



SKODA
TOUR DE
CONAMARA

SKODA RIDER PACK





FOOD STOP
140KM ROUTE



140 KM ROUTE



FOOD STOP
80KM ROUTE



80 KM ROUTE



BIKE
MECHANIC



140km ROUTE Feed Station - Carna 50km, Maam 90km ŠKODA Refuel Pit - 120km ELEVATION GAIN 1168m



80km ROUTE Feed Station - Cashel 38km ŠKODA Refuel Pit - 60km ELEVATION GAIN 668m



2023 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.

Bring your event registration details on your phone or printed out to be scanned in and receive your event ID.

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 3.30pm and 7.30pm at Monaghan's ŠKODA 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 from 7.30am
- The event office is located in the Theatre on the grounds of the Clifden Station House Hotel

What you get:

1 If you purchased an event jersey with your registration you will receive it at sign on (the jersey size you ordered will be the jersey size you will receive).



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 Bike Tag and event information

4 ŠKODA Cycling Gift



EVENT SAFETY

NB: The ŠKODA 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 abreast. Please respect other road users and local residents during the event.

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.

ŠKODA 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.

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 ŠKODA Tour de Conamara you will receive two forms of event identification



1 Bike Event ID – to be attached to the front handlebars of your bike – without this bike ID you will not be able to enter the start area or avail of on route services / supports and food stops. This will be your bike number to access event pictures online after the event.



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.

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.





Lifeboats

Fundraising in aid of the RNLI

Buy a Atlantic Rouleur Bobble Hat or Buff that represents a donation to the RNLI. At each of the event sign on's, members of the RNLI will be selling these for a donation of €5 or €10. **All funds go directly to support the voluntary efforts of the RNLI**



Support the **RNLI** by buying a Bobble hat for **€10** or a Buff for **€5**

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.



SKODA



LAST MINUTE MECHANICALS

ŠKODA will have a bike mechanic on hand in Monaghan's Garage on Friday night May 27th and in the ŠKODA 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:

The feed stations for the 140km route are located at

1. Carna Community Centre (at 50km)
2. Maam Valley Community Centre (at 90km)
3. Water Stop at Kylemore (at 120km)

80km FEED STATIONS:

The feed stations for the 80km route are located at the Cashel Community Centre plus a Water Stop at Kylemore (80km).

Please note that if you do not avail of the first stop at Cashel Community Centre, it will be 60km before you reach a Water Stop station.

We recommend you also bring also your own supply of cycling gels, bars and drinks.



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 Kylemore Water Stop) will have a bike mechanic on hand to fix any problems you encounter on route.

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 2023 ŠKODA Tour de Conamara medal. Please note the following supports and services provided to make your day even more enjoyable.

ŠKODA MASSEUSE



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

ŠKODA PODIUM



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

POST EVENT BBQ



When you finish the ŠKODA 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, 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 ŠKODA Tour de Conamara. Music and entertainment is available in the Clifden Station House Hotel, E.J Kings, Lowrys and plenty more venues throughout the area.

EVENT PHOTOGRAPHY

This year your front bike tag contains a code that will enable you look at your own pictures from the event. In the days after the event you will be sent a link to view your pictures. You must have your bike id attached to the front handlebars as per the conditions of the event. You will need to enter your bike tag number to view your pictures online.



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.

RESPECT OTHER ROAD USERS

FINALLY

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

CONNEMARA IS READY



We Love Cycling

[WeLoveCycling.ie](https://www.welovecycling.ie) is an online platform that uncovers original stories, content and special reports from the wide world of cycling.

Not just for the professional cyclist, [WeLoveCycling.ie](https://www.welovecycling.ie) also includes helpful tips for the amateur and recreational cyclist on buying bicycles, nutritional recommendations and cycle routes. For the commuter cyclist there will be content on the latest e-bike trends and technology.



[WeLoveCycling.ie](https://www.welovecycling.ie)

**PREPARE FOR THE NEXT ŠKODA
CYCLING EXPERIENCE**



**STUNNING COAST, STUNNING
CYCLING, STUNNING CLARE**



ENNIS, CO. CLARE

Saturday 22nd July 2023

CHOICE OF 160KM AND 120KM ROUTES

Sign up on WWW.RINGOFCLARE.IE

We Love Cycling

NEW ŠKODA CYCLING RANGE FOR 2023



Visit our cycling retail stand at the registration centre at the Clifden Station House Hotel on Friday and Saturday of the event.



ŠKODA
We Love Cycling

LADIES MERCHANDISE

2023 Ladies Jersey



2023 Ladies Shorts



2023 Ladies Jacket



2024 Ladies Jersey



2024 Ladies Bib Shorts



2024 Ladies Windproof Jacket



MENS MERCHANDISE

2023 Mens Jersey



• €40.00

2023 Mens Bib Shorts



• €50.00

2023 Mens Jacket



• €80.00

2024 Mens Jersey



• €45.00

2024 Mens Bib Shorts



• €75.00

2024 Mens Windproof Jacket



• €40.00

CYCLING APPAREL

Cycling Socks



€5.00

Pump



€10.00





We are proud to carry the HPV Vaccine logo on our event gillet in honour of the late Laura Brennan, an outstanding advocate for HPV disease prevention.

The family of Laura would encourage teams, clubs and organisations to consider carrying the HPV on their team wear and keep raising awareness of the HPV vaccine.

For more information please visit www.hse.ie

* Please note event jerseys were available for order at the time of registration.

The size ordered at the time of registration is the size ordered for you.

There are no exchanges for other sizes.



YOUR 2023 SKODA SUMMER

OF CYCLING IS OFFICIALLY LAUNCHED

