



# ŠKODA TOUR DE CONAMARA




In this document you will find all the information you need regarding the 2017 ŠKODA Tour de Conamara from sign on to the event itself. Please read carefully.

**#tourdeconamara**

We **Love** Cycling  
Brought to you by  ŠKODA

# RIDER PACK



# 2017 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. You must print, sign and bring your registration form (shown below). This is you ID for registration and will be scanned to allow you collect your event pack and event wristband / bike tag.

The Night Before - Friday 26th May

Galway City - Between 4.30pm and 8.30pm at Monaghan's SKODA garage on the Tuam Road, Galway City

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

The Day of the Event - Saturday 27th 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.

### SKODA DEALER SIGN ON EVENT:



Monaghan & Sons

Monaghans SKODA garage will provide refreshments for participants at the Friday night sign on between 4.30pm and 8.30pm.



YOU MUST PRINT THIS REGISTRATION SLIP AND PRESENT IT AT REGISTRATION TO COLLECT YOUR BIKE NUMBER

#### Terms & Conditions:

I understand and agree that I participate in the Tour de Conamara entirely at my own risk. I will accept full responsibility for dealing with all hazards and that I must stick to a course which is safe for myself and all others. I am aware that when riding on a public road the direction of the road is to only to indicate direction and that I must decide whether the road is safe.

I agree that the liability whatsoever shall attach to the Promoter, Sponsors, Promoting Club, Cycling Ireland, any Sub-Committee of Cycling Ireland, any Race Official or any Member of the Promoting Club in respect of any injury, accident, sickness, or the any property lost, mislaid, stolen or damaged suffered by me in or by reason of the event, however caused.

I acknowledge that the event is not a closed road event and I must observe the rules of the road. By registering to part in the event Tour de Conamara I am declaring I am physically fit to take part and I hereby assume all the risks of participating in the event.

Signed: \_\_\_\_\_ Block Capital: \_\_\_\_\_

Date: \_\_\_\_\_

Powered By

Eventmaster.

## What you get:

1. You will receive your SKODA Tour de Conamara event Gillet\*



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

GETTING YOU BACK TO CLIFDEN SINCE 2012



(\*PLEASE NOTE: The event gillet is given to cyclists who registered in the first 1500 places and cyclists who took the option to buy a gillet as part of their registration - no gilletts are available to purchase at this stage)

# EVENT SAFETY

**NB: The SKODA 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 abreast.

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.

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.

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 limited mechanical support system will be in place and will sweep throughout the route. Bike Mechanics will be located at all feed stops and track pumps will be located at a number of points throughout the route.

The route is divided into segments and numbered. This is to help us track down any cyclists in the case of an emergency. Please try to take note of the segment signs as you travel around 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.

Please pump your tyres before you start to avoid early issues with your bike on the route

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 wristband with your event. This also has the event emergency number. 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 of the wristband you are wearing so it is important you collect the correct ID at event sign on.

You will need to present this wristband at the finish for the event BBQ. The hotel will collect the wristband when you go to the BBQ area and this becomes your token for the BBQ. No wristband No BBQ.



# CAR PARKING

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

**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.**



PURCHASE YOUR LIMITED EDITION  
CELTIC SERIES AND ATLANTIC ROULEUR  
CLOTHING AT THE EVENT SIGN ON.





**Men's  
Jersey €35**



**Women's  
Jersey €35**



**ŠKODA**



**Men's  
Jacket €65**



**Women's  
Jacket €65**



**Cycling  
Sunglasses €15**



**Men's  
Bibshorts €45**



**Women's  
Shorts €40**



**Helmet  
€55**

**ŠKODA Cycling Merchandise available for sale at all Celtic Series Events.**



## LAST MINUTE MECHANICALS

SKODA will have a bike mechanic on hand in Monaghan's Garage on Friday night May 26th 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

### 140km FEED STATIONS:

- 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.



## ON ROUTE TECHNICAL SUPPORT

There will be a number of roving bike mechanics. All the feed stations (except the PowerBar Refuel will have a bike mechanic on hand to fix any problems you encounter on route.



## AIR PUMP STATIONS

There will be a number of track pumps available at use at various points throughout the routes - this will be clearly signposted.



## ROUTE SEGMENTS

The routes will be marked with numbers that mark out the numbered segment you are in. This is to help us identify the route locations of cyclists who may require emergency assistance on the day. Please try to take note of the route numbers as you make your way around.

# POWER UP WITH

## ŠKODA



### Monaghan & Sons

### Event sign on

Beat the rush on Friday evening  
from 4.30pm to 8.30pm

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

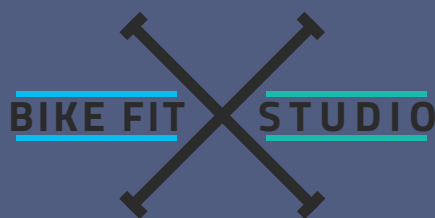
Located on the Tuam Road,  
Galway



# THE PERFECT BIKE FIT IS WITHIN REACH



REDUCE CYCLING PAIN WITH  
RETÜL BIKE FITTING BY



[www.bikefitstudio.ie](http://www.bikefitstudio.ie)

01 531 2307

# WHAT TO BRING



**Your bike must be in good working order to cycle either the 140km or 80km routes**

**Helmet**

**Sunblock - we hope you will need plenty of this.**

**Spare tubes and / or Puncture repair kit**

**Mobile phone**

**Emergency money & ID**

**Energy snacks**

**Wind / Rainproof top - Participants must be aware that weather conditions in this area can change and you should bring appropriate clothing to keep warm in any adverse weather.**

**Water bottle (s)**

## 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 BBQ

When you finish the SKODA BBQ pit will be there with a burger for you. You need to present your wristband and the hotel will collect the wristband - this becomes your token for the BBQ. No wristband No BBQ. All other food purchased must be paid for by participants. A full range of food will also be available to buy in the hotel courtyard.



## SHOWERS

Showers will be provided at Clifden Rugby Club, 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**

  
WILD ATLANTIC WAY



 ŠKODA  
**TOUR DE CONAMARA**



Next up



ENNIS SATURDAY 29<sup>TH</sup> JULY

160KM AND 120KM  
ROUTES

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



DROGHEDA, SUNDAY 10<sup>TH</sup> SEPTEMBER

140KM AND 95KM  
ROUTES

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

# GETTING YOU BACK TO CLIFDEN SINCE 2012



#STRONGERTHANYOETHINK



# Lifeboats

Fundraising in aid of the RNLI



Buy a hi vis buff to support the RNLI

At each of the event sign on's members of the RNLI will be selling a hi vis cycling buff for a €5 donation.

**Each donation goes directly to support the voluntary efforts of the RNLI.**

## **PLEASE SUPPORT THE RNLI**

The RNLI rely on volunteers and supporters to run their lifesaving service and depend hugely on fundraising to support their activities.



# WIN A RIDLEY NOAH ULTEGRA MIX VALUED AT RRP €3299.99

Fill out this form and hand it back to the BikeExchange team at the event, or visit [www.bikeexchange.ie](http://www.bikeexchange.ie) and enter online

NAME:

EMAIL:

WHICH OF THESE COUNTRIES IS NOT A CELTIC NATION? (circle one)

**IRELAND**

**JAPAN**

See terms and conditions on [www.bikeexchange.ie](http://www.bikeexchange.ie)

CELEBRATE BIKEEXCHANGE'S PARTNERSHIP  
WITH THE 2017 SKODA CELTIC SERIES.



**RIDLEY**

 **BIKE  
EXCHANGE**

ŠKODA



# YOUR 2017 SUMMER



## OF CYCLING IS OFFICIALLY LAUNCHED

### ŠKODA TOUR DE CONAMARA

ŠKODA



Monaghan & Sons

