



**64 Dubai Roadsters
Cycling+Triathlon Newsletter
09/08/2009**



Hello all!

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http://www.dubairoadsters.com/news_newsletter.html

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1. Cycle Safe Dubai & The Dubai Autodrome



**COME ALONG AND SUPPORT THIS TRIAL EVENT!
IF SUCCESSFUL, THE AUTODROME MAY BECOME A
REGULAR OPTION FOR CYCLING!**

JOIN THIS GROUP ON FACEBOOK!

GET ACTIVE! BE PRO-ACTIVE!

<http://www.facebook.com/group.php?gid=47069672913&a=1>

The main intention of Cycle Safe Dubai is to gather as many cyclists together onto one mailing list as possible.

We are currently putting a proposal together to address the Management of the Autodrome, our intention is to get them to allow us (Cyclists and

Runners) to utilize the track for training on a regular basis, hopefully daily or at least during the week.

The benefits of riding on the track are numerous. No traffic being the main concern for us all and also the undulations in the track would provide some well sought after "hills". Track riding apart from being safe, can provide a platform for many events to take place freely be they organized by Cycle Safe Dubai or by your selves! Time trials, Sprints, safe cycling in bunches allow the imagination to run wild.



AUTODROME TRIAL EVENT MORE PEOPLE EQUALS CONTINUED USE

Host: [Cycle Safe Dubai](#)
Date: Sunday, 16 August 2009
Time: 17:30 - 21:30
Location: The Autodrome
Phone: 050 6804528
Email: sassystem@live.com

For the Autodrome location details follow this link
<http://www.dubaiautodrome.com/general/content.aspx?id=152>

2. Tour de France Party Wrap-up

Wednesday 22nd July saw over 60 cyclists come along to the WBS Tour de France Party.

Most people came to watch the Tour and to talk cycling with their fellow cyclist, though quite a few also came for the delicious food prepared and served by our friends from the Mövenpick Hotel Bur Dubai.



A great time was had by everyone and in the spirit of the Tour; we had a competition amongst everyone to see who could produce the most power on a bike.

How did we do this? We set a bike up onto a Tacx Fortius Virtual Reality trainer, loaded a Velodrome disc, and then put riders onto the bike. They had to cycle 1km within a time limit and the person with the highest recorded power output would be declared the winner!

As incentive there were prizes for the podium finishers kindly supplied by Oakley <http://oakley.com> and Skins <http://www.skins.net>. MANY THANKS!



1st Place – Jesper – wins a pair of Oakley Jawbone sunglasses.
2nd Place – Vivyan – Skins shorts & accessories
3rd Place – Edward – Skins compression clothing & accessories





And the winners are . . .

3. *Oakley Jawbones . . . Look Like A Champion!*

Team Columbia HTC Highroad collected an impressive number of stage wins in this year's Tour de France riding the Scott Addict.



Mark Cavendish crosses the line wearing Oakley Jawbones and Mark Renshaw with Radar XL.

Come and check out these and other new Oakley glasses at Wolfi's Bike Shop.



4. *Support Car Driver Still Needed!*

As riders on the Friday Ride, you are the people that can most benefit from having a support car on every Ride.

Take a look at the Support Car Roster

http://www.dubairoadsters.com/support_car_roster.htm and you will see far too many vacant spots from June-August.

The Support Car Roster runs annually from September to August and if your name is not there at all then you are letting down your fellow cyclists.

Support Cars are very important and a necessary part of every Friday Ride; they can provide assistance and water when needed.

And if there is ever a time you do need help on the ride, you will wish there was a support car. And I'm sure you will feel very upset and disappointed if a car is not available to provide you with help.

So please do your share and sign up for a drive!

Remember you can also nominate another to do the actual driving on your behalf.

Thanks for your continued support.

Happy riding!

5. *Skinny Tyres*



[Introducing Skinny Tyres](#)

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Cycling is our passion and our aim is to provide the complete and fully inclusive experience for cyclists. You may be looking for a trip to enhance your training for a specific race, triathlon, event or sportive. Or maybe you just want a luxury cycling trip where all you need to worry about is turning those pedals.

Our trips are suitable for anyone who loves to cycle

All trips are designed to take in the best and quietest roads, challenging climbs and fantastic scenery. You can guarantee a trip you won't forget.

Rides include; [The Ben Lawers Epic](#), [Tour of the Lochs](#) & [The Strathardle Classic](#)

Based in the heart of the Scottish Highlands, trips will take in some of the most stunning roads and scenery in Europe with accommodation to match. No part of your trip will be overlooked to ensure that your every need is met.

It is the closest an amateur cyclist can get to the life of a professional.

You also won't find any hidden extras. The price you see is the price you pay and includes ALL meals, pre and post ride back up support, complimentary massage, energy products, on ride guides plus vehicle and full mechanical support.

Our Pitlochry trips will be based at the stunning 4 star **Atholl Palace Hotel** in Pitlochry where you will have access to their full range of leisure and Spa facilities including outdoor and indoor pools, full size snooker table and tennis courts to name but a few.

Let Skinny Tyres take you on the ride of your life.

Visit www.skinnytyres.com

Get in touch at [Skinny Tyres](#)

Ladies only

"If I had a dollar for every time one of my male riding friends whined about how few women ride seriously, I could buy some new titanium widget for my bike every week - but I wouldn't anyway, because women don't care about titanium widgets - Linda du Priest.

Maybe you don't care about widgets, but you are passionate about riding your bike.

That's why we have [Ladies only](#) trips, so you can ride your socks off without all the talk of gear inches, torque wrenches and carbon fibre

Sometimes our female customers just want a trip away with the girls. If this is you, then our ladies specific trips will be right up your street. The trips will be of the same high quality as all our other trips and the rides will be just as challenging, but you can be assured of a high level of pampering following your ride.

[Visit www.skinnytyres.com](http://www.skinnytyres.com)

Get in touch at [Skinny Tyres](#)

Fitness Testing

"It doesn't get any easier, you just get faster" - Greg LeMond

Whether you just want to get more out of your riding, beat your PB in a sportive or time trial or measure your fitness over a season our [fitness testing packages](#) based at Stirling University will allow you to test your lactate threshold, VO2 Max and power all within the state of the art facilities at Stirling University. Seminars will also be provided to allow you to interpret the data from your individual fitness test and translate it into a training plan for the coming season. Additional seminars will also look at sports nutrition and how to get the best from your diet to improve your riding.

Accommodation will be at the high quality Stirling Business Management Centre and as you would expect from a Skinny Tyres trip, all aspects of your stay will be catered for and included in your weekend

Coming Soon...

Coming soon for 2010:

[Skinny Tyres](#) will be adding to our current itinerary of trips with additional trips and **Sportive entry packages**.

Watch out for news in the next few months.

We are also in the process of organising our first **Cycling Film Festival** to be held at the Birnam Institute and to coincide with the Etape Caledonia 2010

Looking for a way to keep fit during the winter, but the thought of endless hours on the turbo fills you with dread?

Why not join us on a [Muddy Tyres](#) mountain bike trip. We can organise bespoke trips to meet the needs of individuals and groups anywhere in Scotland. We will also be introducing fantastic new packages of night-time MTB riding and great long distance routes

6. **See the Roadsters on YouTube**

You can now let all your 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.

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