

42 Dubai Roadsters  
Cycling+Triathlon Newsletter  
04/10/2007

Hello all!

What you will find in the attached Newsletter.

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## "Ride lots." — Eddy Merckx

### 1. WBS Sport Workshop – Sunday 28<sup>th</sup> October

It's on again in October!

Our friends at the **Movenpick Bur Dubai** are kindly hosting the WBS Sport Workshop once again.



In addition to the educational sessions on offer, the Movenpick will kindly have non-alcoholic drinks available. Join us for a dinner of **Pizza & Pasta** afterwards in **La Veranda** restaurant. Dinner tickets will be available for purchase at the Workshop.

There will be 5 different presentations which will repeat 4 times for each. So you can move around and attend all the presentations that interest

you. The companies and products/information that will be showcased are as follows:

1. **Polar Heart Rate Monitors** – Nicolas Girot & Steve Coutard (Sportinlife)

Nicolas and Steve will be able to give you hands-on advice on how to get the most out of your Polar. Train effectively for best results.

2. Dubai **Triathlon Club** – Julie Hall

Julie will provide information on all things Triathlon, including events, coaching, and training camps.

3. **Bike Set-up** – Wolfgang Hohmann (Wolfi's Bike Shop)

Learn why bike set-up is so important to performance and get some tips from Wolfi himself on how to improve your cycling.

4. **First Aid or Physiotherapy** (*To be decided*) – Dr Michael (Middle East Fitness Professionals)

5. **Stretching & Warm-up Exercises** – Adrian Kerr & Rania Boucher (Middle East Fitness Professionals)

This will be a participation session where you can learn some exercises to adequately warm-up before your workout.

6. **Nutrition** – Greg Boucher - Eat to Compete & Recovery Nutrition

Keep your body healthy on the inside. Correct nutrition can improve your performance during your workout, and help you to recover faster afterwards.

Date: **Sunday 28 October**

Time: **8pm – 10.30pm**

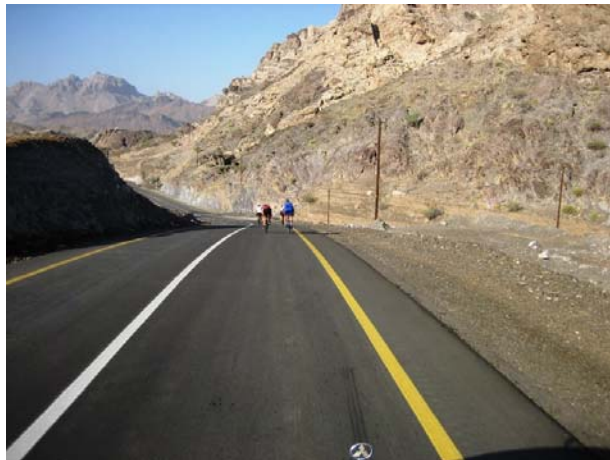
Venue: **Moevenpick Bur Dubai – Ballroom**

If you are interested in attending please email [david@wbs.ae](mailto:david@wbs.ae) to register. Or you can telephone on 04-3394453

**PUT THIS EVENT INTO YOUR DIARY! DON'T MISS OUT!  
MAXIMUM PARTICIPANTS IS 150**

## 2. New Hatta Ride

Hi Wolfi, these pics are from yesterday's ride in Hatta. Started at the Shell gas station and turned left at about 34km into the ride. This turn is a newly paved road with a couple of nice hills. We rode 80km and, although it wasn't anything very hard, it was spectacularly pretty.



### **3. WBS Beginner's Night – Sunday 7 October**

It's on again! The first Sunday of every month we hold a Beginner's Night at Nad al Sheba.

Here you get a short tutorial from Wolfi himself on how to ride in a bunch. Then you will ride a lap or two with him alongside giving you tips and hints whilst on the move.

If you're interested then meet at the middle round-a-bout at 7.30pm.

Try and read the attached Bunch Etiquette document beforehand so that you are familiar with all the terminology and ideas.

See you there!

### **4. Pedal in Pink – Breast Cancer Foundation Charity Ride in Dubai Autodrome**

Help support the Breast Cancer Foundation by participating in this charity event.

And you have the chance to ride your bicycle on the track at the Dubai Autodrome

[www.dubaiautodrome.com](http://www.dubaiautodrome.com)

Take a look at the attached Poster and Registration Form for more details.

### **5. Invitation to Scott VIP Tent at the Kona Ironman**

If you're competing in the Kona Hawaiian Ironman this month, and you ride a Scott bike, get in touch with us here at Wolfi's and we will send you a VIP Pass which will gain you entry into some of the most exclusive events held there – the T3 KONA LOUNGE AND CELEBRATION

### **6. Pranburi International Triathlon 2007 – Registration Now Open**

Calling all triathletes!

I am not sure if you know but we are organising a triathlon in Pranburi – just south of Hua Hin in Oct and I would be grateful if you can forward this on to anyone who might be interested in coming over for the race.

See attached flyer for more information.

### **7. Pete's Gossip Corner**

Open this attachment to read Pete's latest installment. He's always insightful, if sometimes opinionated, but that's how we like it.

Read on and enjoy.

## 8. Bits 'n' Pieces

**Polar CS600 = AED 1,770**  
**Polar CS600 with Power = AED 2,900**



A pro's cycling system. For the professional cyclist and also for you who want to ride with the best of the best. CS600 with the Power Output Sensor W.I.N.D. is the most complete cycling system in the market for serious performance-oriented riders and their coaches for planning, monitoring and analyzing the training. With CS600's cycling efficiency feature you can

improve your cycling economy to succeed in those long and exhausting races.

For a full description and list of all features, follow the links below:

Polar CS600 <http://www.polar.fi/polar/channels/eng/segments/Cycling/CS600.html>

Polar CS600 with POWER

[http://www.polar.fi/polar/channels/eng/segments/Cycling/CS600\\_Power.html](http://www.polar.fi/polar/channels/eng/segments/Cycling/CS600_Power.html)

**Topeak Explorer Rack with Disc Mount = AED 250**



This classic loading touring rack is designed to be used on bikes with disc brakes. Now you can still carry all of your necessary luggage and not sacrifice on your bike's stopping power.

## 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**

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

If you wish to unsubscribe from this Newsletter, simply forward this email to [david@wbs.ae](mailto:david@wbs.ae) with Unsubscribe in the Subject field. Thank you.

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