ESSENTIAL INFORMATION!

- Start time: 7:30am
- Location: Chesterfield Avenue, Phoenix Park

- A controlled start will operate between the Phoenix Park to the 3 Arena. A steady speed will be maintained by each wave, controlled by Moto marshalls and Gardai.

- You must stay behind the lead moto and in front of the rear moto in your wave.

- Rules of the Road apply - strictly two abreast. Gardai and moto marshals will be monitoring this.

- Please proceed with caution as you will be sharing the roads with vehicular traffic and may be asked to stop at junctions.

- Please obey all instructions from Gardaí, course and moto marshals.

- This is not a timed event - Please do not race!

- Strictly No helmet, No ride!

- Please be courteous to ALL ROAD USERS during this event.

- Strictly no parking in the Phoenix Park unless you have a ticket!

PARKING UPDATE

- We recommend you cycle to the Great Dublin Bike Ride.

- Strictly no parking in the Phoenix Park unless you have a ticket for a designated parking area.

- Normal on-street parking rules apply outside of the Phoenix Park.

- Parking available in Q-Park, Four Courts at a reduced rate of €4 per day (8 min cycle)

- Limited parking available in Royal Hospital Kilmainham.

- All cars with parking tickets MUST be in Phoenix Park by 7am at the latest!

www.GreatDublinBikeRide.ie
EVENT INFO
On the 29th September 2019, 7,000 riders will set out from Phoenix Park, Dublin to take part in the fifth 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
- 7,000 riders
- Two routes to choose from - 60km & 100km
- Iconic start and finish in Phoenix Park, Dublin
- Two aid 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.
- Temporary road closures only on Conyngham Road to Watlin Bridge, Ellis Quay, Arran Quay, Inns Quay, Bachelors Walk, Eden Quay, Customs House Quay, North Wall Quay/East Wall Road North Quays only. The intention is to have a stop free ride along the North Quays. However, the bridge crossings are controlled by the Gardai and you may be required to stop.
- From the Point Depot roundabout, you will be on open roads and you must obey instructions of the Gardai. Unsporting behaviour will result in you being removed from the event.
- Cycle two-abreast maximum.
- Cycle 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 10.50am on the Rathbeale Road in 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/](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 is a moderate challenge that will leave Dublin and travel north, heading towards Clontarf, Baldoyle, Portmarnock, Malahide, Swords. Here the routes split and the 60km heads towards St Margaret’s and Kilshane Cross before the routes merge at the Java Republic roundabout and head to Cappagh and Ashtown before returning to the Phoenix Park.
Total climb: 309 metres (According to Ride with GPS)

100KM:
The 100km route is a challenging route that will leave Dublin and travel north, heading towards Clontarf, Baldoyle, Portmarnock, Malahide, Swords, Ballyboughal, Naul, Garristown, Ashbourne, Hollystown, Cappagh and Ashtown before returning to the Phoenix Park.
Total climb: 720 metres (According to Ride with GPS)
SIGN-ON / NUMBER COLLECTION

FRIDAY, 27th SEPTEMBER at Garda Boat Club
12 noon to 8pm

SATURDAY, 28th SEPTEMBER at Garda Boat Club
10am to 4pm

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

Sign-on Location: Garda Boat Club, 8 Chapelizod Road, Phoenix Park, Islandbridge, D08 HX39

If you selected the pack postage option when registering, you will receive your bike and wrist numbers in the post the week of the event and you do not need to attend sign-on. However, if you did not receive your pack, please go to sign-on to collect new numbers.

All participants will receive a booking confirmation email. This email will contain a bar code which must be presented at the 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
- 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.
EVENT SCHEDULE - SUNDAY, 29th SEPTEMBER – Chesterfield Avenue, Phoenix Park, Dublin

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>06:30</td>
<td>Start pens open</td>
</tr>
<tr>
<td>07:30</td>
<td>1st Wave Start 100km</td>
</tr>
<tr>
<td>07:50</td>
<td>2nd Wave Start 100km</td>
</tr>
<tr>
<td>08:10</td>
<td>1st Wave Start 60km</td>
</tr>
<tr>
<td>08:30</td>
<td>2nd Wave Start 60km</td>
</tr>
<tr>
<td>11:40</td>
<td>First 60km participant approx.</td>
</tr>
<tr>
<td>11:55</td>
<td>First 100km participant approx.</td>
</tr>
<tr>
<td>13:00</td>
<td>Family Cycle Starts</td>
</tr>
<tr>
<td>14:00</td>
<td>Final participants finishing approx.</td>
</tr>
</tbody>
</table>

**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 Phoenix Park in waves as per your start number colour.

**PEN/LOAD-IN TIMES**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Wave No</th>
<th>Load In (Access to Start Pen)</th>
<th>Start Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>100km</td>
<td>1</td>
<td>From 6:30am</td>
<td>7:30am</td>
</tr>
<tr>
<td>100km</td>
<td>2</td>
<td>From 6:30am</td>
<td>7:50am</td>
</tr>
<tr>
<td>60km</td>
<td>3</td>
<td>From 6:30am</td>
<td>8:10am</td>
</tr>
<tr>
<td>60km</td>
<td>4</td>
<td>From 6:30am</td>
<td>8:30am</td>
</tr>
</tbody>
</table>

Access to the Start Pens will be on Chesterfield Avenue. 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.
CAR PARKING

Free Car Parking in the Phoenix Park must have been reserved in advance and is now fully booked. Your parking ticket will be emailed the week of the event and must be displayed on your car windscreen to allow quick access to the car parks. There are 4 car parks that will open at 6am.

<table>
<thead>
<tr>
<th>Car Parks open at 6am</th>
<th>Entry to Phoenix Park</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green – Farmleigh House</td>
<td>Chapelizod, Knockmaroon, Castleknock, Ashtown Gates</td>
</tr>
<tr>
<td>Blue – Papal Cross</td>
<td>Chapelizod Gate or Parkgate St (closes at 7am)</td>
</tr>
<tr>
<td>Red – Cricket Grounds</td>
<td>Parkgate St entrance (closes at 7am)</td>
</tr>
<tr>
<td>Yellow – Dog Pond</td>
<td>Parkgate St entrance (closes at 7am)</td>
</tr>
</tbody>
</table>

Please follow the signs to your designated car park.

Parking in other areas in the Phoenix Park is not allowed. Please do not park in adjoining housing estates.
Paid 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 offer is only available through pre-booking your parking and are not available at the car park of the day of the event.

**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 aid 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 aid 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 aid 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.
AID STATIONS

<table>
<thead>
<tr>
<th>Location</th>
<th>60km (Green)</th>
<th>100km (Blue)</th>
<th>Refreshments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elphin Bar, Baldoyle</td>
<td>18km</td>
<td>18km</td>
<td>Banana &amp; Bar</td>
</tr>
<tr>
<td>St Margaret’s GAA</td>
<td>46km</td>
<td>52km</td>
<td>Banana &amp; Bar</td>
</tr>
<tr>
<td>Naul GAA</td>
<td></td>
<td>52km</td>
<td>Banana &amp; Bar</td>
</tr>
<tr>
<td>Garristown</td>
<td></td>
<td>70km</td>
<td></td>
</tr>
<tr>
<td>Finish line</td>
<td>60km</td>
<td>100km</td>
<td>Hot Food, Tea, Coffee</td>
</tr>
</tbody>
</table>

Each aid station and finish line will consist of:
- Medical support
- Mechanical support
- Water
- 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 aid stations.

ACCESSING AID STATIONS

All the aid stations will be signed well in advance. If you wish to utilize the aid 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 aid station.

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

MECHANICAL SUPPORT

Our mechanical support partners (The Spokesman, Wheelworx, Gary Sheehan Mobile Bike Repair, Cycle Clinic, Richie’s Bikestore) will be providing mechanical support for all our riders. Roaming mobile technical support will be available, with static support at the 2 aid 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 Gardai Siochana 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 Phoenix Park 5 minutes after the final wave of the 60km has departed.
• The Pace Car for the 100km cycle will be dispatched from Phoenix Park 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 to Phoenix Park, 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**

Strict cut off limit will be enforced at 37km on the Rathbeale Road. Any cyclist arriving later than 10.50am will be directed straight on, to pick up the 60 km 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 aid 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 Phoenix Park, 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, salad, bread, tea/coffee available in a marquee area in the Phoenix Park for all participants – just show your wrist number to access this area.

**LOST & FOUND**
Lost items which have been handed in can be collected from the Info tent in the Phoenix 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