



# RIDER PACK



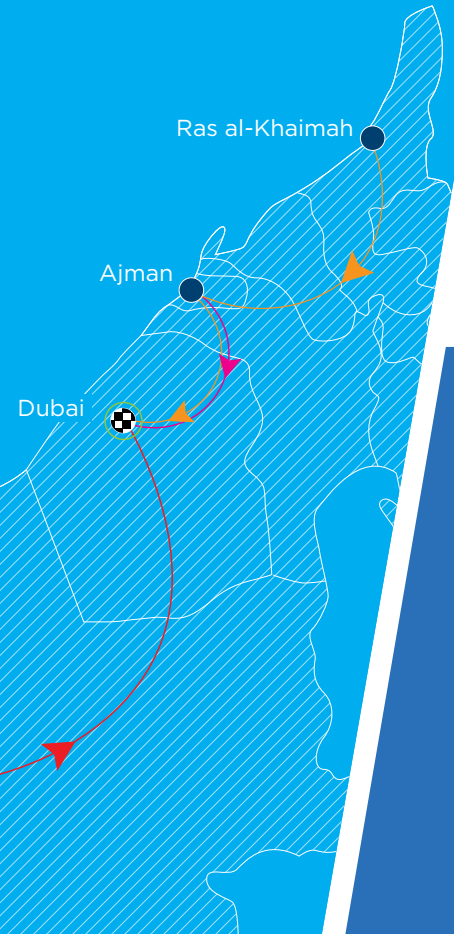
## 12 February 2016

**AUH TO DXB** 137<sup>KM</sup> / ABU DHABI TO DUBAI

**RAK TO DXB** 121<sup>KM</sup> / RAS AL KHAIMAH TO DUBAI

**AJM TO DXB** 68<sup>KM</sup> / AJMAN TO DUBAI

**DUBAI TO DXB** UP TO 20<sup>KM</sup> / WITHIN DUBAI



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## About the BeWell Cycle Tour

The BeWell Cycle Tour UAE is an initiative of the Wyndham Hotel Group, the world's largest and most diverse hotel company. The aim of the initiative is to develop a programme designed to reduce the rates of obesity within the population. By promoting a healthy lifestyle through cycling and creating a platform to educate and support individuals, the BeWell Cycle Tour is seeking to address this serious health issue within the community, in order to bring vitality and fun back into life.

The BeWell Cycling Tour UAE event will start in four different locations across the UAE, covering four different distances and finishing in the same location on the same day.

## About the Wyndham Hotel Group

Wyndham Hotel Group is the world's largest and most diverse hotel company, encompassing approximately 7,670 hotels and more than 667,000 rooms in 70 countries under fifteen hotel brands.

Please visit [www.wyndhamhotelgroup.com](http://www.wyndhamhotelgroup.com) for more information



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# THE BEWELL CYCLE TOUR FESTIVAL VILLAGE

**8AM - 12PM, 12 FEBRUARY 2016**  
**HAMDAN SPORTS COMPLEX**

**OVER 600 PARKING SPACES**

CHEER ON OUR CYCLISTS AND ENJOY THE FAMILY FUN OF THE BEWELL CYCLE TOUR FESTIVAL WITH LOTS OF DELICIOUS HEALTHY FOOD, FREE FITNESS ACTIVITIES AND LOTS TO KEEP THE CHILDREN ENTERTAINED!



**REGISTER ON THE DAY  
FOR OUR DUBAI 20KM RIDE**



**AKIDO LESSONS**



**HEALTHY FOOD**



**FUN INFLATABLES**



**YOGA TUNE UP®**

**AND MUCH MORE**

## GOODIE BAG COLLECTION

All BeWell Cycle Tour ride participants will be able to collect their BeWell Cycle Tour Goodie Bag from the Hamdan Sports Complex registration desk.

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# USEFUL THINGS TO KNOW



## Check In On The Day

Each participant, no matter their start location, must check in on the day with our lead marshal, in their respective locations. Our check in desks, at each location, will open 30 minutes prior to the start of your ride. Please bring along your registration confirmation AND identification. Once you have checked in you will be given a wrist band which **MUST** be worn on your ride.

Participants wishing to ride our Dubai route can register on the day at the Hamdan Sports Complex and will also be given a wrist band.

**Please note: ONLY those that have pre-registered for the Abu Dhabi, Ras Al Khaimah and Ajman will be allowed to ride. Registration is NOT transferable.**

**NO WRISTBAND = NO RIDE**

**NO HELMET = NO RIDE**

## Support Cars

Al Nabooda Automobiles will be providing support cars on all on-road routes. Each route will have a lead car to maintain the ride speed and ensure the safety of the riders as well as sweep vehicle to collect any riders not maintaining the ride speed. All rides are group rides and all riders **MUST** stay in their groups. Please make certain that you are comfortable with the group speed that you have selected as you will not be permitted to ride alone. If you decide to retire from the ride, please flag down our sweep vehicle which will then also collect you.

## Mechanical Support

Limited mechanical support will be available on route. Riders are responsible for the maintenance of their own bikes. If there is a mechanical issue the group will all stop and wait. Riders wishing to carry spares or bags in the support cars must agree this with the lead car driver before setting off from their start location. The BeWell Cycle Tour will not take responsibility for any lost or damaged items. It is the rider's responsibility to collect all items post event.

## Things To Watch Out For

**Traffic** - Keep a mindful eye on what is happening around you and remember to signal your intentions.

**Road conditions** - Conditions are generally fantastic BUT with the recent unpredictable weather, keep an eye out for puddles and standing water.

**Road obstructions** - The roads in the UAE are generally pristine; however there are a few bumps & storm water grates that you will need to keep an eye out for. Remember to call out obstacles when riding in a bunch.

**Remember this is not a race - enjoy and have fun!**

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# ABU DHABI



**Estimated time your ride should take:** 3 hrs 40 mins - 3 hrs 50 mins

**Start Time:** 6:30am - 10:20am (Estimated arrival at Hamdan Sports Complex)

**Average Speed:** 36 - 38 KPM

**Start Location:** Debenhams Parking, Yas Mall (Next to Ferrari World)

**Water Stop:** Water will be available at your start location and one water stop half way, if required.

Yas Cycles will be on hand at the start location to provide basic mechanical support. Please do not expect a full service as this will not be possible.

Limited mechanical support will be available on route. Riders are responsible for the maintenance of their own bikes. If there is a mechanical issue the group will all stop and wait. Riders wishing to carry spares or bags in the support cars must agree this with the lead car driver before setting off from their start location. The BeWell Cycle Tour will not take responsibility for any lost or damaged items. It is the rider's responsibility to collect all items post event.

## Transport back to your start location

Transport vehicles will be leaving the Hamdan Sports Complex at 12:30pm and returning to all start locations.

Please note this will be on a first come first served basis.

**Please note: ONLY those that have pre-registered for the Abu Dhabi, Ras Al Khaimah and Ajman will be allowed to ride. Registration is NOT transferable.**

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# RAS AL KHAIMAH



**Estimated time your ride should take:** 4 hrs 10 mins – 4 hrs 20 mins

**Start Time:** 6:30am – 10:50am (Estimated Arrival at Hamdan Sports Complex)

**Average Speed:** 28 - 30 KPM

**Start Location:** Spinneys Parking Lot, Al Hamra Mall

**Water Stop:** Water will be available at your start location and there will be a water stop at Ramada Suites and Towers, Ajman.

Limited mechanical support will be available on route. Riders are responsible for the maintenance of their own bikes. If there is a mechanical issue the group will all stop and wait. Riders wishing to carry spares or bags in the support cars must agree this with the lead car driver before setting off from their start location. The BeWell Cycle Tour will not take responsibility for any lost or damaged items. It is the rider's responsibility to collect all items post event.

## Transport back to your start location

Transport vehicles will be leaving the Hamdan Sports Complex at 12:30pm and returning to all start locations.

Please note this will be on a first come first served basis.

**Please note: ONLY those that have pre-registered for the Abu Dhabi, Ras Al Khaimah and Ajman will be allowed to ride. Registration is NOT transferable.**

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# AJMAN



**Estimated time your ride should take:** 2 hrs 20 mins - 2 hrs 30 mins

**Start Time:** 7:45am - 10:15am (Estimated Arrival at Hamdan Sports Complex)

**Average Speed:** 26 - 28 KPM

**Start Location:** Ramada Ajman Suites And Towers Parking Lot

**Water Stop:** Water will be available at your start location

Limited mechanical support will be available on route. Riders are responsible for the maintenance of their own bikes. If there is a mechanical issue the group will all stop and wait. Riders wishing to carry spares or bags in the support cars must agree this with the lead car driver before setting off from their start location. The BeWell Cycle Tour will not take responsibility for any lost or damaged items. It is the rider's responsibility to collect all items post event.

## Transport back to your start location

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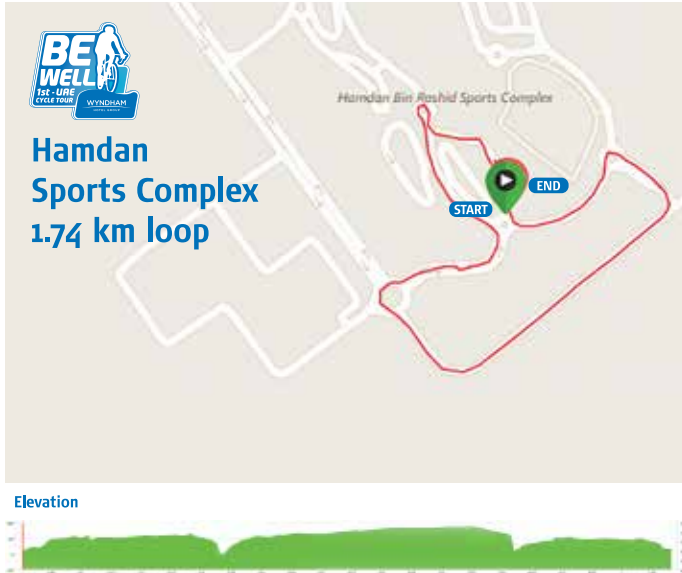
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# DUBAI



**Distance:** 1.74km Loop as many times as you can! 20km = 12 loops

Please count your laps as we will not be recording how many laps you have completed.

**Estimated time your 20km ride should take:** 1hr - 1 hr 30 mins

**Start Time:** 8:30am - 10:00am (Estimated finish)

**Start Location:** Hamdan Sports Complex

**Water Stop:** Water will be available in the Festival Village

## Parking at the Hamdan Sports Complex

There are over 600 parking spaces at the Hamdan Sports Complex for BeWell Cycle Tour participants to use.

## Changing facilities at the Hamdan Sports Complex

Changing facilities are available within the Hamdan Sports Complex on Level 2.

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