



Welcome to the 10th anniversary of this year's Spinneys Dubai 92 Cycle Challenge.

Our Build-Up Ride 1 is taking place on Friday 20th September 2019 at Al Qudra Cycling Track.

A few things that you need to know are listed below, please read this carefully and get in touch if you have any questions. We wish you the best of luck!



Distance: Build-Up Ride 1 is 45km

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

- 6.00am - +37km per hour ave & above

- 6:05am - -37km per hour ave & below

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

Remember the minimum speed for the 100km Cycle Challenge in November is a 26km per hour ave.

Timing System: 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 100km Cycle Challenge. ProChips are 99% accurate and the technology is similar to what is



The Course: A 45km Jurassic 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 Spinneys Village and the start area are located near Zads at the top of the stick. For the location, click [here](#)

Newbies: The [Revolution Cycles Dubai](#) team will guide you round the track. Gilbert from Team Revolution will be at the information stand in the race village and will leave at 6:10am. All 'newbies' are welcome to join him on the ride. No

used at all Grand Tours and in Formula 1 races.

Timings Chips: Chip collection is from the Race Village on the morning of the Build-Up Ride from 4.45am until 5.45am. To collect your chip please leave either a deposit of AED100 or your Emirates ID. Replacement timing chips cost AED150. Classic (yellow) champion timing chip cannot be used for this ride!



Spinneys Food: [Spinneys Dubai](#) will provide a number of delicious breakfast options. When you have completed the ride make sure to indulge in the fresh cheese, veal bacon or spicy vegetarian omelettes!

Water: There are two water stations on the track. One will be located around the **19 km mark**, the second is a self-service station located at the mosque at the **35 km mark**. You will also be able to refill your water bottles in the Spinneys Village.



The Accumulator Powered by Wahoo: Back again for our 10th Anniversary! We will be calculating and keeping track of how long it takes you to complete Build-Up Rides 2, 3, and the Spinneys Dubai 92 Cycle Challenge. If you have the quickest accumulated time then you stand a chance of winning a Wahoo Kickr prize.

Wahoo Prizes will be awarded for fastest male & female and fastest junior male & junior female. Keep up-to-date with the Accumulator **latest leader board [here!](#)**

one will be left behind! Gilbert will be looking to hold an average of **23 - 26km** ave on this ride.

No Headphones: We highly recommend against using headphones during the ride as this will limit your ability to be aware of your surroundings.

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



Start / Finish: All riders will start from the Spinneys 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 Spinneys Village. The start line will be open from **6.00am - 6.30am**. The finish line will close at **9.00am**.

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



Parking: There is lots of parking near the Spinneys Village. There is sand parking but please allow an extra ten minutes to get to the venue. Marshals will be guiding you. Click [here](#) for the car park location.

Results: Preliminary results are published after the ride. Any queries regarding time and results must be made before 12 midday on **Sunday 22nd September** 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 29th November.

These bars are **NOT** bunch friendly, use with extreme caution. We advise you to avoid using when cycling in a group of any kind.

The Road to the Spinneys Dubai 92 Cycle Challenge Powered by SKODA Starts Here!

This is where your journey begins as we approach the Spinneys Dubai 92 Cycle Challenge in November and we wish you the best of luck!
See you all bright and early on Friday morning!

REMEMBER - NO HELMET NO RIDE!

In case of an emergency call :

056 211 4374

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



THANKS TO ALL OUR PARTNERS OF THE SPINNEYS DUBAI 92 CYCLE CHALLENGE

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