distance. As a back-up, Spinneys will provide a disposable face mask in your Spinneys Gift Bag, which you will collect after your ride. **IF YOU ARE NOT PEDALLING YOUR BIKE YOU SHOULD BE WEARING A MASK.**

Social Distancing: There will be no Finish Village at the event venue in order to adhere to social distancing protocol. 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.

Useful COVID 19 related links:

COVID 19 guidelines from the UAE Ministry of Health and Prevention

World Health Organisation Advice for the Public under the COVID 19 pandemic

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 is well under way 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.

Spinneys Dubai 92 Cycle Challenge is brought to you by



Host City



Host Federation



Official Cycling Apparel



Official Nutritional Supplier



Official Supplier



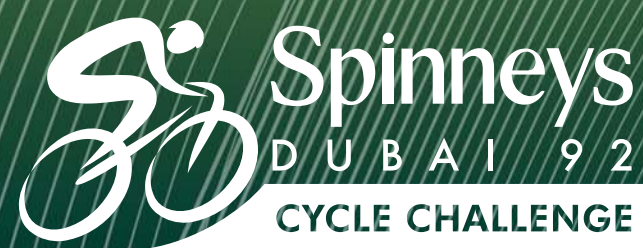
Activation Supplier



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