

39 Dubai Roadsters  
Cycling+Triathlon Newsletter  
05/07/2007

Hello all!

What you will find in the attached Newsletter.

## Tour de France 2007 – Here it comes again!

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## *Tour Trivia*

**Fastest average over whole Tour:** 40.276 kph (by Lance Armstrong in 1999)

**Calories consumed by a rider per day:** 5,900 average, 9,000 max

**Calories burned by a rider in the course of the Tour:** 123,900 (based on 5900-per day average at 21 days of racing)

**Number of pedal strokes taken per rider for the three weeks:** 324,000 (at 60rpm);  
486,000 (at 90rpm)

**Number of chains worn out by a single rider:** 3 (Armstrong goes through a chain a week)

**Total number of tires used by the peloton:** 792 (estimate: USPS and Domo both use three sets of wheels on regular race bikes, plus TT wheels)

### 1. **Tour de France 2007**

For all the news, course information, results, and much more, put this link into the 'favourites' in your web browser <http://www.letour.fr/indexus.html>

What you can expect form this year's course:

Running from Saturday July 7<sup>th</sup> to Sunday July 29<sup>th</sup> 2007, the 94<sup>th</sup> Tour de France will be made up of a prologue and 20 stages and will cover a total distance of 3,550 kilometres.

These 20 stages have the following profiles:

- 11 flat stages
- 6 mountain stages
- 1 medium mountain stage
- 2 individual time-trial stages

Distinctive aspects of the race

- 3 mountain finishes
- 2 rest days
- 117 kilometres of individual time-trials (including the prologue)
- 21 Category 1, Category 2 and highest level passes will be climbed

## 2. Saunier Duval-Prodir team on the way to Le Tour

With just ten days to go before the start of the Tour de France 2007, Saunier Duval-Prodir has decided on its team for the contest, from 7 July, of the *Grande Boucle*. Directed by Joxean Fernández Matxin and Sabino Angoitia, the yellow squad will be formed by José Ángel Gómez Marchante, David Millar, Iban Mayo, David de la Fuente, Juanjo Cobo, Iker Camaño, Rubén Lobato, Christophe Rinero and Fran Ventoso. The reserves will be David Cañada, Ángel Litu Gómez and Jesús del Nero.

The team is setting out to win a stage for the first time and to repeat the performance of last year, when David de la Fuente mounted the final podium on the Champs Elysées as the most combative cyclist in the race.



Most SAUNIER DUVAL-PRODIR men will fly from Bilbao to London tomorrow, as the Tour de France will kick off in England this Saturday. Iban Mayo, Iker Camaño, Juanjo Cobo, David de la Fuente, Fran Ventoso, Rubén Lobato and David Cañada will depart from Loiu airport at 2:50 p.m., arriving at Heathrow airport 50 minutes later. David Millar and Christophe Rinero will meet the press at 1:15 p.m. at Loiu.

This Friday, the "red birds" will hold an official press conference at 2:00 p.m. on the eve of the Tour prologue in England, where David Millar will try to take the yellow jersey. Iban Mayo and the team's technical staff will also be present. Thirty minutes later, the riders will undergo the required medical examination. In the evening, starting at 6:45 p.m. the opening ceremony will take place at Trafalgar Square, where all participating teams will be introduced.

### 3. Le Tour Coverage at cycling.tv on your computer

*Cycling Television . . . the TV station for cyclists*  
<http://cycling.tv/flash/tour-de-france>

#### Tour de France on Cycling.tv \*

Cycling.tv will provide highlights of each stage along with news and features everyday packed full of previews, interviews and behind the scenes pieces from the world's biggest cycle race. Along with video coverage of the race you can read Cycling.tv's information on all the stages of the 2007 Tour de France along with results from each day.

To access Cycling.tv's Tour de France coverage go to our [dedicated Tour de France Flash player](#) compatible with mac and PC.

Highlights and features will also be available [FREE and on demand](#).

[Read information for each stage of the 2007 Tour de France.](#)

With the 2007 Tour de France starting in London, England, Cycling.tv provides a preview of the Prologue route. You can view our "where to watch" guide [HERE](#).

\*cycling.tv does not have live coverage of the 2007 Tour de France.

### 4. Wolfi's Scott Pro-Team – catch them if you can!



## 5. Cape Argus – Next Installment

At long last Herr Wolfi has broken down and relented to advertise the Cape Argus; there are even rumors that he is thinking of joining us for the Argus next year. Just think Wolfi you would have to put up with constant chattering from the South African contingent for a week at least,

See attachment "Volume 2 Issue 2" for the full story!



## 6. Customer Feedback – How did we serve you today?

Please spend a few minutes filling in the attached "Customer Feedback Form" to help us serve you better in the future.

After filling in the Form, save all changes and email it back to me at [david@wbs.ae](mailto:david@wbs.ae) for collating. Will include some of the results in the next Newsletter.

## 7. Bits 'n' Pieces



### Scott Fuga Road Helmet

**AED 650**

Check out the newest high-end item of Scott's product line. With In-mold technology and in three sizes and two colour choices. This superbly vented helmet is a must in the summer heat.

### Diamant – Onyx 3

**AED 2,650**

German-built Traditional Ladies bike packed with features including dynamo lights, 3 brakes (handlebar and coaster), pannier rack, comfortable saddle, and a very low top-bar that makes it easy to get on and off the bike.



## 8. Wolfi's Corner – Meet the Staff!

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



### **Eric** ***Service Technician***

Easy-going Eric rides with the Roadsters and to commute to work. He's left the MTB at home where he used to regularly participate in big-group off-road adventures. His enthusiasm for bikes comes from when he was a schoolboy riding BMX. Your new bike was probably assembled by him as he likes to give all the bikes his personal touch.

### **Vergil** ***Service Technician***

Fanatic number two! Vergil has raced in the Philippines at a national level so there's plenty of power in those legs. A strong all-rounder, he has raced up Jebel Hafeet and been a part of the fast, long-distance Roadster Rides since joining Wolfi's a year ago. Still enjoys riding for fun and apparently is a fast and furious eater as well. Needs fuel for the legs!



### **Michael** ***Service Technician***

And here's the third fanatic. Michael is our newest Technician with a solid background in cycling. He moved from BMX to mountain to road racing, also at a national level. He's our time trial specialist so it's not always easy to hang onto his wheel. He's highly competitive and just loves to go fast.

## 9. Dubai Roadsters have Road Rides for everyone

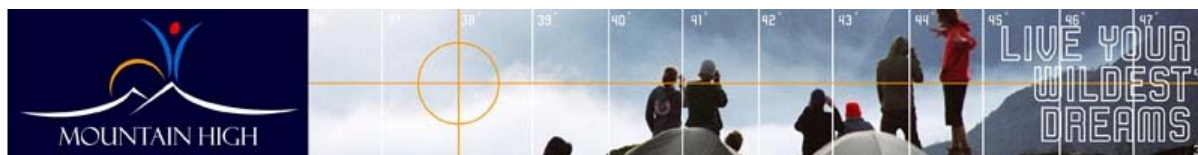
I wanted to remind everyone that the Dubai Roadsters have group rides every Tuesday and Sunday evenings at Nad Al Sheba. This is on a closed circuit and caters to all levels of rider. The rides begin at approximately 7.30pm, though there are always riders training here, and you can finish whenever you 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](mailto:david@wbs.ae) and I will send the information to you.

## **OTHER NEWS**

### **10. Kerala Trip – Mountain High**



*For more information see attachments "Booking Form – Kerala" and "Kerala Dossier 2007"*

Hi Everyone!

Here's a great opportunity to discover Kerala, an amazing place, and paddle into history by taking part in the Nehru Trophy Boat Race! Have a read through the trip notes and give me a call with any questions. I have a DVD of last year's trip if anyone wants to come round and watch it to give you an idea of how much fun this trip is!

At the moment I am looking at linking into orphanages there, as I have a selection of children's sports clothing that has been donated by Go Sports, the plan being that during the trip we visit an orphanage and hand out the sports gear.

Please feel free to circulate this to your contacts and encourage women to get into action! Just 6 spaces left!!

Thanks for your continued support,

In the spirit of adventure,  
Jules

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### **11. Adrian Hayes Thanks You**

Hi Everyone,

Thanks very much to each and every one of you for your attendance and generous support at the charity dinner held last month. The evening raised approximately Dhs 60,000 for the two charities, the Children's Hope Foundation and the forming UAE Cancer Support Group, which coupled with on-line and direct company donations has pushed the fund well towards the magic Dhs 100,000.

For anyone/any company who still wish to donate, the on-line charity fund (on [www.adrianhayes.com](http://www.adrianhayes.com)) is open for a few more days.

Apologies that didn't manage to get round to see every table on the night, but there was a lot of you there... Apologies also that the huge interest/capacity attendance caused 1 or 2 hiccups in a few table plans, but trust everyone appreciated that the cause of the

evening was more important than the place you sat. We trust the night was also both informative and entertaining in addition.

Would like to offer our huge thanks once again to the following companies and individuals without whom the evening would not have been possible:

Venue and Dinner Sponsors: **Movenpick Hotel, African & Eastern**

Expedition Main Sponsors: **Renaissance Services, Emirates Bank, Mondial, Momentum Marketing Communications**

Supporting Companies: **Emirates, Rolls-Royce PLC, Iridium, ABC Digital Networks, EAS, Dubai Physiotherapy Clinic, Movenpick Hotel**

Raffle Prizes: **Emirates Bank, Emirates, Jumeirah International, Al Futtaim, Emirates Golf Club, Grand Hyatt**

A special thanks to those of the above I missed thanking on the evening, namely EAS (Greg Boucher and his team) who's nutritional supplementation products (Myoplex etc) were instrumental in getting me to Canada in the highest fitness levels possible; and to Dubai Physiotherapy Clinic (Bronwen Peacock and her team) who've been instrumental in repairing me since I returned!

Thanks also to Rory McRae for his cabaret performance as MC, to Wolfgang Hohmann (Wolfi's Bike Shop) for their assistance on ticketing, and to David Moleshead for his support on raffle prizes.

For those who missed it, we will possibly hold a second evening in the Autumn prior to the South Pole expedition.

All the best, and have a great summer.

Adrian & Dawn

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OF YOUR FRIENDS WHO MAY BE INTERESTED**

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