



DUBAI ROADSTERS

VOLUME 2 ISSUE V

15 OCTOBER 2011

Coast to Coast Challenge 2011

from Le Meridien Beach Resort, the Roadsters, and Wolfi's Bike Shop

Issue Highlights:

- Coast to Coast
- Prepping your bike for the winter riding season.
- Event Calendar
- Upcoming Event highlights

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It's that time again, folks.

The bi-annual Coast to Coast Charity Challenge is back, and coming up soon.

This 225 km ride, which starts on the Jumeirah Beach Road at the Lime Tree Café, and ends at the Le Meridien Al Aqah Beach Hotel and Resort, ends with a day on the Resort grounds, with full access to gym, pool and refreshments.

There is a barbeque and soft drinks included with the cost of the ride.

Speaking of which, as with last year, the cost will be AED 200 for the ride, with an additional AED 150 for return transportation, including your bike. This includes an AED 25 charity donation to UNICEF Road to Awareness.

All participants must be registered, including support car drivers and family members who do not ride.

On payment, you will receive a wristband which will act as your ticket to the event. Please ensure that you collect wristbands for all attendees.

A few notes about support car drivers:

If you arrange your own driver, they are still expected to stop and help others.

They will still need to drive at the back of the peloton, not necessarily directly behind the rider they are there to support.

They must follow the rules of the

LE MERIDIEN AL AQAH BEACH HOTEL AND RESORT

THE DUBAI ROADSTERS CYCLING CLUB'S
COAST TO COAST CHALLENGE



The favorite bi-annual ride is back November 25th. [Register Here](#)

road as normal.

This is not a race, and while the authorities are aware that we will be riding, they are not providing support to us, or exemptions to normal driving laws.

We request that all privately arranged support drivers provide Wolfi's with a name, email, and mobile number, along with the name of rider they are supporting, and any additional persons riding with them.

This is solely for contact purposes on the day of the ride, and to let the Hotel know how many people to expect.

This ride is an Elite level ride. We expect that all riders are prepared for it physically, and that you are capable of joining our Friday morning ride at a minimum.

We recommend that you ride at least two 160-180km rides, and we prefer that you make multiple pre-ride training runs. We will organize one or two long rides before this event.

There are several speed groups on the ride, but if you are struggling to stay with the last group, we will request that you continue as a passenger in one of the support cars for the safety of all riders, and to avoid problems with the authorities.

All right, well that's all the "I have to say it" stuff out of the way.

Here's the fun part:

It's going to be a good ride, and a good day.

We look forward to having all of you join us for this great event.

What's the best way to buy more speed for your bike?



We often get asked what the simplest and most effective way to significantly improve the performance on your bike.

That's a tough question, as there are always a lot of upgrades that can be made.

Recently, though, we've come to the conclusion that the best inexpensive upgrade to your bike that you will really feel, is a good quality set of high performance tires.

Changing the tire you ride on will have the greatest effect on your ride quality, because it directly affects your bikes stability, handling, and traction.

Different rubber compounds will require different amounts of effort to overcome the rolling

resistance of the tire, which means less effort for the same distance and speed from a high performance tire.

It used to be that to get a really high performance ride from a tire, you had to sacrifice its durability and puncture resistance, but that is no longer true.

One of our favorites is the Continental Attack/Force set, which are a set of front and rear specific tires. The front offers improved cornering and grip, and the rear offers more volume for better comfort.

In one of the lab tests, which essentially measures the amount of power used to reach a given speed on a given

surface, shows an increase in speed of 1.5 kph (using 16.9 watts) at the same level of road resistance and effort over the next best option.

They also measured cornering traction, and the Conti again reigned supreme. With cornering speeds up to 10 kph faster than other options.

Comparing different brands of tires, we find an increase in rolling resistance up to 50% in comparison to the Continental set.

That is a significant benefit.

Which is why that is our recommendation.

If you need more information, please feel free to visit us in the shop.

New and Interesting Products

KASK HELMETS

While Wolfi was away in Germany at Eurobike last month, he came across a new product:

The KASK Vertigo C50

While helmets may not seem to be the most exciting of new products, the Vertigo and its baby brother, the K10 Dieci, were such an immediate difference in the fit and feel of the helmet that it was enough to



Vertigo SKY Coming soon

get Wolfi's attention, and immediately following the show we ordered a nice selection of these helmets.

Used by the SKY Professional cycling team, these helmet incorporate one feature which makes for an outstanding fit on most heads.

The Dual Pivot retention system, allows the retention system to be placed over the back over your skull in the position which best fits your head. It is the only brand of helmet using this system, and the

helmet is amazingly comfortable because of it.

Come in and try it and you'll feel the difference for yourself.

Our feedback from customers who've tried this helmet is that it is so different from anything else on the market, that the only thing you'll think when you try it on is "WOW !"



Vertigo Rossa Bianco

New Jerseys Now Available in Black

New Jerseys are here at Wolfi's Bike Shop. They are available in Black and White, in addition to the Red, Blue and Green. Cost is AED 350, and the sizing is X-Small, Small, Medium, Large, X-Large, and XX-Large.

In addition, we have new

Castelli Dubai Roadsters' Socks and Dubai Roadsters' Gloves.

The socks are AED 75, and the Gloves are AED 180.

Check them out.



The Gearbox: Mechanical Tips and Tricks

Prepping your bike for the riding season:

Easy ways to get your bike in shape.

Is Your Bike Noisy?

In our last news letter we stressed the importance of keeping your bike clean with regular maintenance. Washing, lubricating the chain and maintaining your tire pressure are important.

Another important habit is to listen to your bike when riding it and if there is a noise; do not ignore it as it could be a warning of something that could lead to a future breakdown and an unplanned expense.

Below are a few quick checks you can carry out on your bike to isolate and eliminate common occurring noises.

Ensure the quick releases are tight, yet avoid over tightening.

Check that the chain ring bolts are tight.

Ensure that the pedals are secured tightly.

Is the noise there when you're seated and gone when you're standing?

Check the saddle when you are off the bike by trying to move the saddle by grabbing it on the front and rear with two hands and "wiggle" it back and forth and from side to side and see if you can create the same noise.

If yes, check that the seat post clamp is tightened to the manufacturer's recommendation; also check the saddle rail clamp.

Apply a drop or two of chain lube on the rails where

clamped and some fresh grease to the seat post.

Check that the valve retaining nut is not loose and hand tighten it up against the rim.

Before every ride, lift your front wheel a few centimeters off the ground and drop it; there should be no clunking or rattling.

If there is, check for play in the headset, adjust and tighten the bolts to the required torque settings and repeat the drop. Avoid over loading the bearings.

It's best to get advice from your shop on the correct tightening torque settings and invest in a torque wrench before trying any of the fixes that require bolts to be tightened.

If the noise persists take it in to your bike shop and get them to isolate and resolve the issue.

How often should I have my bike serviced?

Living at the coast means higher salt content in the air and corrosion happens quicker than you think, add the heat factor that we have here in the UAE that contributes to grease liquefying, evaporating and drying up, and also the fine dust that gets in everywhere, and your bike is going to require more attention than you or your wallet are bargaining on.

We have seen the negative effects of the above conditions in our workshop on a daily basis. I recommend that you have at least 2 overhaul (complete strip down and re-grease) ser-

vices a year and at least 2 basic services in between; not because we want to make more money out of you, on the contrary; we want to save you money in the long term.

Plan and budget for these service intervals.

Don't leave things to the last minute and expect your bike shop to perform a miracle when you walk in to the shop wanting your bike ready the same day.

They need to schedule work and juggle keeping a fine balance of delivering quality service that is delivered on time.

Call in and make a booking at least 1-2 weeks before you need your bike service finished to ensure smiles all round!

Most big repairs come from neglect in one or all of these areas, and most mechanical failures are a result of a failure to perform this

And most important, until next time, keep the rubber side down...



Gavin Pelser
Workshop Manager
Wolfi's Bike Shop

Nutrition and Fitness

Endurance cycling: The Dubai case (part 1).

It is a Friday morning in Dubai. The roads are quiet as the city dwellers rest from the long week of work that ended just a few hours ago.

The temptation to stay in bed, to sleep late and forget the alarm is hard to resist, but if you want to be fit, healthy and aim to live long, you know that you have to move. So slowly you shift your mind towards the early bird challenge, dress up on your cycling outfit, fill in the water bottles, get your much needed nutritional supplements and tools for any emergency repair and head off to meet others that have made the same decision, to go against the laziness that is now commonplace in the urban society and exercise our body to be able to meet the demands of our relentless workaholic mind.

The first pedal strokes are square, but as you warm up and the first drops of sweat come down the fluidity comes back to your legs, it becomes more and more natural to go forward and to keep that harmonic motion with renewed energy. Suddenly you find yourself again – or for the first time - among a group, a road cycling group, one of the most magnificent manifestations of teamwork and physics, working together against the drag in what often resembles a group of birds flying and exchanging positions to maintain the speed and integrity of the squad formation.

To think outside the box and have attitude enough to cycle is already quite an effort, to do so alone – and consistently - is twice as hard. To meet fellow riders and share the effort to cut the wind is a boost to most of everybody's motivation. In Dubai we are fortunate enough to have at least a couple of sensational options of group riding, an experience that, beyond the science and technology now incorporated to the sport, takes it to the level of a postmodern dynamic comrade in which we rescue and recall some dormant and atrophied feelings.

The sting of adrenaline, that hard smile, the push for the extra mile and the reward after a pacific conflict in which there are only winners ... all of this can be found within you and better delivered when crossing the desert at high speeds on your good old (or brand new !) two wheeled friend. The path to follow in order to prepare you doing and enjoying for such adventures is simple yet comprehensive, long yet entertaining. But after the first few kilometers it all starts to make sense, after all ... what you need to do is ride !

A few steps should be considered if you want to become part of this cycling scene or keep yourself in good physical condition:

Engage some form of “organized” physical activity every other day (Min. 3 times a week of cycling or running/swimming/circuit resistance training).

On the non-training days keep as active as you can (Ex. take the stairs as opposed to the elevator, walk to the restaurant on your lunch time as opposed to take the taxi, stretch when you are watching TV as opposed to lay or sit down with a snack in hand !, etc.).

Eat plenty of fruits and vegetables, keep your plate as colorful as possible and avoid fried food and industrialized products (limit cookies, candy, chocolate, and SOFT DRINKS!).



On your mid-week cycling training aim to ride within a decent effort level, meaning that you should bring your heart rate up gradually to a moderate to high rhythm and pedal in cadences ranging from 85 to 110 rpm to further induce cardiovascular and neuromuscular adaptation (aerobic base + pedal efficiency).

If you are a beginner start with distances like 15-20 Km and build at a 10% weekly rate until you reach your distance goal.

Along the way you can also practice riding at different paces for a better average speed (Ex. Week 1 = 2 x 20 kph, Week 2 = 2 x 22 kph, and so on).

Please consult a physician, fitness trainer and the experts at your reference bike shop for further information on these subjects. And remember, safety always comes first: do not overlook the importance of periodical maintenance on your bike!

Best regards and good training.

Gustavo Netto

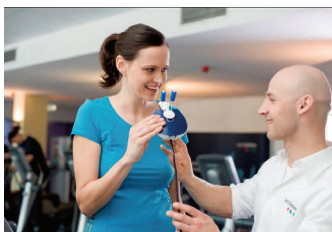
For any questions or detailed information you can contact:

Gustavo A. Netto

Nutritionist/Triathlete

E-mail: gustavo@wbs.ae

AeroFit ME Sponsors Dubai Roadsters' Support Car



As many of you know, the Dubai Roadsters' Cycling Club provides a support car for each distance group on our Friday morning ride.

Lately we've been struggling to get drivers for the vehicles, since our regular driver returned to his home

The AeroScan device in use.

country, (and has since passed), and we've yet to find a permanent replacement.

Ian has sent out several emails regarding this issue, and we've had a decent response, but until we find a permanent driver, we will continue to struggle.

Wolfi was speaking to Markus at AeroFit.ME, who had asked the best way to get involved with the Club, and suggested that they drive the car for a few weeks, in order to get

to know the ride, and the riders.

It was the best way to help out the Club, and get his name and product out front and center for our riders.

Markus wasn't too enthusiastic at first, as you can read in his own words below, but after joining the Friday Ride for the last weekend, he is excited to be involved with a vibrant and enthusiastic club like the Dubai Roadsters.

Welcome aboard, Markus, and thanks for your support.



All members of the Dubai Roadsters' Cycling Club get a 10% discount on the first scan.

New in the Middle East – AeroFit.me Fitness Scan and Training Plans...

...or the story of the 'Support Car'.

After having spoken to Wolfi a couple of weeks ago about getting our brand name out to the Dubai Roadsters' Cycling Club, and doing a bit of sponsoring, I was not too excited when he first brought up the idea of driving the support car on an early Friday morning.

Having made my way to Limetree at 5am last Friday followed by a nice sunrise over Meydan with a group of 100 plus very enthusiastic cyclers, I have to say that this was really good fun and I thoroughly enjoyed the support drive. So much that we decided to drive and sponsor the support car for the rest of 2011.

But what is AeroFit? We offer individualized training plans based on aeroscan, a spirometry analysis – in simple terms a breath test. Ten minutes of breathing in and out through a small, comfortable

breathing unit, on a bike or a



treadmill is all it takes. By measuring oxygen intake and carbon dioxide output, the aeroscan precisely determines how the body burns fat and carbohydrates to provide energy at rest and during exertion. Based on the scan results, we provide individualized training recommendations.

Many cyclists struggle to increase their performance even with regular training, mainly because they are training in the wrong heart rate zones.

Without MEASURING your individual metabolism, it is impossible to determine these

training zones.

Whether you are a beginner, an experienced competition athlete or just want to lose a few kilos, aeroscan helps you achieve your goals efficiently.

You don't need to over-train anymore or have pointless training sessions that don't take you closer to your goal.

After more than 25,000 scans in Europe this year, AeroFit.me has recently launched in the UAE.

We offer aeroscan at various locations around town or if you have an ergotrainer and want to use your own bike, we will also come to your place.

Please find additional information at www.aerofit.me or contact us at info@aerofit.me or 050 5068023.

Many cyclists struggle to increase their performance even with regular training mainly because they are training in the wrong performance zones...



▶ October 2011

Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Training Ride Group Skills Ride	3	4 Training Ride	5 CycleSafe at the Dubai Autodrome	6	7 Friday Ride	8
9 Training Ride	10	11 Training Ride	12 CycleSafe at the Dubai Autodrome	13	14 Friday Ride	15
16 Training Ride	17	18 Training Ride	19 CycleSafe at the Dubai Autodrome	20	21 Friday Ride Aerofit Tri Series Zayed Sports City 10k Race	22 Pink Biathlon
23 Training Ride	24	25 Training Ride	26 CycleSafe at the Dubai Autodrome	27 TriCamp Dibba	28 Friday Ride Spinney's Build Up Ride	29
30 Training Ride	31	AS OF NOVEMBER 4TH, THE FRIDAY RIDE WILL START AT 6 A.M. SHARP at the LIME TREE CAFÉ. ALL OTHER DETAILS WILL REMAIN THE SAME.				

} [Friday Ride](#) - Starting at Lime Tree Café, Jumeirah Beach Road at 5:30 a.m. or Safa Park at 5:45 am. 80km, 120km and occasionally a 140km distance.

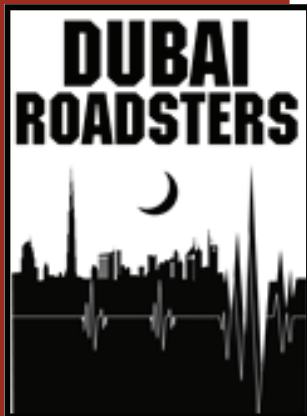
} [Group Skills Training Ride](#) - Starting at 7.30 p.m. Learn about riding in a group, cycling technique and build your fitness. Age 14 +

} [Training Ride](#) - At Nadd al Sheba, starts around 6pm. Casual, social ride.

} [Hatta Rides](#) - Hilly, winter season rides. 70km and 100km distances. Keep an eye on the calendar and the Facebook Page for dates.

} [Autodrome rides](#) - CycleSafe rides presented by Spinney's at the Dubai Autodrome.

Events for the Roadsters



The Roadster's Core Rider Sticker is required for participation on advanced rides.

Coast to Coast Ride: Friday, November 25

Start watching the Facebook Page and your email for the open registration announcement. We will be opening registration before the end of the month.

It will follow the same pattern as last event, and will end with a BBQ at the hotel. There will be a limited number of hotel rooms available for reservation for the night before and after the event.

The event is planned for the 25th of November. Cost is AED 200 For ride and BBQ, and AED 150 for return transportation.

We look forward to seeing you out there with us. [Register Here](#)

Abu Dhabi Triathlon: Saturday, March 3

Pre-registration is open now. As always, plan your bike service early for this event.

The service shop at Wolfi's already has reservations for bike assembly and service for out of town athletes for the Abu Dhabi Tri. This is one of the few events where we allow reservations outside a 2 week advance window, and the spots are limited.

We also reserve 1/2 the available slots for traveling athletes. That means that if you live in the UAE, you need to plan ahead.

Plan for an early season service, now, and for a final race service about 30 days before the race.

GFG Seven Emirates Sunday, November 27

Although this event begins in a timeframe that is very close to the C2C ride this November, it is a 6 day ride through all 7 emirates, and is intended to support local UAE children's charities.

It's not a ride we are affiliated with, but it is a major event.

If you want to ride it though, you'd best get started training... and fundraising.

There is a minimum 12,000 AED sponsorship, on top of a 2200 AED registration fee.

There are also only 25 spots, so for those of you who can't make it in, there is the C2C as a fallback.



The Dubai Roadsters Cycling Club is the premier road cycling club in the UAE.

The ride support has been incredible, thanks to all of our many partners and friends.

We want to see every man and woman in the UAE enjoy cycling as much as we do.

All you need is a bike in good working condition, a helmet, pump, spare inner tube and lights for the night rides.

There are no fees for the Dubai Roadsters as we are an informal, though regular, group of cyclists.

For further information about these rides please email josh or telephone:

+971-4-3394453

See the Information section on the web page for more information.

www.dubairoadsters.ae

Our Friends and Partners



Atlas Copco



ARE YOU A
CORE RIDER?

**DUBAI
ROADSTERS**



بطولة أبوظبي
الدولية للترايثلون
ABU DHABI
INTERNATIONAL
TRIATHLON

