



**51 Dubai Roadsters
Cycling+Triathlon Newsletter
16/04/2008**

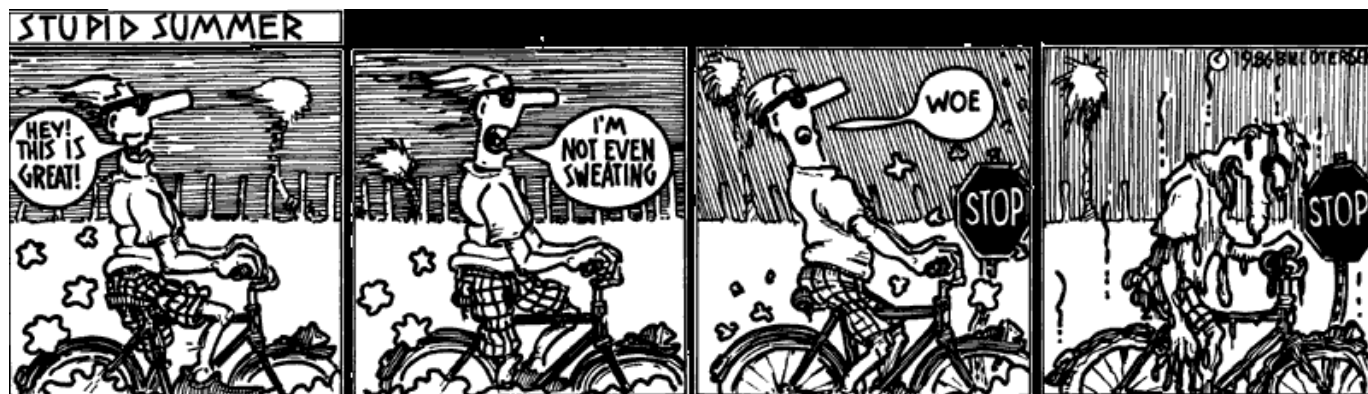


Hello all!

What you will find in this Newsletter.

1. Friday Ride start time 5.30am starting Friday 25 April
2. Support Car Drivers Needed!
3. Beginner's Ride on Sunday 4 May 2008
4. Absa Cape Epic 2008
5. Adrian Hayes "A Night at the 3 Poles"
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"Bike Sweat"

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1. Dubai Roadster Friday Rides – 5.30am Start Time

The Friday Rides will start at 5.30am from in front of the Lime Tree Café from Friday 25 April.

If you are at all unsure, please call Wolfi's Bike Shop 04-3394453 to confirm the time.

2. Support Car Drivers Needed!

Attention all Dubai Roadsters!

Support cars for the Friday morning ride are there to enable you to have a safe ride on the chaotic and busy Dubai roads.

Apart from the safety aspect support cars also :

- give help when you have a mechanical problem like a puncture
- let you draft behind the car when you need to catch up
- give you a lift back when you can't cope anymore
- assist when there is an accident
- keep in touch with the other support cars to make sure the group does not split up
- give out water at the 35km point

As the dubairoadsters is not an official club we need to rely on volunteers to take their turn on driving.

Have a look at the dubairoadsters support car calendar

http://www.dubairoadsters.com/support_car_roster.htm and if your name is not on it then you should be feeling guilty! Please put your name down for one of the empty slots so that we do not have to beg every week for drivers. You can also pay for a support car driver to drive your car if you prefer not to give up your ride.

As summer comes upon us many riders make use of the water from the support cars at the 35km mark. This water and ice needs to be funded. Perhaps one of you has a contact which could sponsor the water for the dubairoadsters? We would put their logo on the website. Otherwise donations would be very much appreciated. It is also a good idea to have a read about hydration as it is starting to become very hot

<http://www.dubairoadsters.com/Information/hydration.html>

By helping out everyone benefits and we can all make the popular Friday ride a safe and enjoyable experience!

Fran and Helen

3. Bunch Riding Beginner's Night on Sunday 4 may at 7.30pm

If you are a newcomer to bunch riding, this session focuses on bunch riding etiquette and safety tips. Please come along and improve your confidence.

We meet at the mosque carpark which is along the Nad al Sheba 6.5km loop
www.dubairoadsters.com/events_beginners_rides.html at 7.30pm.

4. Absa Cape Epic 2008

South Africa hosts one of the most gruelling mountain bike multi-day races in the world – the Absa Cape Epic www.cape-epic.com. Two of this year's competitors were Dubai's own Wolfi and Jurgen. It was the first time for both riders and they both describe it as one of the most difficult things they have ever attempted. Their team (#340) finished 95th in the Men's Category. And of the 600 teams that started the race, over 100 teams did not finish. So this was quite an achievement for the guys.

If you want to get a first-hand anecdote, come on into the shop and ask Wolfi about it.



5. "A Night at the 3 Poles" with Adrian Hayes

Hi Everyone,

Below is the details of our charity presentation dinner "A Night at the 3 Poles":

Date: Friday 16th May, 1930 for 2000 hrs
Venue: Grand Hyatt Dubai
Ticket Price: Dhs 3250 for Tables of 10, or Dhs 325 free seating, inclusive of dinner, all beverages, entertainment and disco
All proceeds to: The Children's Hope Foundation and Friends of Cancer Patients Charities
Dress: Smart Casual

Last year's sold out very quickly thus if you would like to come, please book early to avoid disappointment.

Tickets available on-line from www.timeouttickets.com, or tel 8004669 now, or from Wolfi's Bike Shop on Shk Zayad Road from Mon 14th.

Hope to see you there
Adrian

6. Dubai Road Runners Annual Social

Dubai Road Runners

Annual Social and Prize Giving

Friday 9th May from 7:00 pm

Location: Dubai Off-Shore Sailing club

Fun for all of the family

Social, dinner, Cash bar, Prize Giving, slide show of the season and running quiz.

Dress Code.. Informal

Price: AED 100 per person. children under 6 free.

To book places complete the form below. Tickets will be available at the DRR predictor from Saturday 12th April and on Fridays at the Creek Striders runs from 18th April. Tickets must be bought in advance. Admission to the venue will be by ticket only.

To reserve places go to:

<http://www.dubai-road-runners.com/annualsocial.html>

7. Dubai Roadsters Bike Trip 2008 – Bangkok-Angkor Wat

Below is the initial itinerary for the 2008 Dubai Roadster Cycling Trip. A few details may change (like hotels) but the dates and itinerary are fixed.

Put these dates in your diary and we will send out further information as it becomes available.

Dubai Roadster 2008
Bangkok – Angkor Wat – Pattaya
(approx. 915 km)
24 October – 2 November 2008

24th October 2008

Dubai – Bangkok

Arrive Bangkok in the morning of 25 October 2008th

25th October 2008

Day 1, Bangkok – Khao Yai --- 80km ride

Pick up from airport and transfer to Khao Yai – time to assemble bikes and warm up ride through Khao Yai National Park, includes a 35 km climb.

Khao Yai is Thailand's oldest National Park, September 1962. In 1982 it was enlisted as an ASEAN heritage site due to its variety of flora and fauna, and is now world - famous. Khao Yai has also been nominated as a World Heritage Site. It is Thailand's third largest Nation Park, covering an area of 2,165.55 sq.km. and its highest peak, Khao Rom, reaches an elevation of 1,351 m. above sea level. Khao Yai is part of the Dongrak Range, which forms a mountainous wall fencing the northeast plateau from the central plain of Thailand. Park headquarters are situated roughly 200 km northeast of Bangkok.

Overnight – Grand View Thani Resort with beautiful view over Khao Yai and surrounding country side.

26th October 2008

Day 2, Khao Yai to Sa Kaew --- 185km ride
Ride to Gang Hin Poeng and then onto Sa Kaew

Sakeaw is a new province in the East of Thailand, bordering Cambodia. As a result, it has inherited the Khmer culture. It is also a major border check-point and a huge market place. Aside from historical sites, its natural beauty is second to none as evidenced by its slogan "an eastern border province with glorious forests and waterfalls".

Overnight – River Hotel

27th October 2008

Day 3, Sa Kaew to Angkor Wat --- 110km ride
Ride to border and then transfer to Siem Reap, Cambodia

Overnight – Day Inn Hotel, Cambodia

28th October 2008

Day 4, Visit Angkor Wat by bike --- 30km ride

The Seven Wonders of the World, Angkor Wat ---- the temples at Angkor are spread out over some 40 miles around the village of Siem Reap, about 192 miles from the Cambodian capital, Phnom Penh. They were built between the eighth and 13th centuries and range from single towers made of bricks to vast stone temple complexes. There are two main sites where the Khmer temples are located. The first is at Roluos which is about 10 miles south east of today's village of Siem Reap, where only a few of the earlier temples were built. This was the first Khmer capital in the Angkor area. In the late ninth century, Yasovarman I moved the capital to the immediate vicinity of Siem Reap

Overnight – Day Inn Hotel, Cambodia

8. Rides in Green Community?

Thomas Granter, one of the Roadsters based in the Green Community has asked if there are any rides or riders who do some training in and around the Green Community. He is an 18 year old without a car so getting to Nad al Sheba is very difficult.

If anyone has any info about rides there, or is looking for someone to train with, please send an email to david@wbs.ae and I'll forward your details to Thomas.

9. 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.

10. 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