

Name: Andrew Gastaldello
Nationality: Australian by birth, Italian by heritage, and British by time spent
Date of Birth (dd/mm/yy):
Gender: male
Marital Status: Married
Height (cm): 179cm
Weight (kg): 69kg - way over racing weight!
Riding with the Roadsters since: 2007
Recent Cycling Achievements: Completing a couple of 70km Friday rides after a solid 3 months of travel; I'm looking forward to re-joining friends on the 100km soon. Rode the Etape du Tour in 2006; 191km from Gap to Alp d'Huez and finished well for my age group; never been so fit since, unfortunately!

Describe your experience with the Dubai Roadsters:

The Friday rides are fantastic - we have such a large and diverse group of riders from all over the world. I always look forward to going and meeting someone new, while the group is also very supportive and encouraging - they make sure you do that little bit of extra work! The rides are the safest way to cycle in the UAE. As we say in Australia, Wolfi is "an absolute legend" for arranging them and making sure we are safe and hydrated; he never tires of his message of safety, and I admire and respect his enormous commitment to this as a personal value / philosophy. Let's all make the effort to ride safely though - it's a huge group of riders and it does require a lot of concentration from start to finish. A BIG thanks to Helen for the website and whoever else is helping to organise things these days, especially the Nakheel support car and Oasis water. I will always owe a debt of gratitude to Fran who was incredibly selfless and committed too.

Preferred Dubai Roadsters Ride: The "moderate" 100km - led by Enrique, which is actually about 110 - 112km according to my speedometer! Good hard pace for my fitness level.



PHOTO



My Profession: General Manager / Director
The Bike I am riding: Specialized S Works Tarmac E5 with Shimano Dura Ace and Mavic Ksyrium wheels
My Favorite Bike gadget: Polar heart rate monitor - heart rate is really important at my age onwards, so this stops me killing myself!
Why I am Cycling: The best way to keep fit, see the world and meet great people; also my time for reflection and "de-stressing"
My favorite spot to ride a bike: Switzerland / France - the mountains / lakes areas offer everything the cyclist could wish for - long, hard climbs; technical, fast descents; and rolling roads that give a great sense of freedom and space, as well as the most awesome scenery in the world
What's the best about cycling: So much! Keeping fit, keeping the weight down, meeting people, enjoying great scenery and seeing the world; challenging oneself and succeeding; thinking / reflection time
My favourite rider/s: Lance Armstrong; Robbie McEwen; Michael Rogers;