

# ŠKODA TOUR DE CONAMARA

## RIDER PACK



In this document you will find all the information you need regarding the 2016 ŠKODA Tour de Conamara from sign on to the event itself. Please read carefully.

[#tourdeconamara](https://twitter.com/tourdeconamara)

ŠKODA



Monaghan & Sons



WILD ATLANTIC WAY



Alimay Sports



PowerBar



UELOTEC



CLIFDEN STATION HOUSE



W2 Consulting



Comhairle Chontae na Gallimhe  
Galway County Council

# 2016 EVENT START TIMES

The 140km cycle starts at 9.30am

The 80km cycle starts at 10.30 am

Both cycles start from the courtyard of the Clifden Station House Hotel.

If you are cycling in the 80km event please do not enter the start area with your bike until the 140km cyclists depart at 9.30km.

Please leave plenty of time to get to the event sign on as there will be a lot of traffic on the access roads to Clifden

## EVENT SIGN ON:

There are three options for participants to sign on for the event.

The Night Before - Friday 27th May

Galway City - Between 4pm and 8.30pm at Monaghan's SKODA garage on the Tuam Road, Galway City

SKODA



Monaghan & Sons

**SKODA DEALER SIGN ON EVENT:**

Monaghans SKODA garage will provide refreshments for participants at the Friday night sign on between 4pm and 8.30pm.

Clifden - Between 4pm and 9.00pm at the event office directly beside the Clifden Station House Hotel

The Day of the Event - Saturday 28th May

Event sign on starts at 7.30am on the morning of the event.  
The event office is located directly beside the Clifden Station House Hotel.

## What you get:

1. You will receive your event jersey at sign on. The jersey you will receive is the jersey size you ordered when registering. Unfortunately we cannot accommodate any changes as we ordered what you ordered.

2. You will also receive your event identification that you must wear in order to access the Feed Stations and gain access to the event start area.

3. Event map and event safety guidelines

4. Powerbar water bottle and product



**Tour de Conamara  
Event Pack**



# EVENT SAFETY

**NB: The Tour de Conamara is not a closed road event and you must adhere to the normal rules of the road.**

Cycling on the route is maximum of two a breast.

The event is a sportive and not a race and you are responsible for your own safety and the safety of others on the road.

You will receive an event map and key safety details at event sign on.

The routes selected for the Tour de Conamara are generally quiet roads but you will encounter some main road junctions. Be please aware of traffic on all roads.

SKODA marked directional signs will be placed throughout the route and marshals will be evident throughout the route. Please remember marshals are only there to assist. You must check for oncoming traffic at all junctions

All participants will be provided with an emergency contact number in the case of an emergency on the route. Please note this is not a number for bike repairs.

You are responsible for taking part in the event on a safe and suitable bike. Participants are responsible for their own bike maintenance. There is very limited mechanical support system will be in place and will sweep throughout the route.

Please ensure you have spare tubes in the event of a puncture and do not rely on the emergency number for help with changing punctures etc.

No earphones permitted

No tri bars permitted

## EVENT IDENTIFICATION

**When you sign on for the SKODA Tour de Conamara you will receive two forms of event identification**

1. Bike Event ID - to be attached to your seat post as displayed in the image - without this bike ID you will not be able to enter the start area or avail of on route services / supports and food stops.



2. Cycling ID - You will receive an event number to be pinned onto your jersey (pins and event ID will be given to you at sign on). These are colour coded for the 80km and 140km cycles. If you are on the 140km cycle you will receive a different colour ID to the 80km cyclists. Access to the feed stations will be based on the colour cycle id you are wearing so it is important you collect the correct ID at event sign on.

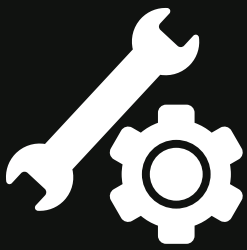


## CAR PARKING

There are a number of dedicated event Car Parks including the Clifden Commercial Mart on the Galway Road entrance to the town.

**Please do not park on Church grounds in Clifden or in commercial retail car parks (LIDL or ALDI). Please respect the residents of Clifden and commercial premises in the town.**





## LAST MINUTE MECHANICALS



Monaghan & Sons

SKODA will have a bike mechanic on hand in Monaghan's Garage on Friday night May 27th and in the SKODA event Dome at the event start in Clifden. If you need a last minute tweak for your bike a qualified mechanic is on hand to help you.



## FEED STATIONS

**PowerBar**

### 140km FEED STATIONS:

The feed stations for the 140km route are located at  
1. Carna Community Centre (at 50km)  
2. Maam Valley Community Centre (at 90km)  
3. POWERBAR Refuel station at Kylemore (at 120km)

### 80km FEED STATIONS:

The feed stations for the 80km route are located at the Cashel Community Centre plus a PowerBar refuel station at Kylemore (60km). Please note that if you do not avail of the first stop at Cashel Community Centre, it will be 60km before you reach a Refuel station.

We recommend you also bring also your own supply of cycling gels, bars and drinks. PowerBar will have a retail option on the Friday night before the event or online at [www.alimaysport.com](http://www.alimaysport.com)



## FIRST AID

Ambulances and roving paramedics will be available all day, should anyone require medical assistance it will be administered in the fastest possible timeframe. Please call the emergency contact number provided on the day for medical emergencies.



## SIGNAGE

The 140km and 80km routes are marked out with distinctive Tour de Conamara / SKODA directional signage.

# POWER UP WITH

# ŠKODA



## Monaghan & Sons

### Event sign on

Beat the rush on Friday evening  
**from 4pm to 8.30pm**

sign on, collect your goodie bag, event ID and enjoy some pasta and refreshments thanks to Mongahans SKODA

**Located on the Tuam Road,  
Galway**



# WHAT TO BRING



## AFTER THE EVENT

After you cross the finish line you will receive your well earned 2016 SKODA Tour de Conamara medal. Please note the following supports and services provided to make your day even more enjoyable.



## SKODA MASSEUSE

SKODA will provide a team of masseuses from the Institute of Sport Massage Therapy for complementary post event rub downs.



## SKODA PODIUM

Remember to bring your camera for your SKODA Cycling Legends podium photograph that will be accessible for all cyclists at the finish area.



## POST EVENT CATERING

The Clifden Station House Hotel will have BBQ catering available in the Courtyard after the event. This is entirely optional and is not included in your event registration fee. Food purchased at the BBQ must be paid for by participants. Prices are in the range of €5 for BBQ burger and pasta salad.



## SHOWERS

Showers will be provided at Clifden GAA Clubhouse, in Clifden and at the Clifden Station House Hotel. Please be aware that these facilities have a maximum capacity and you may be directed to one or other.



Clifden and the wider Connemara area is ready and waiting for the cyclists and their friends and family. A wide range of entertainment options will be hosted in the area on the night before and night of the SKODA Tour de Conamara. Music and entertainment is available in the Clifden Station House Hotel, EJ Kings, Lowrys and plenty more venues throughout the area.

## EVENT PHOTOGRAPHY

This year we hope to capture pictures of as many cyclists as possible on the route. You will be able to download images from [www.clearskiesahead.com](http://www.clearskiesahead.com) and our event Facebook page. A link will be sent to all cyclists after the event but keep an eye on Facebook as well.

## VILLAGE @CLIFDEN STATION HOUSE

This year the event area around the Clifden Station House Hotel will be alive with activity. Bring your family along to meet you after the event, get your pictures taken in the podium area, eat some artisan food. Music, entertainment and plenty of food choices will be available at the Village.

**REMEMBER!**

# NO HELMET NO CYCLE

this will be strictly enforced

# LEAVE NO TRACE

The event operates under a Leave No Trace litter policy. Please respect the Connemara countryside and its residents and bring home your litter.

Please do not litter the area with gel sachets, empty bottles or food wrappings etc.

# PUNCTURES

Please ensure you can change a puncture and bring spare tubes. It may be some time before support can arrive to a spot where a cyclist may have picked up a puncture so please ensure you can change your own wheel or cycle with someone that will assist you to avoid long delays that will impact on your enjoyment of the day.

## FINALLY

**We hope you have a great day on what we believe is among the finest cycling routes around set against the backdrop of the Wild Atlantic Way.**

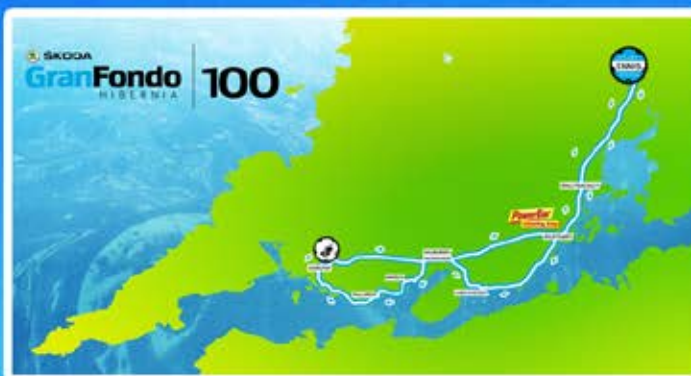
## CONNEMARA IS READY





ŠKODA  
**GranFondo**  
HIBERNIA

CO. CLARE  
**ENNIS**  
**JULY**  
**31<sup>ST</sup>**  
**2016**



EXCLUSIVE CYCLING  
PRODUCTS GIVEAWAYS  
FOR EARLY REGISTRATIONS

'THE WILD ATLANTIC WAY,  
LOOP HEAD PEININSULA  
AND THE SHANNON  
ESTUARY WATERS  
ALL IN ONE CYCLE.'

**YOUR NEXT**



**EVENTS**

ŠKODA GRANFONDO HIBERNIA  
**ENNIS** BANK HOLIDAY SUNDAY,  
31ST JULY 2016

ŠKODA BOYNE VALLEY CLASSIC  
**DROGHEDA** SATURDAY,  
17TH SEPTEMBER 2016



[WWW.GRANFONDO.IE](http://WWW.GRANFONDO.IE)





**BUY YOUR LIMITED EDITION  
CELTIC SERIES ATLANTIC ROULEUR  
CYCLING KIT  
AT THE  
#TOUR DE CONAMARA**



# ŠKODA



# YOUR 2016 SUMMER OF CYCLING IS OFFICIALLY LAUNCHED



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