



**52 Dubai Roadsters
Cycling+Triathlon Newsletter
26/05/2008**



Hello all!

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**How aware are you on the road?
Test yourself at <http://www.dothetest.co.uk/>**

1. Sponsors for the Friday Rides

Please join me in thanking two companies that have graciously donated their products and services to help make our Friday Rides safer and more enjoyable for all.

Paula Mulligan from **Johnson & Johnson** www.jnj.com has kindly donated the fully-equipped First Aid Kits that are carried by the support drivers. Of course it would be perfect if we never need to use these kits, but it is good to know that we have them available.

Oasis Water www.oasiscome2life.com have generously agreed to supply the Dubai Roadsters with water on the Friday Rides. This will be carried by the support drivers for those cyclists in need.

2. Wolfi's Support Car Driving Experience

Last Friday I was driving the support car for the Friday Morning ride (100 Km Group)

I have to say that it was a good experience to see the ride from a car driver prospective and I can recommend it to all of the riders to do it from Time to Time (at least once a year better twice).

It is very easy have a look at

http://www.dubairoadsters.com/Forms/form_supportcar.html

The whole format of having support drivers on the Friday ride can only work **if all** the riders contribute to it and do their turn.

Some points are very important while we ride our bikes on Dubai Roads.

1. When we approach a traffic light which is red we should stay as a group behind the last car in the right lane (as you would do when driving a car) and not go to the first spot as the cars need to overtake us again almost immediately and this is creating a dangerous situation.
2. We need to stay on the right side of the road in one lane – it is very dangerous if people are crossing the line to the lane on their left as this should be reserved for the cars.
3. In comparison to cars we travelling at a low speed and if we suddenly swerve into the left lane it is very dangerous when a car approaches us fast. As well in roundabouts, stay in the right outside lane and don't cut a short cut by changing the lane.
4. When the 120km group reached Al Awir Petrol Station the 100km group was still present and some of the riders from the 120 km group jumped into the 100km group to continue the ride. If riders do that they should ride at a speed which is appropriate for the 100km so all the riders can stay together until at least Nad Al Sheba. This Friday the speed picked up significantly after the Petrol Station and some riders struggled to keep up with the speed and fell behind the group where they were riding alone and this is not the idea of the Friday morning ride especially for the 100 km group. If you like to ride faster stay with the 120km group as this group is riding at a faster speed.
5. If riders get separated from the group it gets very difficult for the support drivers to protect and stay with the rest of the group unless they leave the struggling rider behind (which they should not do) it should be common practice that all the riders look back from time to time (especially when riding at the back of the peloton) to see if there are riders behind and if so inform the group that they need to slow down until the riders have caught up again – we don't want to leave riders behind at any time.
6. Riders should be sensible in choosing the groups, so they are ready to ride the distance and speed. We always recommend to ride a shorter distance and finish comfortable with the group than riding a longer distance and struggling and slowing down the other riders too much, especially during the hot summer months.
7. Feel free to contact me if you have any questions and suggestions – HAPPY CYCLING

Wolfi

3. Annual Dubai Tri Club & Dubai Roadsters Brunch

ANNUAL DUBAI TRI CLUB AND DUBAI ROADSTERS BRUNCH

MOVENPICK HOTEL - BUR DUBAI

FRIDAY, 20 JUNE 2008

12.00 - 3.30pm

Dubai Tri Club and Dubai Roadsters will be having their annual brunch get-together this year at the Movenpick Hotel. It's for the whole family and a great way to have a chat with good food before the summer holidays start. Fill in the form to reserve your place.

Venue	Cost	Closing Date	Booking
Movenpick Hotel Bur Dubai	Adult : Dhs 120,-- per person (includes a glass of sparkling wine upon arrival and free flow of soft drinks) Child 6 - 12 yrs : Dhs 60,-- Children Under 6yrs : free of charge.	Tuesday, 17 June 2008	By online entry. Payment on the day Please email Helen if you have made a booking but need to cancel.

To book your place at the Brunch follow the link http://www.dubaitriclub.net/form_brunch.html and simply fill in the form.

See you all there!

4. Roadster Member Details

Ever wondered who that is riding beside you on the evening or Friday rides? Who is the person lurking under that helmet and behind those sunglasses?

Why don't you enter your Roadster details at <http://www.dubairoadsters.com/members.htm> and so answer this same question everyone is asking about you!

5. See the Roadsters on YouTube

You can now let all you disbelieving friends around the world see how passionate we are about our cycling here in Dubai. Send them the links to our YouTube videos of the Friday Ride. Maybe they can even spot you in the peleton http://www.dubairoadsters.com/news_videos.html

Send all submissions for videos or photos that you would like to see on the website to david@wbs.ae and we'll let the judges decide.

6. Pyractif – Chris & Helen send greetings from France



www.pyractif.com

Hope you're well and that the heat in Dubai isn't getting too bad just yet.

All is good so far down here in the Pyrenees. Some minor problems with French beaurocracy and plumbing (which everybody gets, I think!), but the riding is great and our first groups of customers seem to have gone away happy.

I just thought I'd drop you a line so we could let some of the Roadsters know that we'd still be delighted to host a trip for them if there is interest. A few of them mentioned it might be the sort of thing they'd like to do?

We were considering a tailored package that would mix some easier, rolling countryside with some of the famous Tour cols and maybe include a vineyard visit as a rest-day trip? Or, we still have places available during the week that the Tour de France visits the Pyrenees? We'd be happy to go with whatever suits best, but August is the month when we have the most space available (although we are fully booked from the 9th to 16th).

Best wishes to all our cycling friends in Dubai. If we don't get to see you here in France, then hopefully we'll make it back over to Dubai during the winter.

Three great cycling trips for Dubai Roadsters from



€650 Tour de France in the Pyrenees (July 12th-19th)

With three mountain stages passing through the Pyrenees in this year's Tour, you have every chance to experience the action first hand as Messrs Evans, Valverde, Gesink et al slug it out for top honours on the high cols.

PyrActif will be guiding / riding you to key vantage points on the Pyrenean stages in amongst a week of rides that can be as challenging or relaxing as you choose to make them.

With free airport transfer to/from Toulouse, farmhouse hospitality throughout the week, optional MTB excursions

and bike hire if you prefer not to lug your own around, there's something for everyone. (6 places available. No minimum group size)



€595 Velos & Vineyards? (Aug 23rd-30th)

Experience the charms of two of the greatest French traditions – bicycles and wine.

Amongst a week of riding tailored to let you ride the cols of the Tour de France or the gently rolling countryside of the Midi-Pyrenees, we'll take two days of excursions (by minibus, not bike!) to the vineyards and medieval villages around Gaillac and Montauban. Long lunches and a siesta may well be the order of the day. This is 'doping' the old-fashioned way and Messrs Anquetil and Coppi would be proud of you!

Again, airport transfers are included and bike hire is available. We may even throw in a copy of the recipe to our very French, Winemakers Soup.

(12 places available. Minimum group size; 4)



€825 Coast-to-Coast Epic (Sep 13th-20th)

One of the definitive 'expedition' rides in European cycling. From Biarritz on the Atlantic coast to Argeles sur Mer on the Mediterranean, the Coast-to-Coast (C2C) takes in 720km of riding over 12 major cols, climbing over 10,000m in the process. Whilst it's not for the faint-hearted, it can be ridden by any reasonably fit cyclist and provides a sense of achievement and richness of experiences that are impossible to replicate.

With full vehicle support throughout the route, you can minimise what you need to carry whilst having the security of extra clothing layers and spare parts 'on hand' if you meet any difficult conditions.

The ride is always a social experience too, with sub-groups forming throughout the week so that you'll have colleagues who's riding pace and banter suits the way you want to ride.

(6 places available. No minimum group size)

For more details on any of these options, or to have your own bespoke Pyrenean trip tailored for you, contact Chris & Helen by e-mail at pyractif@gmail.com

7. 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 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.

8. 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

9. Dubai Holiday Camps Launches Summer Program

Dear Parents

Dubai Holiday Camps will be opening website registrations for the 2008 Kellogg's Holiday Camps from 9 a.m. on the 12th May 2008.

Now in its 11th year, Dubai Holiday Camps have established programs in key locations and 2008 is no exception. This year we are pleased to announce the addition of Raffles International Academy – Umm Suqqeim.

Locations and Dates

Children's City – Creek Park **22nd June – 7th August 2008**

Dubai International Academy **29th June – 21st August 2008**

Raffles International School – Umm Suqqeim South
29th June – 31st July 2008

All programs are conducted from 8.30 a.m. – 1.30 p.m. (Sunday – Thursday)
Registration **MUST** be for a minimum of 1 week, commencing from Sunday.

Bus Transport

There are a number of changes to the manner in which we deliver our bus service. Owing to increasing traffic congestion we have adopted the policy of offering a "point of pick up / drop off".

Where possible we will seek to accommodate parents by establishing points that are within easy reach, and that allow the bus route to follow a much more simplified pattern.

In recent years, the burden of providing a highly efficient bus service has in our opinion impacted on the ability of senior staff to focus on the delivery of our holiday programs.

How to register?

Online registration and payment – www.dubaiholidaycamps.com

Bookings can only be confirmed once we have received full payment.

Limited Numbers

We have set numbers at each of our venues. To avoid disappointment it is recommended that you book early. In particular our 3-6 years program is by far the most popular in demand program.

Rory McRae
Director
Indigo Entertainment LLC"