



**53 Dubai Roadsters
Cycling+Triathlon Newsletter
17/06/2008**



Hello all!

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NO HELMET – NO RIDE!

The group must maintain maximum safety for ALL riders, therefore helmets MUST be worn at all times, or you may be asked to leave the group. There are riders of many different levels of experience and fitness on the Friday Rides, and even if you feel that you don't want to use a helmet, this sets a bad example. We encourage everyone who joins us on our rides to wear a helmet at all times.

1. Dubai Roadsters Bike Trip 2008 – Bangkok-Angor Wat

*IF YOU ARE INTERESTED IN THE 2008 DUBAI ROADSTERS BIKE TRIP AND WOULD LIKE TO BOOK YOURSELF IN FOR THIS TRIP-OF-A-LIFETIME, PLEASE FOLLOW THE LINK TO THE EVENT'S http://www.dubairoadsters.com/events_calendar.html, PRINT THE FORMS THEN FILL THEM IN AND FORWARD ALONG WITH DEPOSIT TO **WOLFI'S BIKE SHOP**.*

FOR FURTHER INFORMATION ABOUT THIS TRIP PLEASE CONTACT DAVID AT WOLFI'S BIKE SHOP david@wbs.ae OR TELEPHONE 04 3394453.

TO MAINTAIN THE INTEGRITY OF THE GROUP DURING THE TRIP IT IS SUGGESTED THAT ALL RIDERS BE OF A LEVEL WHEREBY THEY CAN COMFORTABLY COMPLETE THE 100KM FRIDAY RIDE, EVERYONE USES A ROAD BIKE (700c WHEELS PREFERRED), HELMETS ARE COMPULSORY, AND THAT SUFFICIENT PRE-TRIP TRAINING IS DONE TO LET YOU COMPLETE CONSECUTIVE LONG DAYS ON THE BIKE.

2. Desmond's Road: A New Ride

For those who want to ride with hardly any cars and trucks buzzing around, we have discovered a new ride. We call it Desmond's Road because it was he who introduced us to the area. The ride starts on the Kalba Road and winds through desert, farms and small rocky hills. It rejoins the Kalba Road at the mid-point where you turn around and head back to the start point. There is a 2k bit on the Shwaib – Madan Rd but very civilized to say the least. Enjoy!

Julio

PS: This ride can be extended to over 150k when the cool weather starts

If you are interested in the maps for this ride please visit http://www.dubairoadsters.com/events_calendar.html where you can download them.

3. Shameful Behaviour at Nad al Sheba

Using the Mosque Carpark is a Privilege – Not a Right

At times we have all probably used the mosques carpark when cycling at Nad al Sheba. Most people who park here use common sense and behave in a respectful manner as befits the religious place where you are. Unfortunately there seems to be a minority that is jeopardising our privileged use of this mosque carpark.

Some of the riders witnessed cyclists undressing and changing their clothes in the mosque carpark. Also that very loud music has been played from some of the cars parked there. This should not happen – ever!

The mosque including the carpark is a religious Muslim place of worship. You must respect it as such! We are all living in a Muslim country and must abide by the prevailing customs.

Littering has also been observed from within the peloton. If you have a snack; energy bar, gel, banana, etc then you should put the wrapper back into your pocket and deposit it in a rubbish bin after the ride. Do not throw it on the side of the road. Not only are you committing an offence by littering, it is also not in the spirit of cycling to pollute the environment.

Behaviour such as this reflects on the reputation of the whole group. And needless to say we will all suffer if the carpark is closed to us in the future. Or even worse if we are forbidden to cycle in Nad al Sheba, or indeed on any roads. If this happens then how will we participate in the sport we love and enjoy?

So please be mindful of where you are at all times and use common sense when cycling.

4. Support Drivers Needed

Every week we struggle to have enough support drivers for the Friday Ride. Come on everyone! Foregoing your ride for one or two Fridays in the year to help out won't hurt you. But if ever there is an incident; puncture, lack of water, or an accident, you will definitely wish there was a support car there to assist you.

Sign up now at

http://www.dubairoadsters.com/support_car_roster.htm

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 peloton
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. Events Calendar http://www.dubairoadsters.com/events_calendar.html

To see all the up-and-coming events in the Dubai world of cycling, follow the link to our Events Calendar.

We have designated Friday 23 January 2009 for a Time Trial and are now looking for some volunteers to come forward and organize such an event. If you are interested please email Helen helen@dubairoadsters.com and let's get this off the drawing board.

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. TransRockies Canada – Rider's Blog

Hi Guys,

Me and my Rockies partner are keeping a blog of our preparation and various other news for the Rockies challenge in August. We also have a charity page setup which you can find on the blog site latest updates.

<http://transrockies08.blogspot.com/>
www.justgiving.com/rockies2008
www.transrockies.com

Please have a look at the page and feel free to make any donations to the charity as well. Please forward the link on to any other cyclists or friends you think might be interested. Maybe a mention of our site in the next roadsters monthly update could help with the fundraising.

Thanks

Willem

10. Daniel's RAAM Web log – Former Roadster Pedaling Along

Dear All

Daniel's Race Across America begins on Sunday June 8th at noon, I have set up a blog to track his progress – only time will tell if this will work whilst I am still in Houston (I am part of the second support team, taking over on Friday 13th)...but watch this space. Follow link: <http://dan4raam.blogspot.com> (**NO www in web address**).

Thank you for all your support.

11. New Adventure Trips from Mountain High



Aphrodite's Challenge

Dates 10-15th September 2008

Mountain High & Land Rover inspires you to get into action and take charge of your heart by joining the latest health awareness challenge on Aphrodite's Island of Cyprus! The challenge is part of the Go Red for Women global campaign to reduce the incidence of cardiovascular disease in women by raising awareness and motivating women to take more exercise and eat healthily. Worldwide an average of more than 16 women per minute die of cardiovascular disease. A quarter of all deaths in the UAE are related to heart disease TAKE ACTION NOW and be a role model for other women to follow

EVEREST BASE CAMP TREK

22nd Sept – 8th Oct 2008

Introduction:

The Everest region is understandably one of the most popular and spectacular destinations for walkers and offers some of the most fascinating and enjoyable trekking. This expedition begins with a sweeping scenic flight to Lukla which is our start point for the trek. The highest trekking point will be Kala Patar at 5545m from where you will see a breathtaking panorama of peaks and glaciers including the world famous Mt. Everest. The trek includes all the highlights of the Everest National Park including Namche Bazaar, Khumbu's Sherpa capital & offers ample time and opportunity to visit the Buddhist monasteries and experience the friendly Nepalese villages en route.

NEHRU TROPHY BOAT RACE: SNAKES, LAKES & SARI'S!!

ALLEPPEY, KERALA

AUGUST 4 - 10TH 2008

INTRODUCTION:

The Nehru Trophy Boat Race is the most colorful water sport in Kerala! It takes place on Lake Punnamada in Alleppey on the second Saturday of every August. This year the race falls on Saturday 9th August. . This prestigious cultural event of Kerala has been attracting people from all over the world, the main attraction of which is the sportive sprits among the participants of the race on the traditional snake boats

The boat we paddle in seats up to 35 women and 5 steerers. The race distance for the women's category is 750m. Participants should be fit, water confident and have some paddling experience (dragon Boating, Kayaking, rowing etc). We will have chance to get in some training sessions here in Dubai before we leave, in addition, we will have 4 days of training practice with the team prior to the race. Timing and stroke technique are the key and this is what we will focus on when we arrive. To add to the excitement and as per race tradition we will race in colorful Sari's.

We have joined forces with Alleppey ladies Boat Club for the last two years and won the women's category so this year the heat is on to win the trophy for a third time. Join me for a great adventure and let's make modern day history with a hat trick VICTORY

**FOR MORE INFORMATION ON THESE OR OTHER
ADVENTURE TRIPS PLEASE GO TO
www.mountainhighme.com AND FOLLOW THE LINKS**