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DUBAI - UAE

# DUBAI ROADSTERS

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## Issue Highlights:

- La Vuelta
- Prepping your bike for the winter riding season.
- Event Calendar
- Upcoming Event highlights

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## La Vuelta a España:

### Road Racing beyond the Tour de France

For many cyclists, even avid cyclists, it seems that the race season ends with that never to be outdone Tour de France.

I know that it's often that way for me, as once the TDF is done, other things grab what little time I have left for television. In addition, when I was in the USA, the options for televised cycling are often pretty much limited to the TDF and a few warm up events.

This year I have the privilege of living in a far more cycling friendly environment, at least from the TV executives' point of view.

So I've been trying to take advantage, and follow the rest of the world's cycling tours as well.

With my limited knowledge of racing, I was a little surprised to find that there was a race almost as big as the TDF, just as long, and just as well known, if a little less well advertised back home.

That race is La Vuelta a España.



With a race made up of 21 stages, and a total distance of 3300 kilometers, 10 mountain stages, including 6 summit finishes, and 2 Time Trials, one of which is a 40k indi-



Map of the 2011 La Vuelta a España

vidual, this is no lightweight ride.

I starting watching it with a bit of that "It's the Tour's little brother" feeling, but I quickly learned better.

As with the TDF, the Vuelta is a brutally demanding ride over some of the largest peaks in Europe.

The racers are incredibly fit and almost freakishly powerful riders.

At the end of the race, Juanjo Cobo wears the leader's jersey. No one would have seen that coming, even just few weeks back, and just 3 months ago, he had quit cycling and was planning to retire.

Tommy Boonen, one of my favorite racers, and on of the strongest riders in this year's TDF until he

crashed out of that Tour, also crashed out of the Vuelta with a broken hand. He'd already been riding with an open wound on his perineum for several stages, and he'll be out of the World Championship race entirely

These are the kind of stories that make cycling interesting. It is that passion, and determination to ride regardless of consequence that gets us to pay attention race after race and year after year, in spite of scandal and drama, and I look forward to learning more about the races and the riders during the rest of the season.

I hope you'll be watching with me.

# Necessities for carbon fiber bikes:

There are a couple of things which are necessary to keep your carbon frame in good shape, especially in our heat and humidity, and with the salt content in the air in Dubai.

First, when you make any adjustment to your carbon bike, be it a new stem, or just changing your seat height, you should be careful to use the correct torque. This requires a torque wrench. We have several varieties, depending on what works for your bike.

In addition, the seat post



From top left to bottom right: Carbon Grease Compound, Carbon cleaner, Carbon Polish Adjustable Value Torque wrench, And a Fixed Value Torque wrench.

should be removed, and a carbon-specific grease used to ensure that there is no moisture damage allowed to form. This can be used on most contact surfaces on your bike. It prevents damage from salt and humidity.

Last, there are cleaners and polishes designed to keep your frame looking good, and guaranteed to do no damage to the resin or fiber of your frame.

See your mechanic for details.

## New and Interesting Products

PRO TRIATHLON GEAR FOR THE ATHLETE IN ALL OF US

### ORCA Triathlon Suits

As we start thinking about the preparation for the upcoming Abu Dhabi International Triathlon, we've brought in a few specialty items to start preparing for it. One of these is ORCA Clothing. A premier manufacturer of technical sport clothing, their tri-suits and wet suits are worn by the likes of Craig Alexander and Chris McCormack. And if it's good enough for



RS1 Enduro

them, it's definitely good enough for me.

Tri-suits are in limited stock, and wetsuits are available to order.

Stop in and check them out.

### Assos Cronosuits

An alternative option for the discriminating TT enthusiast, the Assos Cronosuit is a good looking and technically sound piece of sartorial art from our friends in Switzerland.

The design is classic, with a choice of white on black, or black on



white, and the fit is smooth and efficient.

There is no downside to either of these suits.

Come on in

and choose the one that best fits your body and your riding style.

Prepare early for that upcoming event.

Available now at Wolfi's.

## New Jerseys Available Soon

Some new Dubai Roadster's Jerseys are on the way to Wolfi's Bike Shop. They will be available in Black and White. Cost is AED 350, and the sizing is X-Small, Small, Medium, Large, X-Large, and XX-Large.

This also gives us the chance to welcome a new Dubai

Roadsters' Sponsor:

**Atlas Copco**

Welcome, and thanks for your Support.



# The Gearbox: Mechanical Tips and Tricks

## Prepping your bike for the riding season:

### 3 easy ways to get your bike in shape.

#### Wash your bike regularly:

Washing dislodges abrasive residue that can be pulled through a bicycle drive train and into cables.

This residue is what causes the parts to wear quickly. Dust and sweat are your bikes' enemy; dust and dirt particle build up and corrosion caused by sweat will lead to deteriorated shifting as the cables no longer move without resistance and rusted bearings will have a negative effect on the rolling resistance on hubs, bottom brackets and jockey wheels. This makes your bike feel sluggish.

Basically, you wash a bike like you wash a car. Modern bicycles have sealed or semi-sealed bearing surfaces that can resist some water intrusion, but they are not water-proof.

**Do not** use power washers or direct a high pressure stream of water into any bearing surface such as hubs, bottom bracket, headset, or cassette.

A work stand is useful when washing a bike as it enables you to remove the wheels before washing. This lets you get into the rear triangle of the bike more easily and do a better job of getting the bike clean. If you don't have a work stand you can simply lean it against a wall.

Start by rinsing the bike off with a garden hose. This will dislodge the loose foreign matter attached to the bike. Some people are concerned water may damage bearings or cause corrosion. While a valid concern, most modern bikes have adequate seals to prevent water intrusion. However, even with extremely dirty mountain bikes, it is best to avoid the high-pressure power washer and stick to a garden hose.

Once the rinse is complete apply the biodegradable degreaser to the drivetrain. Be sure you get the back of the chain rings and the cogs as well as the chain. It is a good idea to degrease the rear wheel and the rear brake also as these pick up lubricant residue from the drivetrain. After you apply the degreaser it is a good idea to let it soak for a few minutes to dissolve lubricant residue.

Following the degreaser, use your stiff bristle brush to scrub the chain rings and cogs. Scrub both sides of the chain as it passes over the chain ring while back-pedaling.

If you are using a work stand and have removed the wheels you can simply place a quick release skewer in the rear dropouts to hold the chain. Scrub the drivetrain thoroughly and pay attention to the back of the chain rings. If you have used wax based lubricants you may have a difficult time getting the entire residue off.

After scrubbing the degreaser off the drivetrain soap the entire bike with a big sponge and a lot of warm suds. Wash the handlebar and stem area, getting behind the brake levers and under the stem. Wash under the saddle and wash both rims and tires. Soap the drivetrain to wash off the degreaser residue. During the washing be sure to inspect the frame for cracks as well as bar and stem. Check to be sure your bottle cages are tight and not cracked.

Following the wash, rinse the bike completely. If you left your wheels on during the whole process, pedal the bike in the work stand or pick up the rear wheel and pedal to sling the excess water off the bike. Quickly towel the bike and take it for a ride for about 2-3 blocks to blow the water off. Centrifugal force will shoot most of the water off the rotating parts. After your short ride put the bike back in the stand and towel it off thoroughly.

About every 3-4 washes you should mark your saddle height on the seat post, remove your seat post and dry the inside of the seat tube and the outside of the seat post, put a thin layer of fresh grease (carbon grease on carbon seat posts and frames) and replace the seat post to the original height.

A key component of washing the bike is inspecting it completely for minor problems that could become major. Washing your bike not only makes all components last longer, but forces you to look it over in great detail.

Keeping the bike clean is the most important step in maintenance

and the most frequently overlooked one. Take care of your bike and it will take care of you.

#### Lube your chain:

Following the complete drying, re-lube your chain from the bottom, on the inside of the chain's rotation so centrifugal force drives the lube into the chain links, not off onto your bike. Wipe all the excess lube off by back-pedaling the drivetrain through a rag several times. Less is more; too much chain lube attracts and holds more dirt that will act as grinding paste. Use the appropriate lube for your conditions (for example, dry or wet conditions.)

#### Check your tire pressure before every ride:

Prevent tire damage, potential rim dings and cracks by ensuring you always maintain the tire manufacturers recommended pressures (if you have carbon clincher wheels; follow the pressures prescribed by the rim manufacturers)

About 30% of your pressure will be lost in 24hrs and more if you are running latex tubes or tubular tires with latex inners. Not only will you protect your equipment from potential damage, you will also maximize the efficiency of your bike with low rolling resistance. Every cyclist should own a high pressure floor pump that will make this an easy part of their maintenance regime.

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 preventive maintenance.

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 preventive maintenance.

That's all for this month, but we'll see you on the road again soon.

To wash a bike properly, you need the following equipment:

- Bucket
- Sponge
- Towel(s)
- Stiff bristle brush
- Hose
- Chain lube
- Bio degreaser

# Nutrition and Fitness

## Cycling Healthy in the Abu Dhabi heat

Cycling in the UAE or any other Gulf country is always a challenge because of our heat and humidity.

To keep active outdoors on the bike during this part of the year we need to implement key planning and preparation strategies that will keep us healthy and fit.

Several recommendations can be found on the main sportive reference guides, but the uniqueness of the weather conditions in our area can bring difficulties often overlooked by researchers who work in other countries.

For example, if we take the following Heat/Humidity Risk Chart from the American department NOAA\* we will find that we are at High or Very High Risk of heat related illnesses for the most part of the year, what further reinforces the importance of this matter.

\* National Oceanic and Atmospheric Administration

Temperature °F	Relative Humidity (%)									
	100	90	80	70	60	50	40	30	20	10
59	17.5	17.0	16.5	16.0	15.5	15	14.5	14	13.5	12.9
64	20.2	19.6	19.0	18.4	17.8	17.2	16.6	16.0	15.4	14.8
68	22.2	21.5	20.8	20.1	19.4	18.7	18.0	17.4	16.7	16.0
72	24.2	23.4	22.6	21.9	21.1	20.3	19.5	18.7	18.0	17.2
77	27.5	26.5	25.6	24.7	23.7	22.8	21.9	20.9	20.0	19.1
82	31.0	29.9	28.7	27.6	26.5	25.4	24.3	23.2	22.0	20.9
86	33.5	32.2	31.0	29.7	28.5	27.2	26.0	24.7	23.5	22.2
90	36.1	34.7	33.3	31.9	30.5	29.1	27.7	26.3	24.9	23.5
95	40.4	38.7	37.1	35.4	33.7	32.1	30.4	28.8	27.1	25.4
100	45.1	43.1	41.1	39.2	37.2	35.3	33.3	31.4	29.4	27.4
104	48.4	46.2	44.4	41.9	39.7	37.5	35.3	33.2	31.0	28.8

To add

Address this elevated risk we need to give special attention to hydration before, during and after cycling, in an effort to minimize the adverse effects of the extreme conditions faced during one ride on our desert roads.

*Hydration: water and electrolyte intake*

To avoid cooking your insides when riding between the burning hot pavement and the bright blue sky you need to sweat.

Only by the evaporation of the sweat can we slow down the buildup of our internal temperature and keep our system working properly.

Drinking water and supplementing vital minerals (sodium, chlorine, potassium and magnesium) is a synergetic way to balance the body's metabolism even in the highest risk conditions.

An advisable water intake is roughly:

- ◇ 500ml about 30 min before the ride
- ◇ 250ml every 15min along the way

Complement that with between 120 - 240mg of sodium/liter for better absorption.

To better understand your hydration needs try stepping on the scale before and after your next bike ride. Compare the results and check if there is any difference.

The following table shows the effects of different percentages (%) of Body Weight Loss on Performance and the signs and symptoms associated with normal and high temperatures:

Dehydration & Heat Stress			
% Body Weight Loss	Estimated % Performance Drop	Normal Temperatures	High Temperatures and/or Strenuous Exercise
1-2%	5-10% Impaired Judgment, Irritability, Headache, Muscular Aches	Sweating, Flushed Face	
3%	15%	Thirst Reflex Initiated, Sense of Fatigue, Tight Sore Muscles, Increased effects of 1-2% Symptoms	Profuse Sweating, Noticeably (to others) Impaired Judgment and Confusion
4-6%	25-35%	Profound Thirst, Dizziness, Muscle Cramps, Weakness, Fatigue	Very Irritable, May Act Irrational, Pale, Severe Headache Especially at Base of Skull
7-8%	40-45%	Nausea, Vomiting, Severe Vertigo or Dizziness, Somewhat Irrational, Severe Muscle Cramps, Staggering	Cold, Clammy Skin even though Core Body Temperature may be 104 o F or higher, May Have Stopped Sweating
9-10%	50-55%	Collapse, Very Irrational, Unconscious	Skin Pale, Cold and Clammy, Stopped Sweating, Muscles Tense & Contracted, Pupils Normal or Dilated, Pulse Weak and Rapid, Low Blood Pressure, Respiration Shallow
9-10%+	45-55%	Heat Stroke *Skin temperature may be 102-104 o F and the core temperature may be over 108 o F which, if prolonged, will lead to kidney failure and death.	Heat Stroke Skin Red, Dry, & Hot, Sweating has Stopped, Severe Headache, Extremely Weak, Numbness and Tingling in Extremities, Muscles Tense and Convulsive, Confusion, Dark Urine (if any), Pupils Contracted, Pulse Strong and Bounding, Rapid/Shallow/Labored Respiration, Delirious, Unconscious, Comatose

If there was any significant weight loss during your training cycle, you can try to increase your intake slightly along with the proper electrolyte concentration for optimized performance.

Most importantly, don't wait until you're thirsty to start drinking!

Increase your awareness about the importance of hydration in the hot weather and keep enjoying your riding this summer.

To make things easier you can make use of a good selection of sports specific products like:

[Elete Water Electrolyte Add-in](#)

[GU Brew Electrolyte Tablets](#) -

[Viper Active Maxifuel](#)

For any questions or detailed information you can contact:

[Gustavo A. Netto](#)

[Nutritionist/Triathlete](#)

E-mail: [gustavo@wbs.ae](mailto:gustavo@wbs.ae)

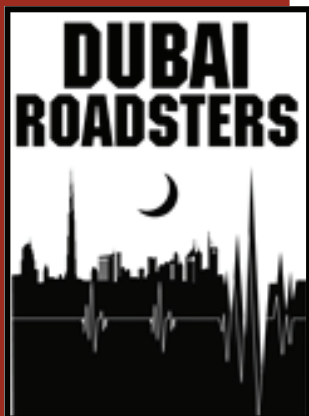
## ► September 2011

### Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Friday Ride	3
4 Training Ride Group Skills Ride	5	6 Training Ride	7 CycleSafe at the Dubai Autodrome	8	9 Friday Ride <a href="#">ADNEC Aloft Run</a>  <a href="#">10 &amp; 25k TT</a>	10
11 Training Ride	12	13 Training Ride	14 CycleSafe at the Dubai Autodrome	15	16 Friday Ride	17
18 Training Ride	19	20 Training Ride	21 CycleSafe at the Dubai Autodrome until 8pm followed by <a href="#">Ifar Challenge</a>	22	23 Friday Ride <a href="#">WADI Aquathon</a>  <a href="#">Spinney's Build Up Ride</a>	24
25 Training Ride	26	27 Training Ride	28 CycleSafe at the Dubai Autodrome	29	30 Friday Ride  <a href="#">Emirates Tri Series Race 1</a>	

- } [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.

## Upcoming 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 buffet 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 will be similar to last year, but is yet to be finalized.

We look forward to seeing you out there with us.

### 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.



**2012 Abu Dhabi International Triathlon**  
*Pre-registration now open*

**August 25, 2011**

The Abu Dhabi Tourism Authority have announced that Saturday March 3<sup>rd</sup> 2012 will see the return of the Abu Dhabi International Triathlon - the third time the event is hosted in the United Emirates capital city Abu Dhabi.

Entrants can secure a place in next year's event by visiting [the official website](#) .

Participants who pre-register on the website before entries open will receive a special access code via email on September 5<sup>th</sup> giving 48 hours to complete registration before entries are open for general sale on September 7<sup>th</sup>. In 2011, the event sold-out all of its 1,500 places several months in advance, so pre-registration for the 2012 Abu Dhabi International Triathlon is recommended.

2011's sell-out event saw athletes from 48 different countries take part with the international billing supported by first time representation from Brazil, the Channel Islands, China, Denmark, Greece, Ireland, Kazakhstan, Malaysia and Norway.

The elite field saw more than 60 of the world's top professionals line up at the start. Competitors included two-time Ironman World Champions Chris McCormack and Craig Alexander and defending champions Eneko Llanos, from Spain, and Great Britain's Julie Dibens. Other big names included Mario Vanhoenacker, Dirk Bockel, Caroline Steffen and Catriona Morrison. The hotly contested event saw Julie Dibens reclaim the title for the second consecutive year and Belgium's Frederik Van Lierde put in a storming run leg to claim glory in the men's event.

For 2012 the event will again be contested across three different race distances. The Abu Dhabi International Triathlon Long Course: 3km swim, a 200km cycle and 20km closing run. The shorter course, at half the length, has a 1.5km swim, a 100km cycle and a 10km run, and the Sprint course has a 750m swim, 50km bike and 5km run. Relay teams are eligible for the short and sprint distance.

**To pre-register, visit:**

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

For the latest news and pictures, visit:

[The official Facebook page](#)

[Abu Dhabi Triathlon on YouTube](#)

[Abu Dhabi Triathlon on Twitter](#)

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## A note to the Core Riders from Ian Thomas

07/09/2011

G'day All,

Three points I would like to raise.

### Point 1:

As you are all aware getting volunteer drivers this year has been somewhat problematic. I think we have been the victim of our own success in some ways as so many of you have opted for the 'pay 200aed set and forget' option that has significantly reduced the pool of volunteer drivers. Everyone wants to ride their bike! We have one regular paid driver in Subish, and what I would like to do is get our ad hoc driver Suresh into a vehicle on a regular basis. The problem is Suresh does not have access to a car.

To get around this I'm looking to form a vehicle pool of about 10 vehicles that Suresh can use. Suresh would put 50aed fuel into the car for your trouble and you still get to ride. All you have to do is turn up, Suresh has his own sign etc, no calling into Wolfi's is required.

So if you are:

- ◆ a regular rider with a suitable vehicle, (you know what I mean)
- ◆ who starts at the Limetree or is willing to start at the Limetree from time to time,
- ◆ 80k or 120k, doesn't matter,
- ◆ who would be willing to let Suresh drive your car while you're riding  
(don't forget you get 50aed fuel)

Please let me know ASAP. I would like to get this organized by the end of September as the volunteer roster is painfully empty.

I'm still more than happy to take volunteer drivers as well and it is something worth doing as a rider just to see what goes on out there. We will still need volunteers from time to time as drivers take holidays or support Hatta rides etc.

As some of you may know, 3 weeks ago we had no support driver for the 80k and the inevitable happened. Fortunately the downed rider was a crusty old Kiwi so it wasn't as bad as it could have been. It did serve to remind us that cycling is not as safe as sleeping in. It is more fun though.

### Point 2:

We desperately need a volunteer driver for 23rd September as Suresh will be away. The [Volunteer Roster is here](#). Follow [this link](#) to volunteer. I hope to have the new scheme in place by 30th September.

### Point 3:

Someone dropped an insulated Camelbak bidon last Friday. I have it if they want it back.

See You On The Road,

Ian Thomas  
(Support Car Guy)



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](mailto:josh) or telephone:

+971-4-3394453

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

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

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.

## Our Friends and Partners



بطولة أبوظبي  
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ARE YOU A **DUBAI ROADSTERS**  
CORE RIDER?

