

WELCOME TO THE SPINNEYS DUBAI 92 CYCLE CHALLENGE LEARN TO RIDE PROGRAMME - PRESENTED BY WOLFI'S ABU DHABI

LEARN TO RIDE PROGRAMME INSTRUCTIONS

Welcome to the 13th anniversary of the Spinneys Dubai 92 Cycle Challenge and the second of our exciting new LEARN TO RIDE PROGRAMME, held together with **WOLFI'S**. Please read the below carefully to ensure that you are prepared for the Programme.

CLINIC DATES: 25 Sept, 2nd and 9th October 2022

TIME: 06:00AM

DURATION OF WORKSHOP: 90 minutes

MEETING LOCATION: Wolfi's Bike Shop, Al Hudayriyat Cycling Track, Abu Dhabi. Meet in front of the store and please arrive on time.

The aim of the clinic is to boost the confidence and knowledge of novice cyclists aged 13+ that have entered or planning to enter the 38-40KM Outride or for those aged 16+, the Spinneys Dubai 92 Cycle Challenge main event (90+KM), both to be held on Sunday, 19th February 2023.

This 90-minute cycling clinic will take place in a traffic-free, safe environment with cycling experts from our reputable bicycling partners, and will focus on these key elements:

- Bicycle and equipment options
- Importance of wearing a helmet and gloves
- Basic bike set-up
- Safety – do's and don'ts
- Fundamentals of riding on the road in a group
- Training and group rides with WBS post programme

RIDER REQUIREMENTS

To participate in the clinic you will need to bring the following with you:

- Bicycle (mountain, road, or city bicycles are fine but no TT bikes)
- Helmet (no helmet, no ride)
- Sportswear or cycling specific apparel

WOLFI'S, ABU DHABI

Bike Rental: For athletes wishing to rent a bicycle, please contact WBS for rental options. Bookings are on a first come, first serve basis. All rental bikes will need to be arranged directly with the service provider ahead of the event. Tel: 02 627 7835

RUNNING ORDER

- 06:00 Arrival
- 06:10 Meet and Greet
- 06:20 Meet your coach & team
- 06:30 Clinic starts**
- 30 mins Points of Discussion:**
- a. *Why cycle? Benefits of cycling*
 - b. *Equipment*
 - i. *Types of bikes and benefits*
 - ii. *Helmet*
 - iii. *Shoes and pedals (benefits of riding with a cleated systems)*
 - iv. *Clothing*
 - v. *Tire pressure for different types of bikes*
 - vi. *Bike Fitting*
- 07:00 How to start riding from a stationery position**
- 07:10 Riding on the road**
- a. *Riding in a bunch (hand signals)*
 - i. *Do's and don't's*
 - ii. *What to look out for*
- 07.20 Staying hydrated & nutrition**
- 07.30 Group Ride (on the track)**
- 08:00 Finish**

RIDER SAFETY

Staging a Safe Ride for all participants is our main priority on this Learn To Ride Clinic, all Build-Up Rides and the Spinneys Dubai 92 Cycle Challenge. For this reason, all safety rules with regards to cycling equipment remains applicable across all events:

- Any traditional bicycle, tandem bicycle or recumbent bicycles are permitted.
- Disc breaks are permitted.
- Any form of motorized bicycle is NOT permitted.
- Time trial bars (TT Bars), aero bars and disc wheels are NOT permitted.
- No Headphones: During the ride, the use of any headsets is prohibited, as this will limit your ability to be aware of your surroundings.
- Please ensure that you adhere to the local authority regulations and measures for protecting yourself and others against COVID-19.

WATER

Riders are encouraged to carry enough hydration on their bike for the duration of the clinic and ride. There will be a shop at the location for you to top up after your ride.

TRACK RULES

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!

PARKING

There is lots of parking at the venue. Please allow a few minutes extra to get ready and meet at the designated location.

ENJOY AND WE ARE LOOKING FORWARD TO SEEING YOU THERE!

For any other information about the Build-Up Rides or Spinneys Dubai 92 Cycle Challenge main event, please visit www.cyclechallenge.ae