



36 Dubai Roadsters
Cycling+ Triathlon Newsletter
28/5/2007

Hello all!

What you will find in the attached Newsletter.

EVENTS! EVENTS! EVENTS!

1. Dubai Roadsters Family Brunch – Friday 1 June at 12 noon
2. Suggestion for Friday Ride . . . variation to the longest ride group.
3. Hydration – be aware of the importance.
4. Saunier Duval-Prodir Scott Addict Limited
5. Latest Press articles about Wolfi's and cycling in Dubai
6. Sandy Triathlon – Friday 8 June
7. Wolfi's Corner – Meet the Staff!
8. Dubai Roadsters have Road Rides for everyone

Other News

9. Ibn Battuta Mall's first monthly Coffee Club
10. reaching u – Events to help Awareness of Children with Special Needs

***"It never gets easier, you just go faster."
Greg LeMond***

1. Dubai Roadsters Family Brunch – this Friday at noon!

The Dubai Roadsters Family Brunch will be held this year at the Mövenpick Hotel Bur Dubai (opposite the American Hospital) on FRIDAY 1 JUNE at 12 NOON.

Other than the usual frivolity and good company, there will be a "teaser" by Adrian Hayes about his recently completed trek (along with Richard Weber and Iain Morpeth) dragging sleds from the top of Ellesmere Island across the Arctic Ocean to the North Pole – a distance of approximately 775 kms.

There will also be the presentation made for the CLIFF STEWARD MEMORIAL TROPHY – you won't want to miss this!

Cost of the brunch is AED 100 per person.

If you would like to attend could you please email Wolfi at wolfisbs@emirates.net.ae so that we can confirm numbers with the Mövenpick Hotel.

Bring along your family and friends!

2. Suggestion for Friday Ride . . . variation to the longest ride group. ALL FEEDBACK WELCOMED!

Hi Wolfi,

Here at school our health office has been researching the effects of Dubai heat and humidity on the kids. The suggestion is that teachers and especially us PE teachers need to be aware of the combination of the high heat and humidity and the effect it has on the body so that we can plan outdoor activities accordingly. For example, a real temperature of 95F with a relative humidity of just 50% will feel like 103F to the body. So, you can imagine what the effect of the even higher heat and humidity we experience towards the end of the Friday rides has on our bodies. From the charts I have seen it is not unlikely that there are times we are experiencing 130+F and at the intensity of the last 20-30ks of the ride that's quite dangerous. One of our riders mentioned that it took three days after a Friday ride for his resting HR to get back to normal!

I think our fitter riders are well acclimatized to the conditions here and we certainly take all the precautions - stopping to replenish fluids etc. But, we can see the affect of the heat when we look at our heart rate monitors and I think the time has come to consider the health consequences of the high intensity of the rides in this climate this time of year. If the pace stays down then I think we are fine but it's not my place to dictate what others should do. So, I'd like to suggest that we offer a steady pace long ride. I know, I'm as guilty as anyone else for driving the pace up but I'm convinced this is not healthy in this climate. I'm willing to lead a slower pace long ride for those interested. We would ride the same route as the hard core guys but likely finish 10-20 minutes after them (you?). If we keep the pace down we might not need such a long break at the gas station in Al Awir so that might help keep the time gap down.

I would suggest the support car stay with the slightly slower pace group on the long ride. In this way anyone who struggles has support and if someone gets dropped from the faster group he knows that there is a group with a car not far behind he can join. My computer says the long ride through Murdiff is 115km so this is not much of a jump for those who feel they are ready to go longer than the 100km ride. BUT, they can't jump up to a significantly higher pace as well so this is another reason to offer a longer but steady pace ride.

If it's ok with you then let's see if there is interest tomorrow.

Cheers,

Mark

If you have any comments or feedback about this suggestion please email wolfi@wbs.ae.

3. Hydration – be aware of the importance.

(from <http://www.stlbiking.com/roadbikeridertips.htm>)

If it's the summer cycling season, it's probably hot where you live. Cyclists and other outdoor athletes are the first to notice rising temperatures. And the hotter it is, the faster you lose fluids when you ride.

Fluids are crucial to your performance and sense of well-being. We're really just big bags of fluid—our blood contains about 50 percent water. Because water helps keep us cool, a loss of only one percent of our bodyweight as sweat means a significant loss of speed and endurance.

I know you've heard it before—drink, drink, drink! But it's amazing how few cyclists heed this advice. They forget to drink because of the excitement of the ride, then they wilt before the end.

But proper hydration is easy. Here's how:

- **Ride Early or Late.** You'll need to replace fewer fluids if you ride when it's cooler. One approach: commute by bike so you ride early in the morning and again in the evening when temperatures have moderated. Ralph Phillips, owner of Fairwheel Bikes in Tucson, beats summer temperatures above 100 degrees with dawn rides.
- **Practice Drinking On the Bike.** If you aren't comfortable taking one hand off the bar to pull the bottle from the cage, practice while riding in an empty parking lot or lightly traveled road with a wide shoulder. Hold the bar with your other hand near the stem to limit swerving as you reach down.
- **Pre-hydrate.** Make sure you're well hydrated before the ride. Most people are chronically dehydrated because they simply don't drink enough water. Keep a bottle on your desk and sip frequently all day. For an energy as well as fluid bonus, down 16 ounces of a sports drink about an hour before the ride.
- **Drink During the Ride.** Because your body's sensation of thirst lags behind its need for liquid, always sip from your bottle before you get thirsty. When you feel thirsty, it's already too late. Make it a habit to reach for your bottle every 15 minutes and slug down a couple of big swallows.

Most riders need one big bottle (about 28 ounces) per hour but it's highly variable depending on temperature, intensity of the ride, and other factors such as body size. Experience will help you judge your fluid needs.

- **Hydrate After the Ride.** No matter how much fluid you drink while riding, in hot weather you'll finish the ride depleted. Your stomach doesn't empty fast enough to keep up with the demand.

Weigh yourself before and after the ride. Compare the figures. If you've lost weight, drink 20 ounces of fluid for each pound of bodyweight you're down. Keep drinking until your weight has returned to normal and your urine is pale and plentiful.

- **Restore Sodium Levels.** Those white stains on your clothing and helmet straps after a hot ride come from the salt that you sweat out. It needs to be replaced. Low sodium levels are associated with increased incidence of cramps. Heavy sodium losses lead to hyponatremia, a potentially life-threatening condition.

Your sports drink should contain at least 100 mg of sodium per 8 ounces (check the label). It may also help to salt your food when you're riding frequently in hot weather.

4. Saunier Duval-Prodir Scott Addict Limited

Check out Gilberto Simoni's custom painted Scott Addict Limited at http://www.cyclingnews.com/tech/2007/probikes/?id=simoni_saunierduval_scott as it's being ridden in the Giro d' Italia.

And if you fall in love (or lust) with it, begin the countdown to the Addicts arrival in Wolfi's on June 6 (sooner if customs are quick).

You won't be able to get the same funky paint-job and exact specs but you can still have one of a handful in the world.



5. Latest Press articles about Wolfi's and cycling in Dubai

Here are links to the latest articles about Wolfi's and cycling in Dubai as posted in the local press.

"Having the ride of their lives"

<http://archive.gulfnews.com/articles/07/05/26/10127743.html>

Gulfnews 26/05/2007 By Karien Jonckheere, Staff Reporter

"\$1m on offer in Race of Champions"

<http://archive.gulfnews.com/articles/07/05/26/10127745.html>

Gulfnews 26/05/2007 By Karien Jonckheere, Staff Reporter

6. Sandy Triathlon – Friday 8 June

See the attached flyer “Sandy Triathlon Poster’ for more details!

7. Wolfi’s Corner – Meet the Staff!

Here is the next installment of people you will find at Wolfi’s.



Adi Dzomba Adnan – “Adi”
Sales

Adi heads the international mix of cyclists at Wolfi’s. Having represented both Bosnia and Croatia in the national squads for 5 years, his passion is road racing. For the past year Adi has expanded this passion into sales where he can share his love of the sport with others.



Rommelito David – “Rommel”
Service Technician

He’s our leading Technician and has been with Wolfi’s for over 3 years. His passion is for anything bikes, though he mainly rides a mountain bike. Rommel cycles for the sheer pleasure of it, and loves how he can go anywhere at anytime on his MTB. He even mingles with the ‘roadies’ on the 70km Roadster Rides. See him for any technical questions.

8. Dubai Roadsters have Road Rides for everyone

I wanted to remind everyone that the Dubai Roadsters have group rides every Tuesday and Sunday evenings at Nad Al Sheba. This is on a closed circuit and caters to all levels of rider. The rides begin at approximately 7.30pm, though there are always riders training here, and you can finish whenever you wish.

For the more experienced there is a longer Ride every Friday morning, starting at the Lime Tree Café on Jumeirah Beach Road at 5.30am. This ride attracts around 70 riders and there are 3 distances that you can do; 70km, 100km, or 120km. The Ride finishes at the Café where you can enjoy a great coffee and meet all your fellow cyclists.

If you would like further information about these rides including maps, please email me at david@wbs.ae and I will send the information to you.

OTHER NEWS

9. Ibn Battuta Mall’s first monthly Coffee Club

See attached flyer “Coffee Club” for details.

10. reaching u – Events to help Awareness of Children with Special Needs

See attached flyer “reaching u individual sponsorship form” for more details.

**PLEASE FORWARD THIS NEWSLETTER TO ANY
OF YOUR FRIENDS WHO MAY BE INTERESTED**

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