



**71 Dubai Roadsters  
Cycling+Triathlon Newsletter  
30/01/2011**



Hello Roadsters!

What you will find in Newsletter 71 below  
or follow the link [http://www.dubairoadsters.com/news\\_newsletter.html](http://www.dubairoadsters.com/news_newsletter.html)

1. CycleFit Germany visits Dubai again 4-16 February
2. Dubai Roadster's Coast2Coast Charity Ride Friday 25 February
3. If at first you *do* succeed, (Yas) Tri again...
4. Pedal stroke; get the revolution right
5. Abu Dhabi International Triathlon Saturday 12 March
6. Are you a CORE RIDER? Why you should register!
7. See the Roadsters on YouTube
8. Dubai Roadsters have Road Rides for everyone



Coast2Coast - Register today!

**STOP PRESS NEWS – Big Hatta Rides on Friday 28 January & 11 February. Check**

**[http://www.dubairoadsters.com/events\\_calendar.html](http://www.dubairoadsters.com/events_calendar.html)  
for details. These will make perfect training rides for the  
Coast2Coast Event!**

## 1. **CycleFit Germany visits Dubai again 4-16 February**

We are pleased to announce that the crew from CycleFit Germany will once again be visiting Wolfi's Bike Shop for another bike fitting camp. They are back by popular demand as there was a long list of folk who could not be accommodated at last year's camp in December.



This will be your opportunity to get comfortable on your bike and achieve optimal power and efficiency for your chosen discipline.

The Cycle Fit crew has again been selected to partner with Protour Team HTC-Highroad following a very successful 2010 racing season that yielded a cabinet full of silverware, furthermore they work with the triathletes from Commerzbank and other top competitors.

Each fitting session will take 2.5 hours and cost AED 1,399. Hurry and register as the Fit Camp will fill-up quickly and you don't want to miss out on this chance.

BOOK YOUR APPOINTMENT AT  
<http://www.cyclefit.de/en/camps/dubaifitcamp/>  
EMAIL [robert@wbs.ae](mailto:robert@wbs.ae) FOR MORE INFORMATION

## 2. **Coast2Coast Group Charity Ride**

**Friday 25<sup>th</sup> February 2011**



<b>Date:</b>	Friday 25 <sup>th</sup> February 2011
<b>Starting Venue:</b>	Lime Tree Café, Jumeirah Beach Road, Dubai
<b>Finishing Venue:</b>	Le Méridien Al Aqah Beach Resort, Fujairah
<b>Time:</b>	Prompt departure at 5.30 am
<b>Distance:</b>	Approximately 220km
<b>Charity:</b>	Unicef – Road to Awareness <a href="http://www.roadtoawareness.com">www.roadtoawareness.com</a>
<b>Required Fitness Level:</b>	Regularly ride a 120km ride plus extra training rides i.e. Hatta rides
<b>Pre-Payment:</b>	<b>Dhs 200</b> which includes; ride, barbecue buffet at the hotel, charity contribution, and use of the hotel pool area showers and facilities. (additional Dhs 150 for return journey if required) to be paid at Wolfi's Bike Shop in <u>cash</u> before <b>Monday, 21 February, 2011</b> )
<b>Wrist-band:</b>	Upon payment at Wolfi's Bike Shop you will receive a wrist-band. This <b>wrist-band needs to be worn on the day of the ride</b> as only those cyclists (& supporters) wearing a wrist-band will be allowed onto the hotel premises to make use of the facilities and to enjoy the barbecue.
<b>Water / Feed Stops:</b>	Al Awir Petrol Station (W/F), Start of mountains (W), After first tunnel (W), Kalba Petrol Station (W/F)

**For the complete Coast2Coast information package email [gavin@wbs.ae](mailto:gavin@wbs.ae) or [dubairoadsters@eim.ae](mailto:dubairoadsters@eim.ae)**

### **3. If at first you DO succeed, (Yas) Tri again...**



The inaugural Tri Yas triathlon got underway on the 14<sup>th</sup> of January at the Yas Marina Circuit and the event organizers deserve some praise.

One would not expect anything less from the folk at Yas Marina Circuit, a world class race track that delivered a world class triathlon.

The circuit offers brilliant infrastructure and amenities, they had every base covered and covered well.

Wolfi's Bike Shop offered service/repairs and spares to all participants, executing and resolving many pre race checkups and repairs that ranged from minor tweaks and adjustments to new tubes and even tyres, to bikes that were shipped in on the day and required reassembling.

There were a few initial pre race concerns about possible congestion with the bike leg on the 5,55KM race track, skeptics were proven wrong and the UAE's reputation for hosting international sporting events continues to grow. Even James Blake (overall winner and multiple Ironman, Half Ironman and Triathlon title holder) was quoted by Sport360; stating that "They should hold the triathlon world cup here".

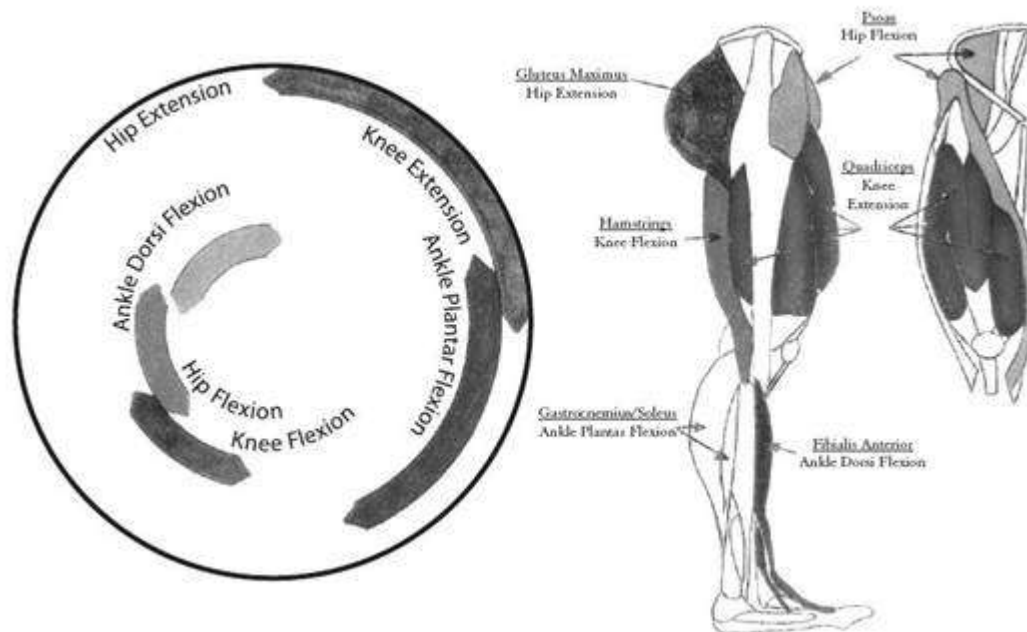


The event did not only cater for the elite athlete and saw many partaking in their first triathlon, most were smiling afterwards... The entire event was held within the Yas Circuit, with the swim in the marina, cycle on the race track and run around the parameter of the surrounding grounds; offering spectators the chance to see the competitors do their stuff in all three legs. The transition area was setup in the pit lane and further enhanced the racing atmosphere.

So! No excuses, see you there next year.

#### 4. Pedal stroke – Get the revolution right

There are several diagrams like the one included that will show you which muscles should be working throughout a full crank revolution, the better way is to get on your bike (this exercise will only work with clip in pedals or toe straps), choose a long straight road with no obstacles and a slight incline; now get to a comfortable speed in a low (easy) gear, unclip and pedal with one leg.



Engage your core slightly and resist the urge to anchor yourself on the bars with your hands and arms, now you should have a little resistance from the incline, at first just feel which muscles are working as you pedal, do not accelerate. Focus on getting your revolutions as smooth as possible and avoid throwing your upper body weight into the stroke, apart from your slightly engaged core your upper body should remain still and relaxed. Now, shift one gear higher (harder), still no acceleration, keep it smooth and don't "punch" the pedal.

Relax... the more you can relax the upper body the more oxygen carrying blood will get to your legs, also you will save precious calories that could come in handy later in your ride.

Your cadence should be high when practicing this drill, always control the speed of your legs, if you start bobbing up and down and bouncing on the saddle you are pedalling too fast, shift to a higher (harder) gear. I said relax! Too high a gear will force you to engage your entire upper body and you will find yourself gripping the bars, DON'T, shift to a lower (easier) gear.

OK, so it's feeling smooth and rhythmic, now explode the same muscles in the same firing sequences and accelerate, keep it smooth. Pedal from your hips down, slow down and accelerate again, repeat a few times... now swap legs.

The smoother and more controlled you can deliver power to the pedals the more efficient and faster your riding will be.

## **5. Abu Dhabi International Triathlon 2011**

RACE DAY: Saturday 12<sup>th</sup> March 2011

### REGISTER AND MORE INFORMATION

[www.abudhabitriathlon.com](http://www.abudhabitriathlon.com)

#### **THE COURSE**

Once again in 2011 our world famous course will be taking in the very best of Abu Dhabi.

We will be keeping the essence of the course the same. The swim section will take place in the stunning lagoon shadowed by the world famous 6 star Emirates Palace hotel. The bike course will weave through the unmistakable scenery of the city of Abu Dhabi, featuring tree-lined roads, landscaped parks and gardens and the sparkling waters of the Arabian Gulf, which surround the city. It will also pass via iconic landmarks such as The Emirates Palace Hotel and The Corniche all under the safety of completely closed roads.

To the east of the city the bike route passes over Saadiyat Island and on to another attraction sure to whet the appetite of the cyclist; the brand new sports and leisure island known as Yas Island. Here you will cycle round the Yas Marina Circuit which hosts the final race of the 2010 F1 season.

By the time you finish the run section of the course on the coastal boulevard to the west of the city known as the Corniche, you will have taken in many of the areas of Abu Dhabi that make the emirate one of the most sought after tourist destinations in the world.

The course is designed to ensure both professional and amateur athletes are challenged. In 2011, we are looking to set the bench mark even higher, promising an incomparable level of competitor experience and excitement.

#### **THE DISTANCE**

Abu Dhabi Long Distance = 3km Swim - 2 laps,  
200km Bike, 20km Run - 2 laps\*

Abu Dhabi Short Distance = 1.5km Swim - 1  
lap, 100km Bike, 10km Run - 1 lap

\*NEW for 2011\* Abu Dhabi Sprint Distance = 750m Swim, 50km Bike, 5km Run

For those that don't feel they can tackle the whole thing, fear not we are returning with the popular Team Relay discipline.

Team Relay (Short Distance) = 1.5km Swim - 1 lap, 100km Bike, 10km Run - 1 lap

Team Relay (Sprint Distance) = 750m Swim, 50km Bike, 5km Run



It couldn't be simpler, you form a team of 3 individuals. One swims, one bikes, one runs. It's the perfect way to enjoy the event with family, friends or colleagues.

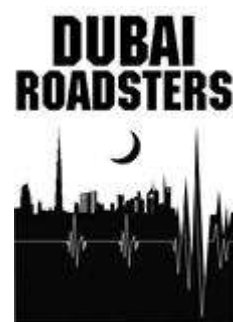
\*Please note that you are only eligible for prize money if you opt for the Long Distance Course

## **6. Are YOU a Core Rider? Why you should re-register or signup for the first time!**

**Some of you have already registered as Core Riders through the web-form. Unfortunately that option is no longer supported (thanks Jason for all your efforts). So we now revert to a manual list. So even if you have done so before, please take the time to send your details through one last time. Many thanks.**

If you ride regularly with the Dubai Roadsters on the Friday morning ride we consider you a core rider. As such you are considered a responsible member of the riding group and are asked to comply with group safety initiatives to enhance the enjoyment of the Friday Ride for everyone.

- Core riders will receive special notices by email concerning extra rides and events.
- For the safety of the ride we also expect core riders to volunteer once a year for support car driving. This can be done in three different ways:
  - Drive yourself – Look at the roster on the website [http://www.dubairoadsters.com/support\\_car\\_roster.php](http://www.dubairoadsters.com/support_car_roster.php) and pick a ride that doesn't already have a driver assigned. Then fill in the volunteer support car form on the website and your name will be added to the roster.
  - Use Suresh – Do the above steps, but indicate that you would like to use Suresh when you fill out the form. On the morning of the ride give Suresh Dhs 150 to drive your car.
  - Use a car with driver - Deposit Dhs 200 in an envelope at Wolfis Bike Shop with your name, mobile number and email address
- Your details will be added to a confidential worksheet to be used only in case of an emergency; when your nominated Emergency Contact will be advised if you are involved in an accident on the ride.
- Core Riders can be identified by the Numbered Dubai Roadsters sticker visible on their bike.



### **How to register as a Core Rider?**

After filling in the table below and emailing to [dubairoadsters@eim.ae](mailto:dubairoadsters@eim.ae) you will be allocated a core rider number.

Please mention if you use multiple bikes on the Friday Rides as we have limited numbers with two stickers.

Support Car (choose)	Self-drive	Suresh	Driver
First Name			
Surname			
Email Address			
Mobile Number			
Home Number			
Emergency Contact Name			
Emergency Number			

Please come to Wolfis Bike Shop to collect your Dubai Roadster's sticker with personal number. This needs to be stuck to the back of your bike and visible to all. The best place to place it is probably under your saddle bag. We suggest you also always carry your Rider Information Card (available at Wolfi's Bike Shop) on you personally whilst riding.

Email [dubairoadsters@eim.ae](mailto:dubairoadsters@eim.ae) if you have any questions.

## **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 [wolfi@wbs.ae](mailto:wolfi@wbs.ae) and we will 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 6.00am. This ride attracts around 150 riders with three distances that you can do, 80km, 120km, or 140km. The Ride finishes at the Lime Tree 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 [wolfi@wbs.ae](mailto:wolfi@wbs.ae) and I will send the information to you.

## **Partners & Friends**

### **Wolfi's Bike Shop**



[www.wbs.ae](http://www.wbs.ae)

### **Le Meridien Al Aqah Beach Resort**



[www.limeridien-alaqah.com](http://www.limeridien-alaqah.com)

### **Esam Hassanyeh Photography**



[www.esamhassanyeh.com](http://www.esamhassanyeh.com)

### **Yas Marina Circuit**



[www.yasmarinacircuit.com](http://www.yasmarinacircuit.com)

### **Abu Dhabi International Triathlon**



[www.abudhabitriathlon.com](http://www.abudhabitriathlon.com)