



CycleAgainstCancer Women's Ride 2026

ALL YOU NEED TO KNOW



EVENT DESCRIPTION

RIDING TO INSPIRE HOPE | ONE JOURNEY. ONE MISSION.

From 1 July 2026, a team of 13 riders from the UAE will embark on a 25-day charitable endurance cycling challenge from Barcelona to Paris, inspired by one of the most demanding and revered routes in professional cycling. Spanning 3,333 kilometres and over 54,000 metres of elevation, the journey takes the team through Spain and France, following roads synonymous with the sport's greatest test of endurance. Over nearly a month on the road, the team will raise awareness and vital funds for [Al Jalila Foundation](#), the philanthropic arm of Dubai Health.

The CaC mission is brought to life locally by [Carolina Karlsson](#), an ultra-endurance cyclist and CaC rider, who is leading this community kick-off ride to unite female 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 Women's Ride 2026](#)
Date: Thursday, 9 April 2026
Start Time: 06:30 AM | Arrive by 06:00 AM to have enough time to sign in
Start Location: Nad Al Sheba Cycling Track – First Water Stop | [DEWA Building](#)
Ride Cut Off: 2 hours
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 encounters 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/IGAAIYhE3UBKGqTU9yyORR?mode=hc1tcli>



THE RIDE

Distance Categories:

- 36 KM (4 loops Nad Al Sheba Cycling Track)

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.



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)

Rotating in Pairs (Two Lines, Peel Off to Both Sides)

Formation:

- Ride in two parallel lines at a steady, consistent pace.

How it works:

- The two riders at the front take the lead together for up to 5 minutes.
- Both riders maintain the same pace, as per the speed group they are in, and ride side by side.

Rotation:

- When it's time to rotate, the rider on the left checks that it is safe (no riders or groups approaching from behind on the left).
- Once it is safe, the left rider clearly signals to the right rider that it is time to change.
- Both riders then signal the rotation with an elbow flick or a small circular hand motion.
- Left rider signals with the right hand
- Right rider signals with the left hand
- They slightly increase speed, then: Left rider pulls off to the left, Right rider pulls off to the right
- Once both riders are on the sides, they ease off slightly and drift back down their respective sides to the back of the group.

Continuity:

- The next pair smoothly moves up to take the lead
- The group consistently maintains a steady pace, clear communication, and smooth transitions

Do NOT:

- Do not brake suddenly or interrupt the group in the middle
- Do not accelerate when at the front; keep the pace steady and consistent
- Do not rotate without ensuring it is safe
- Do not move to the front if you cannot maintain a steady pace; stay at the back and enjoy the ride

KEEP CYCLING - ENJOY THE RIDE