



### **EVENT INFO**

On the 23<sup>rd</sup> September 2018, 7,000 riders will set out from Merrion Square, Dublin to take part in the inaugural Great Dublin Bike Ride.

The event will offer a challenging 105km route for experienced riders and a 65km route for those looking for a slightly less strenuous day in the saddle.

### **KEY FACTS**

- 7,000 riders
- Two routes to choose from - 65km & 105km
- Iconic city centre start in Merrion Square and finish in DIT Grangegorman, Dublin
- Two food stations with both Medical & mechanical support and three Service Stations, along the route

### **KEY POINTS TO NOTE**

- Rules of the road apply to participants at all times
- Road closure only on Merrion Square South, Merrion Square East, Mount Street Upper, Mount Street Crescent, Fitzwilliam Street Lower, Baggot Street Lower, Herbert Place, Herbert Street, Warrington Place, Clanwilliam Place, Grand Canal Street Lower, Macken Street, Cardiff Lane, Sir John Rogerson's Quay, Samuel Beckett Bridge, North Wall Quay/East Wall Road North Quays 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 105km event the cut-off time is strictly 9.30am in Malahide

### **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 – 65km and 105km. Both routes will take riders on a journey through Dublin City Centre, Fingal and Meath (105k 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 65km and the 105km routes.

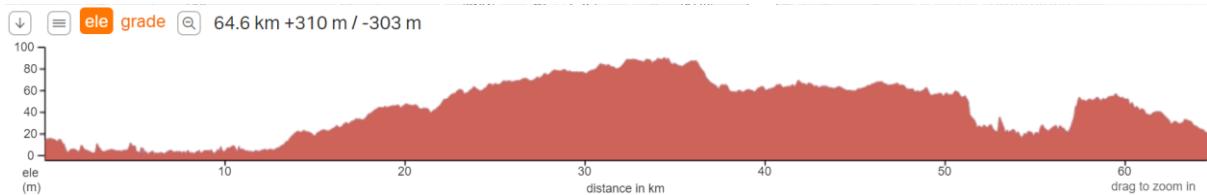
### **65KM:**

The 65km route is a moderate challenge that will leave Dublin and travel north, heading towards Clontarf before turning left towards Kilbarrack and Donaghmede. Heading towards Stockhole Lane, St Margaret's and Clonee before returning to Dublin via the Phoenix Park. Total climb: 310 metres (According to Ride with GPS)

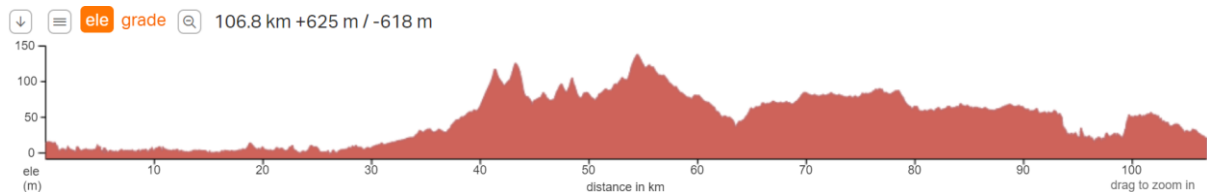
### **105KM:**

The 105km route is a challenging route that will leave Dublin and travel north, heading towards Baldoyle, Portmarnock, Malahide, Swords, Ballyboughal, Naul, Garristown, Clonee before returning to Dublin via the Phoenix Park. Total climb: 625 metres (According to Ride with GPS)

### **ROUTE ELEVATIONS**



### **65km**



### **105km**

### **EVENT SCHEDULE (SIGN-ON / NUMBER COLLECTION, DIT GRANGEGORMAN)**

**Site Location (See map below)**

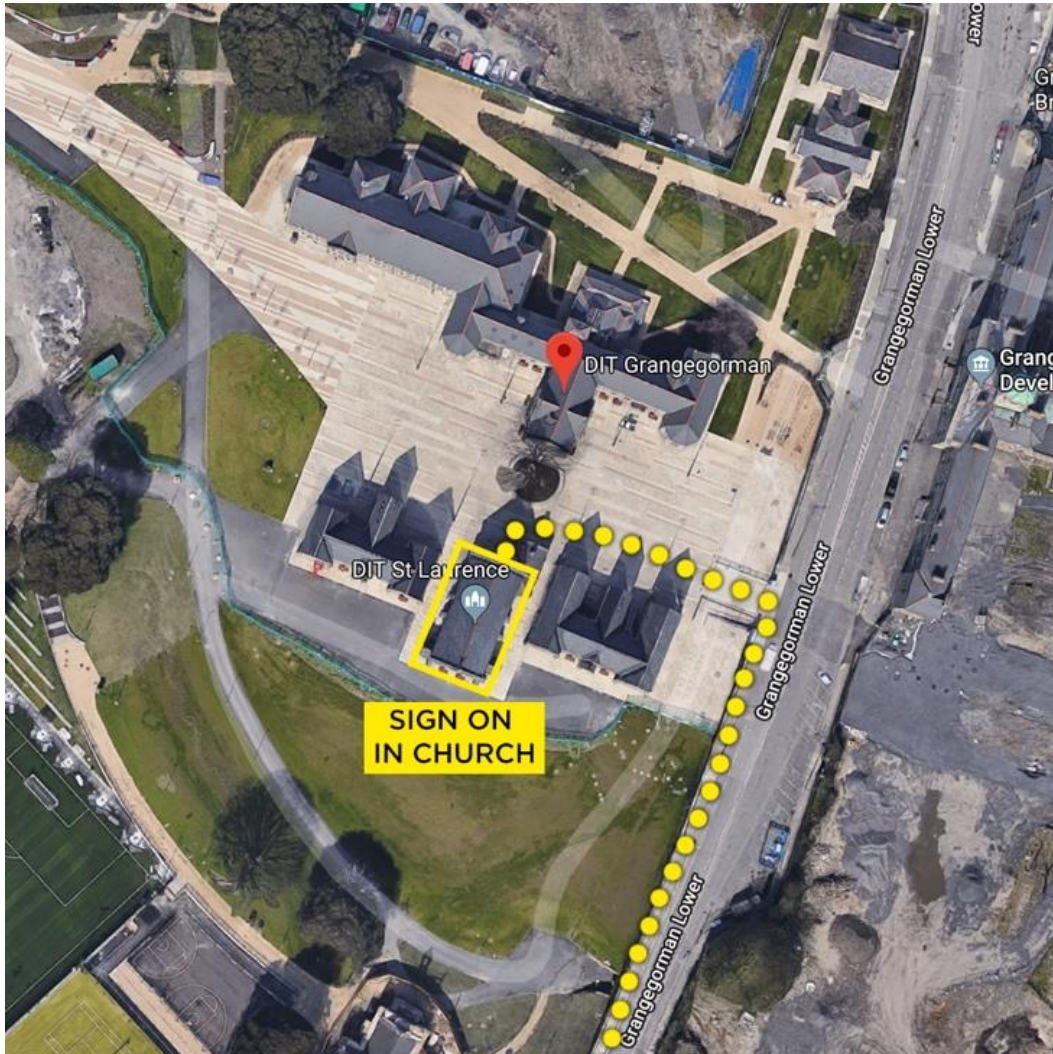
**DIT Grangegorman Church (This will be signposted from each entrance to DIT Grangegorman)**

**FRIDAY, 21<sup>st</sup> SEPTEMBER – DIT GRANGEGORMAN, DUBLIN**

**12:00 – 20:00**

**SATURDAY, 22<sup>nd</sup> SEPTEMBER - DIT GRANGEGORMAN, DUBLIN**

**10:00 – 16:00**



**SUNDAY, 23<sup>RD</sup> SEPTEMBER – MERRION SQUARE, DUBLIN**

Time	Activity
07:00	Start pens open
08:00	1st Wave Start 105km
08:15	2nd Wave Start 105km
08:33	1st Wave Start 65km
08:44	2nd Wave Start 65km
11:10	First 65km participant approx.
11:53	First 105k 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](mailto:info@greatdublinbikeride.ie)

Line up according to your event.

- BLUE START NUMBER = 105k
- GREEN START NUMBER = 65k

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

### **PEN/LOAD-IN TIMES**

Distance	Wave No	Load In (Access to Start Pen)	Start Time
105km	1	From 7am	08:00
105km	2	From 7am	08:15
65km	3	From 7am	08:33
65km	4	From 7am	08:44

Access to the Start Pens will be through Merrion Square North via a strict one-way system around Merrion Square. Please follow signage on event morning and 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 Bank of Ireland on Baggot Street Lower and the finish line at the Clocktower in the Grangegorman.

### **CAR PARKING**

There will not be parking provided in the Grangegorman 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 Clerys with an entrance on Cathal Brugha Street at a reduced rate of €8 for 24 hours parking. Please note Q-Park Clerys is open 24 hours per day.

#### Q-Park Clerys Car Park

Marlborough Street

Dublin 1

Cost €8 – All day (You must book online to avail of this offer, visit [www.q-park.ie](http://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](http://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 Clerys or Dublin Q-Park Four Courts the 24-Hour Parking Product and use the promo code: BIKE to activate the discount.

Park Rite Fleet Street

52-57 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, please produce your number)

Cost €2.50 per hour

Open 24hrs

Park Rite Smithfield Market

7 Queen Street

Dublin 7

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

Cost €2.50 per hour

Open 24hrs

**SIGN ON /NUMBER COLLECTION -**

All participants must sign on/collect their numbers at the sign-on building between 12:00 and 20:00 on Friday 21 September and between 10:00 and 16:00 on Saturday 22

September. This will take place in DIT Grangegorman in St. Laurence's Chapel – signage will be in place from the campus entry gates.

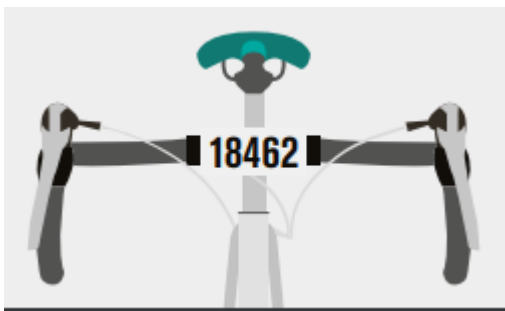


There will be strictly no sign on/number collection outside of these times.

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 your number pack. The number pack will contain:

1. 1 x handlebar number and cable ties



2. 1 x wrist band number

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 (Merrion Square 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 16 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 7,000 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.





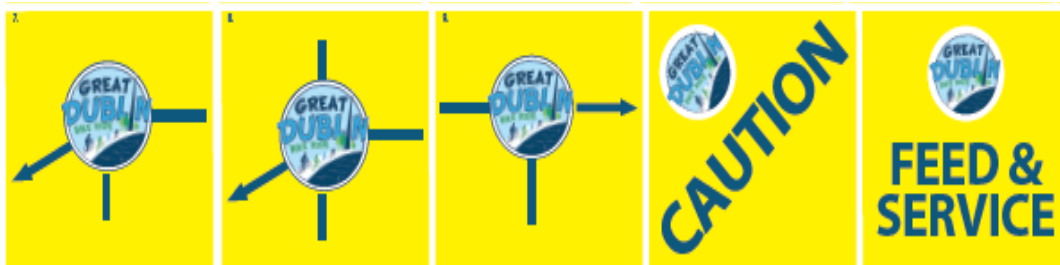
3. **Listen to calls.** Try to learn the main terms and react to what others around you are calling. Repeat that call down the line to make sure others behind you have heard it.
4. **Look, look again...** then move. Before making any lateral move, you should look over your shoulder to ensure that no-one 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
Naul GAA	38.5km	105km only (Blue)	Sandwiches, Water, Teas & Coffees
St Margaret's GAA	29.5km	65km (Green)	Sandwiches, Water, Teas & Coffees
Finish line	65/105km	105km & 65km (Blue & Green)	Banana's, 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, The Spokesman, Wheelworx, Gary Sheenan Mobile Bike Repair, Mr Orange Bikes, Cycle Clinic, 360 Cycles, Richie's Bikestore, Humphries Cycles and Cyclezone) will be providing mechanical support for all our riders free of charge. Roaming mobile technical support will be available, with static support at the 2 feed stations and the 3 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 65km cycle will be dispatched from Merrion Square 5 minutes after the final wave of the 65km has departed.
- The Pace Car for the 105km cycle will be dispatched from Merrion Square 5 minutes after the final wave of the 105km 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 to DIT Grangegorman, 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**

A Strict cut off limit will be enforced at 12km on the Clontarf Road, Kilbarrack Road (08.59am). This applies to the 105km route only. Any cyclists outside this time will be turned left onto the Kilbarrack Road. Again. At 22km in Malahide (09.30am). This applies to the 105km route only. Any cyclist outside this limit will be escorted along the R106 to Kilsaley turning right onto Baskin Lane and picking up the 65km route. This will be strictly implemented by a marshalling team at this junction and the Gardai.

### **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 two 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 DIT Grangegorman, 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.

There will be a bowl of pasta available in a marquee area in DIT Grangegorman 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 St. Laurence's Chapel in DIT Grangegorman.

### **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](http://www.facebook.com/greatdublinbikeride)

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

**Email:** [info@greatdublinbikeride.ie](mailto:info@greatdublinbikeride.ie)

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

The Great Dublin Bike Ride Team