

Dubai Roadster's Coast to Coast Group Charity Ride



Please read the whole document

Date	Friday, 25 February 2011
Starting Venue	Lime Tree Café, Dubai
Finishing Venue	Le Méridien Al Aqah Beach Resort, Fujairah
Time	Prompt departure at 5.30 am
Distance	Approximately 220km
Charity	Unicef – Road to Awareness (www.roadtoawareness.com)
Fitness level requirement	Regularly ride a 120km ride plus extra training rides i.e. Hatta rides
Pre-Payment	Dhs 200 which includes; ride, barbecue buffet at the hotel, charity contribution, and use of the hotel pool area showers and facilities. (additional Dhs 150 for return journey if required) to be paid at Wolfi's Bike Shop in <u>cash</u> before Monday, 21 February 2011)
Wrist-bands	Upon payment at Wolfi's Bike Shop you will receive a wrist-band. This wrist-band needs to be worn on the day of the ride as only those cyclists (& supporters) wearing a wrist-band will be allowed onto the hotel premises to make use of the facilities and to enjoy the barbecue.
Water/Feed stops	Al Awir Petrol Station (W/F), Start of mountains (W), Kalba Petrol Station (W/F)

Ride Details

This ride will undoubtedly be a challenge and a wonderful day out on the roads of the UAE. **Please note that you will need a certain level of fitness to take part due to the distance and the amount of climbing. Ensure you have trained adequately so that you are able to participate safely.** As it is a real privilege to be able to use these roads, we ask all cyclists to adhere to traffic rules and to respect other road users. It is also important to emphasize again that this ride is a **group ride** and not a **race**.

By participating in this Challenge you agree to ride within the parameters defined by the organizers.

The ride will start promptly from the Lime Tree Café on Jumeirah Beach Road at 5.30 am so make sure you give yourself plenty of time to get organized beforehand. You may deposit a small bag with a change of clothing in Wolfi's car, which will be at the Lime Tree. This car will be at the Resort upon your arrival.

The group must remain together for the first section until the water stop at the start of the mountains.

We will start out as one group following the Friday morning route out to Academic City (but going left at the traffic lights at the 40km stop). We will then continue to the second round about and take a right turn on to Hatta Road/Al Awir Road E44, crossing Al Ain Highway and passing the Football Stadium on the right to the next roundabout where we go left towards the petrol station situated at

the Road 611/Al Awir. This is the usual petrol station for the 120/140 Group where we will have a quick stop.

If you do not want to do the first section of the Coast to Coast Ride then you can always meet the group here at about 6.45 am.

After the petrol station in Al Awir we will still continue again as one group on to the 611 highway, turning off on to the Sharjah-Kalba Road direction Kalba. Please note that the speed should be similar to the 120 steady group on the Friday morning ride!!! (30-32km/h)

The second stop will be at the start of the mountains where the Wolfi's Bike Shop and all other Group 2 support cars will be waiting with water. After this stop the group will continue and split naturally into ability groups as we cross the Hatta mountain range.

Coming down the road from the mountains one arrives at the big Kalba roundabout where you turn left. Here there is a petrol station to rehydrate and buy some snacks. **We advise you to regroup here until you have a reasonable sized group to continue on northwards.** Upon leaving the petrol station it is best to turn right at the next roundabout and then turn left as you view the sea. Then just continue northwards keeping the mountains to your left until you smell the wonderful barbecue at Le Meridien Al Aqah Beach Resort.

Be self-sufficient on your bike. Ensure you have enough water bottles mounted and that you refill and refuel at every opportunity. Carry spare tubes and a pump in case you puncture along the way.

Volunteer support car drivers will follow the various groups and may have a supply of water for your consumption (this is not mandatory). However, all cyclists are required to carry all their own nutrition i.e. muesli bars, gels, bananas etc. The petrol station at Al Awir and a petrol station in Kalba are the only two places where you will be able to top up on drinks and food. Otherwise there will be a water stop just before the mountains. Please make sure you are also carrying an extra inner tube and pump along with your emergency identification card which can be downloaded from the Dubai Roadsters website www.dubairoadsters.com. Anyone who is seen struggling and holding up the group too much will be asked to take a rest in the support car.



If you would like a Google Earth (.kmz) file of the C2C route please email david@wbs.ae

Support Car Drivers

This year we will need two lots of support car drivers:

Group 1

You will start at the Lime Tree at 5.30 am and support the riders to at least the first water stop at the start of the mountains. You will be responsible for keeping the group together and showing the correct route to the Al Awir petrol station. Communication between cars will be paramount as the traffic lights sometimes split up the group. You should also feel comfortable blocking off dangerous side roads. Try and use a hands-free option for your mobile phone whilst driving.

Group 2

The bulk of the support car drivers can drive directly to the first water stop before the mountains and wait there for the group which will start arriving at about 8.30am. This means you do not have to wake up at some awful early hour! After this stop the group will split up into little groups and amongst yourselves you need to make sure the cars are divided equally amongst the riders. You will also see the "Sweeper Car" behind the last rider.

For your information Suresh will be the 'sweeper' car. At no time should any of the support car drivers be giving out water or snacks to cyclists whilst riding on the road. Please also do not drive alongside the cyclists as we do not own the roads!

If you are able to arrange a support car and driver, please forward the details of driver (Name, Mobile, and Email and preference for which group) to david@wbs.ae so we can keep them in the loop with all the latest information. Support Driver mobile numbers will be circulated amongst all the other support drivers before the start of the event.

Costs

This year's Coast to Coast ride will also be a charity ride. The cost to take part will be Dhs 200,-- per person. This price includes entry to the Al Aqah Beach Resort with a barbecue buffet plus a contribution of Dhs 25,-- for Unicef – Road to Awareness charity (www.roadtoawareness.com). This amount must be pre-paid at Wolfi's Bike Shop **in cash before Monday, 21 February 2011**. All support car drivers and family members need to pre-pay as well. Please note that Wolfi's Bike Shop (04 3394453) is open Saturday-Thursday from 9 – 7 pm.

Return Journey

The hotel will put on a bus service for those who are in need of a return journey back to Dubai. The bus will have a trailer for the bikes. The cost will be Dhs 150,-- per person including bike. To book a place we ask you to pre-pay this at Wolfi's Bike Shop.

There is also a possibility of taking a taxi which will cost Dhs 300,--. However, you will need to arrange this yourself.

Accommodation at the Meridien Al Aqah Beach Resort

Should you wish to stay the night at the hotel on 25 February then there will be a special room rate for cyclists on a first come first serve basis. Dhs 950 for single, Dhs 1000 for double. These rates are subject to 10% service charge and inclusive of a buffet breakfast in Views Restaurant.

Contact the resort directly to make a booking on +971 9 2449000

Look forward to seeing you all on the ride!!