



**54 Dubai Roadsters  
Cycling+Triathlon Newsletter  
15/07/2008**



Hello all!

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**“Every bike has a soul.  
If you love your bike,  
it will give you emotions  
that you never can forget.”  
Mario Cipollini**

1. **Tour de France Party at Wolfi's Bike Shop**

**Where? WOLFI'S BIKE SHOP  
When? WEDNESDAY 23 JULY  
Time? 5PM**

The most exciting bicycle race of the year is on right now.

We'd like to share our love of the sport with you by extending an invitation to our Tour de France Party.

Hosted by Wolfi's Bike shop

Catered by the Movenpick Bur Dubai



Come and join us at Wolfi's Bike Shop on Wednesday 23 July. From 5pm until the end of Stage 17.

This is the last mountain stage in the Tour, from Embrum to L'Alp-d'Huez. Excitement guaranteed!

There is no charge for attending the Party but please register your attendance by email to [david@wbs.ae](mailto:david@wbs.ae) so that our friends at the Movenpick can cater accordingly.

## **2. Tips for Becoming a Roadie – a mountain biker's lament**

As a mountain biker, you have no doubt noticed an entirely different kind of rider from time to time: the road cyclist. You have probably heard that many pro mountain bikers train on the road, due to the improved power, stamina, and pedaling technique road cycling yields.

Perhaps you've noticed how elegant and svelte a good road bike looks, and have thought to yourself 'I wouldn't mind riding on the road.'

Well, good for you.

However, my mountain biking friend, there are seven vital things you should know before you hit the road, so to speak.

### **1. Your bike is different.**

As a mountain biker, you are used to putting your back into it when you need to lift the thing onto a bike rack, over a log, or so forth. My own preferred method is to use the 'Clean and Jerk.' If you use similar force when lifting a road bike, there's a good chance you'll accidentally throw it over a building.

Also, you need to pump the tires up harder. Much harder. No, even harder than that. Generally, in fact, it takes the weight of two or three 'roadies' (an endearing term road cyclists like to call themselves) to push down hard enough on a standard floor pump to get the tires to the proper pressure.

How do you know when a road tire is inflated to the proper pressure? The answer is simple: it's hard enough when one single more stroke of the pump will blow it off the rim. The real art is, naturally, in knowing whether you've reached that point.

### **2. The terrain is different.**

When you are mountain biking, you naturally are inclined to look for interesting obstacles to ride over -- roots, rocks, fallen logs are all part of the fun. On a road bike, on the other hand, anything but perfectly smooth pavement is a potentially life-threatening danger, and must be avoided at all costs. Further, if you are ahead of another cyclist, you must use elaborate hand gestures to indicate that there is -- horrors! -- a pebble 75 metres up the road.

### **3. Words you know have different meanings.**

Since roadies and mountain bikers have a common heritage, it's no surprise that they share some vocabulary. It's also no surprise that the variance in meaning in some of that vocabulary can get you into trouble.

For example, if a mountain biker says a ride is 'technical', you can assume that there is loose shale, several ledge drops, high-penalty (e.g., death) exposure on one side of the

trail, or slick, mossy roots twisting along the singletrack. If a roadie calls a ride 'technical' on the other hand, it most likely means that there is a roundabout somewhere in the ride.

As a second example, when a mountain biker talks about going on a 'group ride', it means that a bunch of friends got together, regrouped at junctures of the ride, talked as they were riding, and probably had a beer or twelve together after the ride. When roadies have a 'group ride', on the other hand, riders are expected to ride in a tight formation, paying strict attention to the gap between your front tire and the rear wheel ahead of you. The gap should be no more than four inches. After the obligatory ten minute warmup, it becomes each rider's dual purpose to drop every other rider, while not being dropped yourself.

#### **4. Beware of triathletes.**

As a mountain biker, you've always been deeply suspicious of triathletes. As a road cyclist, you will find out you were correct to be so, and you will find out why. Triathletes will try to infiltrate your ranks and join your rides, then demonstrate that they have no idea of how to ride in a group, and very little control of their direction of travel.

Most importantly, though, they wear these short shorts and tank tops that are just plain creepy.

#### **5. You must now keep your bike clean.**

On a mountain bike, dirt is a badge of honor. A little mud on the downtube tells other riders that you're not afraid to ride in the rough stuff. On a road bike, on the other hand, if your bike isn't 15 percent cleaner than when you bought it, you are a slovenly ne'er-do-well who cannot be trusted.

#### **6. Your body needs to change.**

As a mountain biker, you've no doubt noticed it's quite helpful to have not just strong legs, but strong arms as well. Roadies, on the other hand, regard their arms as a necessary evil, their sole function being to keep their chests from falling onto the bike's stem.

It's a well-known fact that roadies bind their arms to their sides when not riding bikes, doing everything they can to facilitate the atrophy of these non-contributing limbs.

#### **7. What you look at changes.**

When mountain biking, you have no doubt been astounded at the beauty around you -- the trees, the streams, wildlife, beautiful sandstone vistas. As a road cyclist, you will also find yourself occupied with things to look at, such as the pavement. Or, if you're riding in a group, you'll be treated to the constant, unavoidable sight of the butt of the guy riding ahead of you. And cars flying by you, yelling out helpful suggestions about what you should do and to whom, as well as their understanding of whether you belong on the road (their stance is that you do not).

It's breathtaking, frankly.

As you can clearly see, road cycling has numerous exciting different experiences to offer the mountain biker. I'm sure you can hardly wait to try it out.

Written by Eldon "Fatty" Nelson [www.fatcyclist.com](http://www.fatcyclist.com)

#### **4. Dubai Roadsters Bike Trip 2008 – More Information**

*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](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](mailto: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.***

#### **5. Lights are Recommended**

**PLEASE USE LIGHTS IF YOU ARE CYCLING IN THE EVENINGS OR AT NIGHT. MAKE YOURSELF AS VISIBLE AS POSSIBLE TO ALL OTHER ROAD USERS. Here is an email received from a concerned driver.**

I enjoy getting your newsletter, even if I'm yet to rejoin you on the road (I did buy an exercise bike... so I might come along soon!).

I wanted to appeal to you to ask your riders if they could consider using lights and high-visibility clothing when cycling on the roads at Nad Al Sheba at dusk or at night. I have to go to Rashid School for Boys one or two evenings a week for band practice, and the cyclists are IMPOSSIBLE to see. I was a cyclist for many years in London and Bristol, and - as a driver - I am aware of them and know they are on the roads around Nad al Sheba. As you are aware, many drivers here do not have any experience of sharing the road with cyclists, or cycling on the roads themselves. Every time I see a cyclist appear out of nowhere (especially with the recent poor visibility) I shudder to think how long they will last.

Things came to a head this week when, despite looking, I caused a cyclist to swerve at a junction. I simply hadn't seen him. Terrifying for both of us, as you can imagine. I appreciate that visibility/safety equipment may not optimise aerodynamics, but I know that you will support my view that safety must come first.

Thanks

#### **6. 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](http://www.dubairoadsters.com/support_car_roster.htm)**

## 7. 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](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](mailto:david@wbs.ae) and we'll let the judges decide.

## 8. Dubai Roadsters have Road Rides for everyone

[www.dubairoadsters.com](http://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](mailto: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](mailto:lavadesign1@mac.com)

## **Other News**