



# CycleAgainstCancer Ramadan Ride 2026

## ALL YOU NEED TO KNOW



### EVENT DESCRIPTION

RIDING TO INSPIRE HOPE | ONE JOURNEY. ONE MISSION.

The CycleAgainstCancer Ramadan Ride marks the official opening of donations for CycleAgainstCancer (CaC).

This ride forms part of the wider CaC challenge. From 1 July 2026, a team of 15 riders from the UAE will undertake a 25-day cycling journey across Spain and France, covering more than 3,000 kilometres of demanding terrain. Over nearly a month on the road, the team will face mountain ascents and descents, long-distance days, fluctuating weather, and cumulative fatigue, making it a true test of physical and mental strength. The challenge is raising awareness and vital funds to support Al Jalila Foundation, the philanthropic arm of Dubai Health.

The CaC mission is brought to life locally by [Carolina Karlsson](#), ultra-endurance cyclist and CaC rider, who is leading this community kick-off ride to unite cyclists around a shared purpose: We ride for those who can't. Join us for a meaningful endurance ride at Nad Al Sheba Cycling Track.



### EVENT DETAILS

RIDING TO INSPIRE HOPE | ONE JOURNEY. ONE MISSION.

- Event: [CycleAgainstCancer Ramadan Ride 2026](#)
- Date: Friday, 13 March 2026
- Start Time: 21:15 | Arrive by 21:00 to have enough time to sign in
- Start Location: Nad Al Sheba Cycling Track – First Water Stop | [DEWA Building](#)
- Ride Cut Off: Saturday, 14<sup>th</sup> March 05:00
- Parking: Meydan Cycle Parking | [DXBike](#)
- Allow a minimum of 10 minutes cycling from the car park to the starting point.



### IN CASE OF EMERGENCY (ICE)



The well-being and safety of riders remain our top priority. If you or a fellow rider encounter any issue during the ride, please follow the guidance below.

- **Safety:** Before the ride, please join the WhatsApp group “CaC ICE.” This group will be used to share important ride updates, emergency instructions, and report any safety issues or incidents during the ride.
- **Health:** Medical and ambulance support will be provided by **Mediclinic Parkview Hospital**. Their expertise and support are vital to ensuring the safety of all participants. Without their assistance, this ride would not be possible.
- **Security:** Due to the current regional situation, please follow any emergency alerts or instructions issued by the UAE Ministry of Interior (MOI).
- **Mechanical:** Mechanical issues are not considered emergencies. If you experience a technical breakdown during the ride, riders are responsible for making their own way back to the starting point.

Please ensure you carry a copy of your Emirates ID, along with relevant medical information and emergency contact details.

WhatsApp Group Link: <https://chat.whatsapp.com/IGAAlYhE3UBKGqTU9yyORR?mode=hq1tcli>



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## THE RIDE

Distance Categories:

- Group 1 – 22 Loops (200 km) | 32–34 km/h | 2 stops (10 minutes each) first stop after 8 loops (73 km) second stop after 15 loops (137 km)
- Group 2 – 11 Loops (100 km) | 28–30 km/h | 1 stop (10 minutes) stop after 5 loops (46 km)

Participation:

- Registration Fee: AED 100 (VAT included, 5% service fee excluded) per participant. All registration fees directly benefit Al Jalila Foundation to support cancer patients

Hydration:



- Please ensure you are well hydrated. Water will be available at the start and finish points. Riders should bring their own hydration products and full bottles that can be refilled during the ride

#### Ride Format & Guidelines:

- This is a community charity ride – not a race
- The ride is about unity, purpose, and riding together for a cause bigger than ourselves
- No timing, certificates, goodies, t-shirts, or medals
- Riders are not expected to pace or do turns at the front unless they wish to. Please read the paceline instructions
- The track is NOT closed to the public. Riders must follow track rules and respect other users

#### Support:

- Volunteers and Ride Captains will assist with the ride. Please follow their instructions with sportsmanship and respect
- Ride Captains support the safe and smooth running of the ride. As experienced cyclists, they help guide the group, maintain a steady pace, and support safe group riding throughout the event
- A mechanical support tent will be available at the event with basic tools for assistance. Riders remain responsible for their own bikes and personal repair kits

#### Facilities:

- Toilets at DXBike and water stations
- Changing Rooms at DXBike
- Showers: Available at DXBike.



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### RIDER RESPONSIBILITY & EQUIPMENT

Please ensure you are fully prepared for the ride:

- Riders may participate with road, gravel, or mountain bikes (no TT bikes).
  - No aero bars, clip bars, or aero extensions
  - Hands must always stay on the handlebars (no resting forearms on the bars – no 'puppy paws').
  - Helmets must not have visors and must cover the rider's ears (no TT helmets)



- Wheels must have at least 12 spokes, each with a maximum depth of 90 mm.
- A helmet must always be worn (no helmet – no ride)
- Front and rear lights are mandatory (night ride). No flashing lights
- The bike must be in a safe and proper working condition
- Riders are responsible for bringing their own nutrition and hydration (only water will be available)

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### PELTON AND PACELINE RIDING (UAE Randonneurs)

Staying at the back is an option for anyone who is unsure about rotating or prefers not to take turns at the front. Ride captains will remain at the back of the group, and riders are welcome to sit behind them.

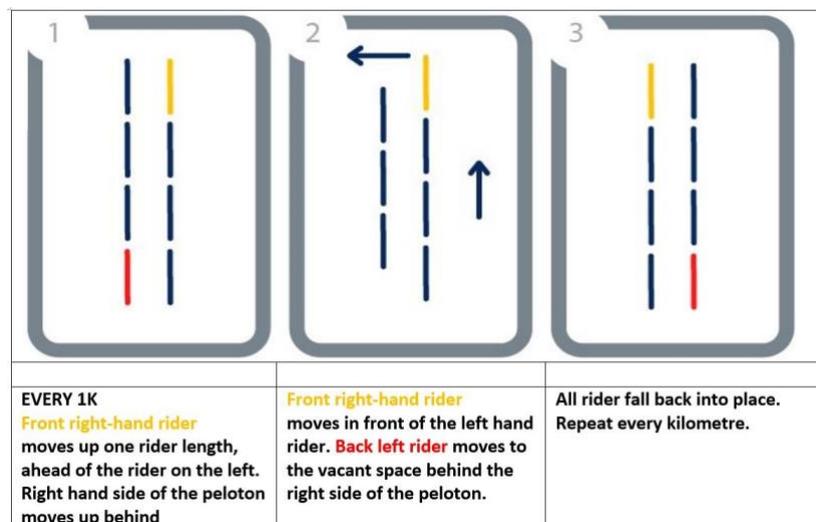
Please read and understand the ride instructions below:

- Peloton Rules: We will ride in a two-column pace-line formation
- Once we set off, each rider remains in their position throughout the entire ride, with the same person in front of you and the same person behind you for the whole ride.
- This means everyone takes their turn and does not disrupt the peloton by jumping from right to left lanes to avoid their turn.
- With short 1km rotations, we will each spend less than 4 minutes (1k front of right lane followed by 1k front of left lane) pulling, and if we have 20 riders, 34 minutes resting.
- If you start to get very tired towards the end, you can reduce your time at the front but still stick to the formation.
- Additionally, every two minutes, the person next to you will change, giving you the chance to chat with different riders during the ride.
- No matter how strong you feel, don't do more than your 1k at the front of the right column, as it will mean the person to your left has to stay longer before you move out in front of them. (You super-strong riders may be needed at the end; save it for later)
- No racing off at any point - stay with the formation: If there's a hill, avoid sprinting to the top and disrupting the peloton; hold your position.
- Don't sprint off and ride alone ahead of the group; stay together.
- It's best to maintain the steady group pace, but it's understandable to speed up a little when there's a tailwind or a downhill, and of course, slow down a bit when facing a cross or headwind or going uphill.

- It's an Endurance Ride, not a race. If we stick together throughout and follow the basic rules, it should be enjoyable and doable for all of us.

UAE Randonneurs top 3 tips for riding in a peloton:

- Maintain a steady pace; avoid surging ahead and then slowing down, as this tires the group and can be dangerous. Riders may find themselves overlapping wheels and hitting the brakes. Also, do not zoom off and ride 10 metres ahead of the group while waiting for them to catch up, as this does not help anyone.
- Don't push beyond your limits, as this can lead to fatigue, loss of focus, missing hazards ahead, not having enough time to call them out, or having to brake sharply.
- When we need to slow down for a hazard, crossing, obstacle, or anything else, as soon as you pass it, DO NOT power off straight away. Remember, riders near the back of the peloton will still be slowing down, which can cause a concertina effect. Riders at the back will then have to accelerate hard and then brake when they catch up. Slow down gradually when approaching an obstacle and speed up gradually when passing it.



The CycleAgainstCancer (CaC) is a fully independent, privately organised charitable endurance initiative. It is not affiliated with, endorsed by, or associated with any professional cycling race or trademark holder. Any references to publicly available routes are for descriptive purposes only.

**KEEP CYCLING - ENJOY THE RIDE**