



**49 Dubai Roadsters
Cycling+Triathlon Newsletter
27/01/2008**



Hello all!

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1. Dubai 24-hour MTB race

Attention all mountain bikers!

A 24-hour (and 6 hour option) race is being organized to be held here in Dubai on 13-14 March 2008.

The 4km loop course is at Mamzar Park.

Information and registration forms are available at Wolfi's Bike Shop or directly on the website www.24h-of-dubai.com

The course won't be technical but the pace will be fast. There are various categories that you can enter; solo rider, teams of 2 or 4, mixed gender teams.

There is also a 6-hour night ride option for solo riders.

Come in to WBS and grab an entry form or go onto the website and check it out www.dubairoadsters.com/events_calendar.html

2. Half Ironman – Dubai

Online registration for our 1st February inaugural Half Ironman event stay open until Monday 28th January. Individuals and Teams welcome! All info can be found on the website and will be updated with course maps over the next few days. <http://www.dubaitriclub.net/events-uae.htm>

We are very excited about this event which is attracting Triathletes from all over the world and hopefully will become a major fixture on the calendar!

We really need a strong team of Marshalls to help out on the day. As it will be a long day we will have a rota system, so please....if you would like to experience the race but are not up racing it yet, or you are a supporter of someone competing, or you are a team member at a loose end while you are waiting for your team, please let me know if you can help out – even for a couple of hours!

3. Pete's Gossip Corner – December 2007 (oops – a little late)



PETE'S GOSSIP CORNER

DECEMBER 2007
VOLUME 2 ISSUE 7

LETS SEE

December - where has the year gone? 2007 seemed to pass us by at the blink of an eye, or is it that I am just getting older - they say time flies when you are having fun and that I am. This year went by without any major problems for the Dubai cycling fraternity, there were no major accidents to report, plus there was a marked increase in the number of cyclists taking part in the Sunday, Tuesday and Friday rides which bodes well for the continued support of the Wolf pack.

An Xmas lunch was held in the Movenpick for the riders of the Wolf Pack on Friday 28th December and although the attendance wasn't up to the normal Wolfi lunches, it was an excellent send off to 2007. Once again Wolfi thanks for all the effort you put in to encourage the cycling fraternity of Dubai to mix with one another on and off the bikes.



Wolfi – opened mouth cooking



The Band



Better than home



The Chocolate fountain



3 Wise Men!!!!



Meeting on the stairs

Recently we had one of the youngest cyclists ever to join us on the Friday rides. I for one would like to congratulate this young man on his ability to ride with the big boys. Is this a future champion in the making, many of you will recognize him on the bike but will you recognize him in civies.

The 2007 Tour de France was full of incidence with many of the top riders being disqualified for doping and this included the withdrawal of a complete professional cycling team from the tour. The tour was won by a young up and coming rider and for the first time in many years the favorites were not in the mix up.

WHY EXACTLY DID RASMUSSEN NOT WIN THE 2007 TOUR DE FRANCE?

Michael Rasmussen came within three days of winning the 2007 Tour de France before his team fired him for dishonesty. The explanation from the Rabobank team management was that Rasmussen had lied about his whereabouts when anti doping officials had been unable to track him down for surprise out-of-competition tests. His actions had violated an internal code of conduct within the team, but more significantly, had breached the UCI's rule demanding to know the whereabouts of riders should they not be at home for an extended period.

Rasmussen had claimed to be in Mexico in mid June 2007 with his Mexican wife but when anti-doping officials sought him, they couldn't locate him. It was later revealed that David Cassani, a former professional turned TV commentator, had seen the Dane training in the Italian Dolomites in mid June wearing plain clothing and not the Rabobank sponsored clothing, another suspicious element to the saga.

When they confronted him, after stage 16 of the tour where he had tightened his grip on the yellow jersey, Rasmussen admitted that he had made a administrative error. The team was reacting to the news that the Danish Cycling Union had banned Rasmussen from competing for their national team following missed doping controls. It turned out that Rasmussen had missed UCI doping tests in March and June 2007. He'd also missed two tests by anti-doping Denmark



in the same year. Under World Anti-Doping Agency rules three missed test amounts to a doping violation. However that only applies if a single body administers all three tests. Because Rasmussen's four missed tests were split between two bodies, he couldn't be prosecuted. But he could be fired and he was. In doing so Rabobank spoke volumes about the power the sponsors have in bringing doping under control. Hitting the rider where it hurts most, in the wallet. This has become a new weapon in the fight against the scourge that has dragged professional cycling to it's lowest low.
Good riddance Michael Rasmussen and all others who choose to follow in his footsteps.

PEDAL PERFECTION

Boost your performance, stay safe and feel a flawless connection between your feet and your bike.

After you've found a quality pedal that works for you, there's little reason to change. That's why most new bikes don't come with pedals. Most modern pedals are so well engineered that it takes only a modicum of care for them to last virtually forever, or at least until you are itching to upgrade. But, as we have learned from the tech gurus from major pedal companies there's still care involved in order to keep a pedal's performance exceptional throughout its lifespan.

BE CLEAN, BUT NOT TOO CLEAN

Dirty pedals wear out faster- the crud grinds at cleats and contact points, such as the pedals top plate or the jaws that clamp into the cleat. Over time, the dirt works it's way into the pedal body to chew on the bearings. To prevent premature wear, use a clean dry cloth to wipe your pedals clean every week or so. Also, clear out as much gunk as possible on both the top and bottom of the cleat on your shoe. (Something none of us do regularly) When it comes to washing pedals don't go too crazy. If you are a frequent bike washer and if you constantly hose down your pedals (or worse, soak them with degreaser) you will force grime into the inner workings a lot faster.

CHECK CLEATS OFTEN

The plates on the bottoms of your shoes take the brunt of your abuse. Worn out cleats can be dangerous with less predictable entry and release. They also offer less stability as the cleats float around in the pedal jaws, making you feel disconnected from the bike and ultimately reducing the amount of power you can lay down. The primary cause of cleat wear is walking; even putting a foot down at stop signs will accelerate wear. Some manufacturers such as Look have wear indicators on their cleats, for other brands, watch for obvious wear, such as gouges and scratches at the engagement points on the front and rear of the cleat. If you have to tighten the tension of your pedals for them to hold your cleats in place, replace the cleats.

GIVE THEM A SPIN

Whenever you lube your chain, give your pedals a spin; anything other than slight, smooth resistance is a sign that the internals need grease. Next grab the pedal body and try and rock it side to side holding the crankarm with your other hand to stabilize your bike. If you feel play, the pedal needs an overhaul.

SOME HUMOUR

A friend of mine who purchased his lovely wife a "pocket "Zapper" as a Xmas & Anniversary present tells all...

Last weekend I saw something at Ace Hardware that sparked my interest. The Xmas celebration and the occasion of our 22nd wedding anniversary and I was looking for a little something extra for my wife Toni. What I came across was a 100,000-volt, pocket/purse-sized Zapper. The effects of the Zapper were supposed to be short lived, with no long-term adverse affect on your assailant, allowing her adequate time to retreat to safety... WAY TOO COOL!

Long story short, I bought the device and brought it home. I loaded two AAA batteries in the darn thing and pushed the button. Nothing! I was disappointed. I learned, however, that if I pushed the button AND pressed it against flesh or a metal surface at the same time; I'd get the

blue arc of electricity darting back and forth between the prongs.

Awesome!!! Unfortunately, I had yet to explain to Toni what that burn spot were on the face of her microwave. Okay, so I was home alone with this new toy, thinking to myself that it couldn't be all that bad with only two triple-a batteries, right?

There I sat in my recliner, my cat Sooty looking on intently (trusting little soul) whilst I was reading the directions and thinking that I really needed to try this thing out on a flesh & blood moving target. I must admit I thought about zapping Sooty (for a fraction of a second) and thought better of it. He is such a sweet cat. But, if I was going to give this thing to my wife to protect herself against a mugger, I did want some assurance that it would work as advertised. Am I wrong?

So, there I sat in a pair of shorts and a tank top with my reading glasses perched delicately on the bridge of my nose, directions in one hand. A one-second burst would shock and disorient your assailant; a two-second burst was supposed to cause muscle spasms and a major loss of bodily control; a three-second burst would purportedly make your assailant flop on the ground like a fish out of water. Any burst longer than three seconds would be wasting the batteries.

All the while I'm looking at this little device measuring about 125mm long, less than 18mm in circumference; pretty cute really (and loaded with two itsy, bitsy triple-a batteries) thinking to myself, "no possible way!"

What happened next is almost beyond description, but I'll do my best ... I'm sitting there alone, Sooty looking on with his head cocked to one side as to say, "don't do it master," reasoning that a one-second burst from such a tiny little ole thing couldn't hurt all that bad...

I decided to give myself a one-second burst just for the heck of it. I touched the prongs to my naked thigh, pushed the button, and **HOLY MOTHER, WEAPONS OF MASS DESTRUCTION*&#*%jld*&#*#***!!!**

I'm pretty sure Jessie Ventura ran in through the side door, picked me up in the recliner, then bodily slammed us both on the carpet, over and over and over again. I vaguely recall waking up on my side in the foetal position, with tears in my eyes, body soaking wet, both nipples on fire, testicles nowhere to be found, with my left arm tucked under my body in the oddest position, and tingling in my legs.

The cat was standing over me making meowing sounds I had never heard before, licking my face, undoubtedly thinking to himself, "Do it again, do it again!"

Note: If you ever feel compelled to "mug" yourself with a Zapper, one note of caution: there is no such thing as a one-second burst when you zap yourself.

You will not let go of that thing until it is dislodged from your hand by a violent thrashing about on the floor.

A minute or so later (I can't be sure, as time was a relative thing at that point), I collected my wits (what little I had left), sat up and surveyed the landscape.

My bent reading glasses were on the mantel of the fireplace. How did they up get there???

My triceps, right thigh and both nipples were still twitching. My face felt like it had been shot up with Novocain, and my bottom lip weighed 5kgs. I'm still looking for my testicles...

Finally I would like to wish all the Wolf Pack and other cyclists in the UAE the very best for 2008 and happy, safe cycling.

4. Beginner's Ride at Nad al Sheba on Sunday 3 February

If you are new to bunch riding and would like some personalised instruction and advice from Wolfi, then please come along on Sunday. We meet at the mosque carpark at 7.30pm. There will be some verbal instructions then we'll go out and do some laps and put it into practice. Any questions please contact david@wbs.ae

5. Cycling Tours in Jordan – Desert Guides Company

If you ever had a desire to see a bit of Jordan from the saddle of a mountain bike, here is a company that can help you realise that dream. The Desert Guides Company offers MTB Tours in Jordan of varying lengths.

Further details and prices can be found on their website www.desertguidescompany.com

6. Dubai Roadsters featured on "Out and About" on Dubai One TV

The Dubai Roadsters will feature on Dubai One's "Out and About" on Friday 29th February at 8pm with a repeat screening on Saturday 30th February at 7pm.

Put these dates into your diary so you don't forget to watch!

7. Amateur Etape du Tour – Dubai participants

Darren Whyte, one of the Dubai Roadster cyclists is asking if there is anyone who will be participating in this year's Amateur L'etape du Tour.

If anyone is participating please send me an email david@wbs.ae and I'll pass you Darren's contact details.

Thanks

8. Dubai Roadsters have Road Rides for everyone

www.dubairoadsters.com



I want to remind everyone that the Dubai Roadsters have group rides every Tuesday and Sunday evenings at Nad Al Sheba. This is on a loop circuit and caters to all levels of rider. Most of the riders are here between 5pm and 10pm, 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 6.00am. 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.

9. Hot Cog is the Dubai-based MTB Club



A group of mountain bikers & Free riders that hold regular Friday offroad rides throughout the year (even in summer)

If you like rough & rocky singletrack, technical riding and the odd bit of 4WD track and have a loathing of tarmac or anything smooth... then this is the club for you...

THIS IS NOT A BEGINNERS GROUP

We regularly have biking/camping/BBQing/4WDing weekends too where non bikers are welcome..

If you would like more info or get yourself added to the regular mailing list on what's happening at the weekends and sometimes during the week then drop me an email lavadesign1@mac.com

Other News

10. Ritchey Voluntary Recall – WCS Cranks

Ritchey WCS and PRO Crank Voluntary Recall (LEFT ARM ONLY)

Ritchey Design has identified a potential safety issue concerning WCS and PRO Level Non-Drive Side Crank Arms (LEFT ARM ONLY). In certain cases, it is possible that the non-drive crank arm could fail or break unexpectedly. If this happens during cycling, the cyclist may lose control of the bicycle, which could lead to serious injury. Because Ritchey Design products are designed meet the highest industry standards, as a preventive action, and in the interests of putting the safety of its consumers first, Ritchey Design has decided to undertake a voluntary recall of all affected Non-drive Crank arms.

The (right-side) drive crank arm is not affected by this issue. The reinforcement from the spiders lend the necessary strength to the design to prevent breakages. We have received zero reports of drive side arm breakages.

If you are using Ritchey WCS Cranks on your bike, please have a look at the website http://www.ritcheylogic.com/web/Ritchey%7ELogic/Ritchey%7ESite/web/EN/main/LatestNews/all_news/21676/29964/29965.html to identify if it is affected, or just bring your bike in to us at Wolfi's Bike Shop.

11. Biking Partner Wanted

I am looking for a biking partner who would be interested to do about 60/70 km twice a week in addition to the evening runs on Sundays and Tuesdays. My average speed is about 33-35 km/h. I am very flexible time wise but would prefer to go in the afternoons/evenings. If you know someone who is interested please let me know or give them my phone numbers.

Anton Jeker

If interested, please email david@wbs.ae and I will pass along Anton's contact details.

12. Mercure Grand Challenge Duathlon

MERCURE GRAND CHALLENGE DUATHLON

Start time 8.00am, Feb 15th

Entry Fee 100 Aed (please bring exact money) includes food and drinks at Presentaion and shower recreational facilities.

Cycle Distance 10km @ 8% average

Run 4km, out and back, 2km at 4% and return to hotel lobby.

Sign in is at the Mercure Grand Hotel from 6.45am-7.20am.

Police controlled event as safety is our priority. Ambulance will also be in attendance.

Special Room rates for those competing, can contact Jason Metters at jasemett@hotmail.com for those wishing to discover the beauty of the Mercure Grand 5 star hotel for a fraction of a Dubai 5 star hotel.

please note that you must pre register for this event. Entries close 2 days before event. Entries are through contacting Jason directly on jasemett@hotmail.com or Jason@tri2aspire.com

#Prizes to total 4,000 Aed including Hotel packages for podium place getters as well as Hotel packages for lucky draw prizes.

13. Shoe4Africa



'Someone donated their old training shoes, Shoe4Africa sent them over. I received a pair and became interested in running. A couple of years later I'm the world champion.' 19-year-old Fabiano Joseph, 2005 world champion half marathon, time: 1:01:08. Fabiano is one of the elite runners at the Standard Chartered Dubai Marathon 2008.

**Send shoes
Give opportunities**

Kibera in Nairobi is Africa's largest slum where over a million impoverished people live in an area smaller than Safa Park. Many of these are children living without running water, food or even a pair of shoes. Apart from being AIDS orphans and often victims of abuse some 92 percent of these children are also infected with hookworm, a parasite that enters through the skin (often the feet) and travels to the lungs through the blood. It causes asthma-like symptoms or pneumonia, abdominal pain, diarrhea and malnutrition. This disease affects everything from a child's intellectual development to a woman's ability to carry a baby full term. All because they don't have shoes.

Shoe4Africa aims to put shoes on as many people in the Kibera slum as possible.

The concept was first started this year after the New York marathon where 9,800 trainers were donated at the finish line. The athletes no longer needed them but the shoes kept on running to Africa where they transformed the lives of many.

If you have any decent quality shoes that still have some life left in them – trainers, sports or leisure shoes - please donate at the Standard Chartered Dubai Marathon 2008 finish line or contact Sam Dobson for drop off points.

Let your shoes keep on running to Africa

www.shoe4africa.com

Dubai contact Samantha Dobson, shoe4africadubai@gmail.com, mobile 050 4590514