



the cyclopedia

May, 2019

Welcome to our new, quarterly newsletter. We hope that it will provide you with an insight into the club's recent activities and future plans. In this first edition we cover the club's regular events, recent successes, and exciting news about how we are going to implement organised club rides for all abilities.

We welcome your feedback and suggestions as to how we can improve this newsletter. And yes, this one is long but it's worth the read - so grab a cup of coffee, put your feet up, and read on.....

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a word from the president

Allow me to add my welcome to the Club's first Newsletter, and I look forward to your feedback and contributions to future editions.

I have to thank my predecessor, Paul Fabian for his sterling contribution to the Club. During his tenure, the number of club members rose exponentially. With every growth, there are new challenges and our Club is not immune to those. In response to those challenges, we identified the need to review the Club structure and determine the best way forward, keeping in mind external influences and difficulties our members may encounter.



The first thing to address was the need to modernise our Constitution which will be presented to you for your approval at the Club's AGM in June. I would like to highlight the change to the structure and the roles of the committee. These changes clarify roles and responsibilities and brings the Club in line with the constitutions of other Emirates Clubs. The titles of Club Manager and Deputy Club Manager have been replaced by the Club President and Club Vice President.

The Executive Committee is comprised of the following 7 members:

- President - Joseph Gatt
- Vice President - Jeremy Grogono (Grogos)
- Club Captain - Richard Evans
- Treasurer - Darryl Sharp
- Quartermaster - Chris Jones
- Secretary - Harald Drabs
- Associates Representative - Tim Harrison

Club Captain Richard Evans, will be relinquishing his post after the next AGM.

I did ask Richard to reconsider his decision but, in the end, I respect his opinion. Richard is a founding member of ERCC and has been our Club Captain from the very start. He was instrumental in organising the World Airline Cycling Challenge (WACC) the ITT, the TTT, the Madam rides and a lot more and has done this with excitement, commitment and dedication. I am sure I can speak on behalf of all our members and convey our thanks and appreciation to Richard for his tireless enthusiasm and passionate support for the Club. Without Richard we would not have the club we have today.

Richard's stepping down means we are looking for a member who would be keen to get involved in the committee as Club Captain, to assist, direct, and develop ERCC's rides. Please do let me or any of the committee know if you would like to volunteer yourself or anyone else for that matter.



The Club wants to focus on promoting road cycling more.

Recently there has been a decline in the number of members riding regularly, from a club of over 150 members, less than 40 ride regularly. We can't make your rosters any less demanding, but we can make sure that we have rides that better cater for the range of riders that we have in the club. ***We aim to nurture riding within our cycling community and make sure that the rides meet everyone's expectations and encourage and support those who do not come ride too often.***

The most significant change we will make is the introduction of named Ride Captains for all Club organised rides. The role of the Ride Captains is to act as 'stewards' ensuring the ride runs according to the advertised plan and manage the ride to keep the group together.

We are introducing a grading scheme for the Club Rides. This will set expectations of the intensity of the rides in advance so that you can choose a comfortable, and enjoyable ride.

Finally, if you're posting an ad hoc ride during the week, do mention the expectations for the ride. If it's a fast ride, say so. Alternatively, if it's a slow ride or slow up to Zad's Coffee Shop and then faster pace, mention it too so that those who turn up know exactly what the plan is.

That's all for now, take care and ride safe!

Joe

Club President



ride grading

We have received overwhelming feedback that we need to make it clear what members can expect from a published club ride. Jeremy Grogono (Groggs) has kindly created a ride grading scheme to help set expectations. Next season all Club rides posted will be graded on a level 1 – 5 where 1 is very easy and 5 is a smash fest. This will set realistic expectations of what a ride will be like. Some rides might have multiple levels at different sections of the ride, but these will be clearly stated and usually will involve an optional faster part of the ride.

You will be able to see a posted ride and confidently know what you can expect when you come riding.

Level	Grade	Description
1	Very Easy	Suitable for Development Rides (Beginners)
2	Easy	Suitable for Social Club Rides and Recovery Rides
3	Tempo	The Middle Ground – Not easy but not too hard
4	Hard	Sustained Hard Effort
5	Very Hard	Smash Fest

For level 1, 2, & 3 rides there will be a no drop policy

For level 4 & 5 rides a drop policy may be used

When posting adhoc rides, please try and use this grading to set expectations for other members that may want to join in.



ercc ride captains

It is important that we are able to put into 'practice what we preach' and we keep to the expectations of a ride by having Ride Captains – 'stewards', who are able to do this.

We are asking for Ride Captains to volunteer from our more competent riders to act as our ride 'stewards'.

Ideally a ride should be led by two Ride Captains able to monitor and mentor from each end of the peloton. The level of ride and drop policy should be pre briefed and adhered to!



If there is an issue with the peloton then it is the Ride Captain who responsibly acts in the best interests of our members and the Club and would be asked to provide feedback to us.

It is only by demonstrating a more disciplined approach to our quieter, easier, social rides that we will gain the confidence of our wider membership. The best people to provide the stewardship for such rides are our more experienced members.

It is Ride Captains that make a successful group ride and extol the culture of the Club.

Whilst it's hoped that Ride Captains will be the 'stewards' for the Club it is intended to set up a Squad of riders that will be recognized as Club representatives in competitions and who are riding and training at a level that enthuse others to come and 'ride better' with ERCC.



regular club rides

The ERCC Saturday coffee ride (Grade 2 and 4)



This is the perfect opportunity for a pleasant recovery ride and a social catch up. Typically the distances will be 82 km to 104 km for those starting from BOTS, and 46 km to 68 km from Zads. The route will be decided by the ride captain on the day based on the riders present, and the conditions.



The ride starts as a grade 2 ride from the [BOTS carpark](#). From BOTS, it is an 18 km ride up the 'Stick' where we pick up riders that want a shorter ride from [Zads](#). We then ride the AQ main Loop clockwise, enter the splat extension and ride to the Pagoda at the back anticlockwise at Level 2 pace. At that point there will be a split where a Level 4 ride will start all the way to Zad's provided that no less than 6 riders are left to continue to Zad's at Level 2 pace. Riders are encouraged to try to ride hard with the faster riders and if dropped, they may wait for the Level 2 pace group. Regroup at Zad's for coffee offered by ERCC and then ride back down the Stick at the pace that the group dictates.

The timings for the coffee ride are seasonal, and can be found at the end of this newsletter



Friday Club Social Ride (Level 2 and 4)



We have a new look to our Friday morning ride, returning to the original Nad Al Sheba cycle track, now renamed as the [District 1 cycle track](#). The meeting point is the [DXBike car park](#), the start times can be found at the end of this newsletter. From the car park we ride at Level 2 to the District 1 track and continue at Level 2 for the first lap (8km). The next 3 laps are at Level 4. Riders are encouraged to try the faster laps and try to hang on as long as possible to improve performance. If any riders drop, either meet at the [exit point to the bridge](#), or join the group as they pass by again. After the 3 laps at Level 4 then we ride over the bridge and go for coffee at [Café Peloton](#). Ride back easy to [DXBike Car Park](#).



Monday Night at District 1 with Andrew McCombe



When Andrew first arrived in Dubai, a little over 3 years ago, as a keen cyclist from the UK, he started to ride the cycle track at Nad Al Sheba, now more commonly known as “District 1”.



There were various clubs riding there and one evening he managed to hook up with the Emirates club ride. Having not felt completely welcome at some of the other clubs' rides, he very much did when he rode with Emirates.

The Monday night ride then became a fixed point in his weekly cycling schedule. The ride has changed shape over the subsequent 3 years, as has the track. The numbers riding and the format of the ride have all varied with time. In the last few months the numbers have dwindled somewhat but the Monday night ride remains a regular slot in his weekly schedule.

Starting at 18.00 hrs in the winter months, and presently 18.30 for the summer months (April - September inclusive).

The format of the ride varies to suit those riders present but going forward the focus will be very much to accommodate the newer riders to our club with a particular aim of developing group riding skills and etiquette, and trying to answer the stupid questions that we have all asked when we first started riding with a club.



Monday Night District 1 Introduction - Level 1 (D1L1)



This is the ride for you if you are a beginner, or making a long overdue comeback to cycling. The purpose of the session is to introduce you to group riding under the guidance of one of our experienced Ride Captains. The meeting point is the [DXBike car park](#), at 1830. The Ride Captain will lead the group out to the [District 1 cycle track](#) at L1 pace. The session will last one hour and will cover approximately 20km.



Monday Night District 1 Chaser - Level 2 to 5

This is a great chance to push yourself and go for that new Strava PR.



Following on from the earlier D1L1 ride, the heat gets turned up at 1930.

It starts with 2 laps to warm-up at Level 2, and then 3 Laps at pace followed by 1 Laps cool down. The session laps can be of various efforts from easy to very hard.

Join in to see how long you can hang on for.

Wednesday Night Autodrome Introduction - Level 1 (ADL1)



This is the second opportunity in the week for a coaching ride if you are a beginner, or making a long overdue comeback to cycling. The purpose of the session is to introduce you to group riding under the guidance of one of our experienced Ride Captains. The meeting point is in the [Dubai Autodrome pit lane](#), at 1830. Access to the Autodrome is free, but you will be required to register on

entry. [Parking](#) is also available at no charge. The Ride Captain will lead the group out at L1 pace. The session will last one hour.



Wednesday Night Autodrome Chaser - Level 2 to 5

It's time to turn up the gaz on the twists, turns, and climbs of the 2.5km circuit



Following on from the earlier L1 ride, the heat gets turned up at 1930.

It starts with 2 Laps warm-up at Level 2, then 10 Laps at pace followed by 2 Laps cool down. The 10 laps can be of various efforts from easy to very hard.

Hope to see you out on a ride soon.

Ride better, Grogs



The ERCC community time trials



The club hosts a monthly ITT and TTT that are free of charge and open to the local cycling community. They are incredibly popular with cyclists of all abilities.

To make the TTT more inclusive, we have now added a road bike category to the event. We have a dedicated [Facebook time trial group](#) for the dates, times, and [team registration](#).



The next TTT is on 15th June and it would be great to see more ERCC members joining in the fun.



recent club successes

The Veterans have been allowed out, and have been trophy hunting with some success.

November 2018

Abu Dhabi Sports Council Al Hudayriat Community Race - 40Km		
	Age Group	Overall
Mark Hare	2nd	11th

December 2018

Abu Dhabi Sports Council Al Hudayriat Community Race - 50Km		
	Age Group	Overall
Michelle Guerin	1st	1st
Richard Evans	1st	2nd
Tim Harrison	2nd	7th
Dave Allen	3rd	15th

January 2019

Liwa Intermediate		
	Age Group	Overall
Andrew McCombe	1st	8th

February 2019

Abu Dhabi Al Wathba Municipality Race - 30km		
	Age Group	Overall
Dawn McCarthy	1st	5th
Mark Hare	1st	4th

March 2019

Abu Dhabi Sports Council Al Hudayriat ITT (Road Bike)		
	Age Group	Overall
Mark Hare	3rd	6th

Liwa Intermediate		
	Age Group	Overall
Mark Hare	1st	2nd



The ERCC Saturday coffee ride timings

		Start Time	
Month	Lights required?	BOTS	Zads
January	Yes from BOTS	0630	0715
February	Yes from BOTS	0630	0715
March	No	0630	0715
April	No	0600	0645
May	No	0600	0645
June	No	0530	0615
July	Yes from BOTS	0530	0615
August	Yes from BOTS	0530	0615
September	Yes from BOTS	0530	0615
October	Yes from BOTS	0600	0645
November	Yes from BOTS	0600	0645
December	Yes from BOTS	0630	0715



executive committee members

President

Joe Gatt



Vice President

Jeremy (Groggs) Grogono



Club Captain

Richard Evans



Secretary

Harald Drabs



Treasurer

Darryl Sharp



Quartermaster

Chris Jones



Associates Representative

Tim Harrison

