



EVENT INFO

On the 24th September 2017, 6,000 riders will set out from Smithfield, Dublin to take part in the inaugural Great Dublin Bike Ride.

The event will offer a challenging 100km route for experienced riders and a 60km route for those looking for a slightly less strenuous day in the saddle.

KEY FACTS

- 6,000 riders
- Two routes to choose from - 60km & 100km
- Iconic city centre start and finish in Smithfield, Dublin
- Three food stations with both Medical & mechanical support and two Service Stations, along the route

KEY POINTS TO NOTE

- Rules of the road apply to participants at all times
- Road closure only on North Quays (Smithfield to the Three Arena) only, after this area you must obey instructions of the Gardai otherwise, unsporting behaviour will result in you being removed from the event
- Cycle two-abreast maximum
- Helmets must be worn at all times
- Please ensure your bike is fully serviced and your wheels are fully inflated.
- If doing the 100km event the cut-off time is strictly 10.00am (Rathbeale Road, Swords)

TRAINING

As with starting on any training programme it is always best to consult your GP for a medical first just so you are healthy enough to take on this challenge. If you are taking medication please bring it with you, including inhalers and where there is an underlying medical concern please ensure to cycle with a 'buddy' who is aware of the condition in order to impart that information to medical staff if required. Please remain with your 'buddy' throughout the event. Please bring sunblock.

ROUTE

There are two distances to choose from – 60km and 100km. Both routes will take riders on a journey through Dublin City Centre, Fingal and Meath (100k route only) before returning to Fingal and eventually Dublin City.

If you haven't already, please visit our website <http://greatdublinbikeride.ie/route/> to view our route maps. This will give you the inside track on exactly where the route passes. For



those of you that use GPS units, you can also download the route from the website in .gpx formats both for the 60km and the 100km routes.

60KM:

The 60km route will leave Dublin and travel north, heading towards Baldoyle, Portmarnock, Malahide, Swords before returning to Dublin via the National Sports Campus.

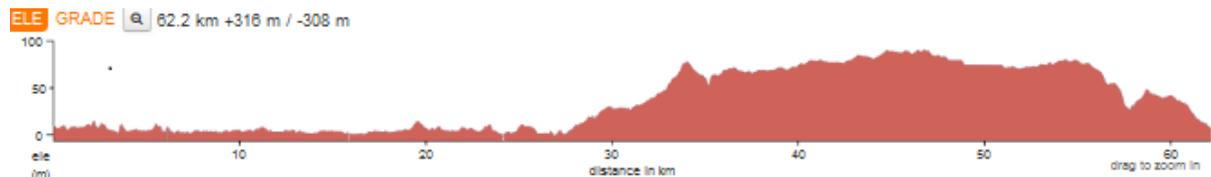
Total climb: 317 metres (According Ride with GPS)

100KM:

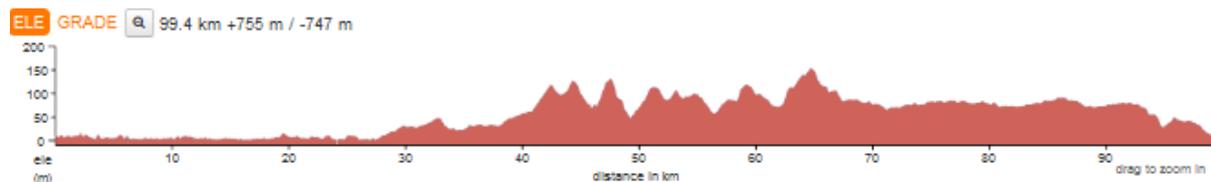
The 100km route is a challenging route that will leave Dublin and travel north, heading towards Baldoyle, Portmarnock, Malahide, Swords, Ballyboughal, Naul, Ardcaith, Garristown, Kilbride before returning to Dublin via the National Sports Campus.

Total climb: 755 metres (According to Ride with GPS)

ROUTE ELEVATIONS



60km, Total climb: 135 metres



100km, Total climb: 272 metres

EVENT SCHEDULE (SIGN-ON / NUMBER COLLECTION, START & FINISH)

THURSDAY, 21ST SEPTEMBER - SMITHFIELD, DUBLIN

16:00 – 20:00

FRIDAY, 22ND SEPTEMBER - SMITHFIELD, DUBLIN

16:00 – 20:00

SATURDAY, 23RD SEPTEMBER - SMITHFIELD, DUBLIN

10:00 – 16:00



SUNDAY, 24TH SEPTEMBER - SMITHFIELD, DUBLIN

Time	Activity
07:00	Start pens open
08:00	1st Wave Start 100km
08:15	2nd Wave Start 100k
08:35	1st Wave Start 60km
08:48	2nd Wave Start 60km
11:41	First 60km participant approx
11:54	First 100k participant approx
14:00	Final participants finishing approx
17:00	Event Closes

START NUMBERS

Your event number is allocated during the sign on process, please remember to bring your booking confirmation email. If you did not receive this, or if you have any difficulty, then please email us at info@greatdublinbikeride.ie

Line up according to your event.

- BLUE START NUMBER = 100k
- GREEN START NUMBER = 60k

All participants will set off from Smithfield in waves as per your start number colour.

PEN/LOAD-IN TIMES

Distance	Wave No	Load In (Access to Start Pen)	Start Time
100km	1	From 7am	08:00
100km	2	From 7am	08:15
60km	3	From 7am	08:35
60km	4	From 7am	08:48

Access to the Start Pens will be through North King Street via a strict one-way system around Smithfield. Please follow signage on event morning and also follow the instructions of the event marshals.

Participants will not be allowed access to their Start Pen before the time shown in the load in times. You must also load into the start pen that corresponds to your event – no exceptions.



The start line will be located at the Church Street and the finish line in the Smithfield Plaza.

CAR PARKING

There will not be parking provided in the Smithfield area. However, car parking has been arranged and all participants can, on a first come first serve basis use:

Parking is available at Q-Park Stephens Green with entrances on York Street, Mercer Street and Glovers Alley at a reduced rate of €6 for 24 hours parking. Please note Q-Park Stephens Green is open 24 hours per day.

Q-Park Stephens Green Car Park

Parking Garage

2 York St

Cost €6 – All day (You must book online to avail of this offer, visit www.q-park.ie and use the promo code BIKE to activate the discount)

Open 24 hours

Parking is available at Q-Park Four Courts with entrance off Ushers Quay, behind Topaz forecourt at a reduced rate of €4 for 24 hours parking. Please note Q-Park Four Courts closes from 11pm – 6am and vehicles wishing to exit between these times will be charged a call-out fee.

Q-Park Four Courts

15-21 Usher's Quay

Dublin 8

Cost €4 – All day (You must book online to avail of this offer, visit www.q-park.ie and use the promo code BIKE to activate the discount)

Open 24hrs

The above parking offers are only available through pre-booking your parking and are not available at the car park of the day of the event.

To avail of these offers please book online via the link to the Q-Park website. Select Dublin Q-Park Stephens Green or Dublin Q-Park Four Courts the 24 Hour Parking Product and use the promo code: BIKE to activate the discount.

Fleet Street

Dublin 2

Cost €10 – All day (You must pay at the cash office stating you are part of the Great Dublin Bike Ride)

Open 24hrs



BIKE PARK AND BAGGAGE AREA

There will be a secure participant bike park and baggage area in the event village, follow event signage on event morning. Bikes and baggage are left at owner's risk, but will be checked in and checked out via a wristband system and managed by event security. The opening hours are restricted to when the event is running.

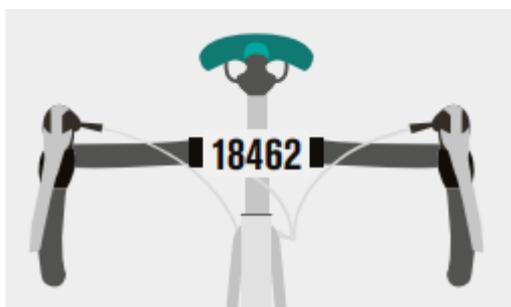
SIGN ON /NUMBER COLLECTION -

All participants must sign on/collect their numbers at the sign-on marquee between 16:00 and 20:00 on both Thursday 21 September and Friday 22 September and between 10:00 and 16:00 on Saturday 23 September. This will take place in Smithfield. There will be strictly no sign on/number collection outside of these times.

All participants will receive a booking confirmation email. This email will contain a bar code which must be presented at the sign on process, to complete event sign-on.

At sign on you will receive a goodie bag containing a jersey/T-shirt (allocated by size on a first come first serve basis) and your number pack. The number pack will contain:

1. 1 x jersey number/bib and pins,
2. 1 x handlebar number and cable ties



3. 1 x wrist band number
4. 1 x baggage label

These numbers must be affixed and worn at all times during the event. **You will not be allowed access the start pens without your properly affixed and positioned start number.**

THE FOLLOWING BICYCLES ARE NOT PERMITTED

- Fixed wheel with no brakes
- Time Trial bicycles
- Unicycles
- Towed Trailers
- Trailer Bicycles
- Electrically assisted pedal cycles



- Fixed wheel with only a front brake
- Handcycles
- Quad cycles
- Child carriers
- Cargo bicycles

Specialist time-trial bicycles are not allowed as they do not allow for immediate control of the bicycle.

Unconventional handlebars, including triathlon bars, aero bars, clip-ons, prayer bars, Spinaci bars and cow bars or bars without bar-end plugs fitted.

Mobile phones while cycling – you must pull to the roadside and stop if you wish to make or receive a phone call.

These restrictions are not a reflection on anyone's personal ability, speed ability or skill level on a pedal cycle or with certain equipment.

It is a considered view on the overall risk associated from any participant using such items or equipment to the large numbers of cyclists, who themselves have a very wide variation of skill level, participating in the event. This is reviewed on an annual basis.

COURSE SAFETY

We ask that you respect and follow some important 'rules of the road' during the event:

- Emergency vehicles take priority in order to attend incidents across the entire event footprint.
- Expect emergency vehicles on the route at any point, either crossing or driving along the route in both directions.
- Remain alert at all times and pull over to the side of the road to allow emergency vehicles to pass safely when required.

Rider etiquette - While some roads will be closed in the city centre (Smithfield as far as Three Arena only), this event will take place mostly on open roads. **All rules of the road apply and must be adhered to.** There will be Gardai presence throughout the route to help the event pass freely through the main city and county roads. **Instructions given by the Gardai must be obeyed at all times, unsporting behaviour will result in you being removed from the event.**

Respect your fellow riders - Be aware that the ability and bike handling skills of those taking part will vary. We are hoping that plenty of newcomers to cycling will be participating so please allow for this.



If you are a slower rider and you find yourself being passed then please try to stick to the left hand side and allow faster cyclists to pass on the right. Conversely, if you find yourself behind a slower cyclist, a polite “Left/Right/Inside” should do the trick. **Aggression and rude behaviour will not be tolerated.**

Obey the Marshals – we are working with a team of 15 experienced motor bike marshals and 18 mountain bike Gardai for this event. There will also be a team of static junction marshals along the course who are supporting the Gardai. If any of these marshal groups give you an instruction then please follow it. It will be for your own safety or security. Marshals and Gardai will take note of participants who ignore these instructions.

Follow route signage and only ever travel in the direction of the Event - Never go against the flow. It is extremely dangerous to other cyclists. For example, if a friend has a mechanical problem, wait at the side of the road and have them walk to you if they need your assistance.

Be considerate of local residents - Their normal Sunday activities may be disrupted during the event and it is important that we acknowledge the impact the event will have on residents.

Do not litter - The Great Dublin Bike Ride passes through the local countryside and through many towns and villages. Keep used bar wrappers and banana skins in your jersey pockets until you reach the feeding stations. Anyone who is seen littering will have their numbers recorded.

Use the toilets provided - These are located at the start/finish and at each feeding station.

Learn how to cycle in groups - The below information should help with the basics, but if you can fit in a ride with friends before event day, then practice these techniques, calls and hand signals.

RIDING IN GROUPS

Riding in groups is as much about communication as it is about technique. Following we've included a glossary with the most used phrases and their meanings.

You will be one of up to 6,000 riders of varying ability and fitness. Packs will generally form in the first hour or so as the mass field thins out. Stay alert at this stage and don't ride too fast.

Ride two-abreast in your groups.



As you move through the event, find your rhythm and keep to a pace you find comfortable and sustainable. You may need to “surf” between groups to reach this level. Once you have found such a group, remember that by riding on the wheel of the cyclist in front you are saving around 20% effort. However by doing so the risk of crashing is considerably higher, so follow these top five tips to riding safely in a group.

1. **Look ahead.** Not at the back wheel of the cyclist in front of you, but over their shoulder at the road ahead. This will give you time to react to any situation that arises.
2. **Try to ride smoothly.** Erratic manoeuvres and sudden reactions will cause problems for your adopted team mates. Try to anticipate braking so that this can be done in a controlled manner.
3. **Listen to calls.** Try to learn the main terms and react to what others around you are calling. Repeat that call down the line to make sure others behind you have heard it.
4. **Look, look again...** then move. Before making any lateral move, you should look over your shoulder to ensure that no-one is overlapping or overtaking. Don't forget to look over your opposite shoulder before retaking your position in the peloton.
5. **Take your turn.** You won't be thanked for latching onto a group and not making the effort to do some of the leg work. Do some simple maths; if you are in a group of 5 you should be spending a fifth of your time at the front.

COURSE SIGNAGE AND NAVIGATION

Please familiarise yourself with the route you're cycling. Details of both routes are contained on our event website.

Course signage for the Great Dublin Bike Ride will be positioned throughout the course and at feed stations. It will be clearly visible and distinguished by its bright yellow background and bright blue font. See examples below.

Please follow this signage and the directions of the marshals and Gardai to navigate your way around the routes.



FEED STATIONS

Location	Distance	Route	Refreshments
Swords	28.7km	60km only (Green)	Sandwiches, Banana's, Nature Valley Bars, Teas, Coffees & Water
Naul GAA	38.5km	100km only (Blue)	Sandwiches, banana's, Nature Valley Bars, Teas, Coffees & Water
National Sports Campus	49.5km/88.6km	60km/100km (Blue & Green)	Bananas, Nature Valley Bars, Water, Teas & Coffees
Finish line	60/ 100km	60km/100km (Blue & Green)	Banana's, Nature Valley Bar, Pasta & Water

Each feed station and finish line will consist of:

- ✓ Medical support
- ✓ Mechanical support
- ✓ Water / Tea / Coffee
- ✓ Refreshments – see above
- ✓ Toilets

Please note that you must start the event with at least 0.5l of water. No water will be made available at the start but you can refill your water bottle at any of the feed stations.

ACCESSING FEED STATIONS

All the feed stations will be signed well in advance. If you wish to utilize the feed stations please follow the signs, otherwise you can continue to bypass it. Always check over your shoulder before moving and signal before changing direction e.g. if you're turning into the feed station.

Upon arrival at the feed station, please dismount and avail of the facilities.



MECHANICAL SUPPORT

Our mechanical support partners (Cycle Superstore, Wheelworx, Gary Sheehan Mobile Bike Repair, 360 Cycles, Richies Bikestore, Cycle Clinic, Road Bike Hire, Bike Fit Studio and Cyclezone) will be providing mechanical support for all of our riders free of charge. Roaming mobile technical support will be available, with static support at the 3 feed stations and the 2 service stations.

We advise all participants to bring with them spare inner tubes and tool kits to avoid long waits for mechanical support and you must also be able to repair a puncture without assistance.

'BROOM WAGON' AND RETIREMENTS

Due to commitments made to local councils, transport authorities and An Gardaí Síochána all participants will be required to stay ahead of the pace car based on a minimum speed of 19 km/hr for both events.

- The Pace Car for the 60km cycle will be dispatched from Smithfield 5 minutes after the final wave of the 60km has departed.
- The Pace Car for the 100km cycle will be dispatched from Smithfield 5 minutes after the final wave of the 100km has departed.

Both will travel at 19km/hr. Behind the Pace Cars will be a number of 'Broom Wagons' (minibuses and vans) for those who cannot complete the course or have removed themselves from the event. These sweep vehicles will return back to Smithfield, Dublin.

If you wish to retire please move to the left hand side of the road, dismount and stand on the verge away from blind corners. Make yourself known to the 'Broom Wagons' after the Pace Car passes by simply waving them down.

'Broom Wagons' will be easily identifiable with signage.

CUT-OFF TIMES

At 10.00am ALL 100k riders that haven't reached the route split-off point on Rathbeale Rd, Swords will be directed left onto the 60km route. This shortened version of the course will enable you to reach the finish line within the allotted time.

MEDICAL SERVICES

Event organisers will take every necessary precaution to ensure the safety of all athletes and visitors on-site. However, in the event of an incident a team of medical staff, paramedics and doctors will be available through our medial partner the Civil Defence.



There will be mobile paramedics on course with the main medical village located beyond the finish line. There are medical facilities and ambulances at each of the three feed stations along the route also.

Any medical incidents around the venue site should be reported. Medical staff will be dispatched to the appropriate location. Please reference junction number sprayed on the ground if reporting an incident.

We ask all riders to follow the instructions of the medical staff at all times.

AFTER THE RIDE

Once participants have crossed the finish line in Smithfield, we request that you do not dismount or stop until instructed to do so.

To avoid significant congestion, it is vital that a long run off area is maintained for the safety of all participants.

Participants must ride for an additional 100m at the end of the event to reach the end of the controlled area, at which point, you can dismount and leave the finish area. You will then be directed to the bike park via the medal, hydration and refreshments area.

There will be a bowl of pasta available in a marquee area in Smithfield Plaza for all participants – just show your bib to access this area.

LOST & FOUND

Lost items which have been handed in can be collected from the baggage marquee located in the bike park.

SOCIAL MEDIA

The Great Dublin Bike Ride is a celebration of cycling in Dublin and as such we encourage our riders to interact with us through social media.

Handles/Hashtags/Urls

Twitter: @dublinbikeride #CycleYourCity

Facebook: www.facebook.com/greatdublinbikeride

Instagram: <https://www.instagram.com/greatdublinbikeride/>

Email: info@greatdublinbikeride.ie

Finally, we hope you enjoy the event, make some new friends and continue cycling!

The Great Dublin Bike Ride Team