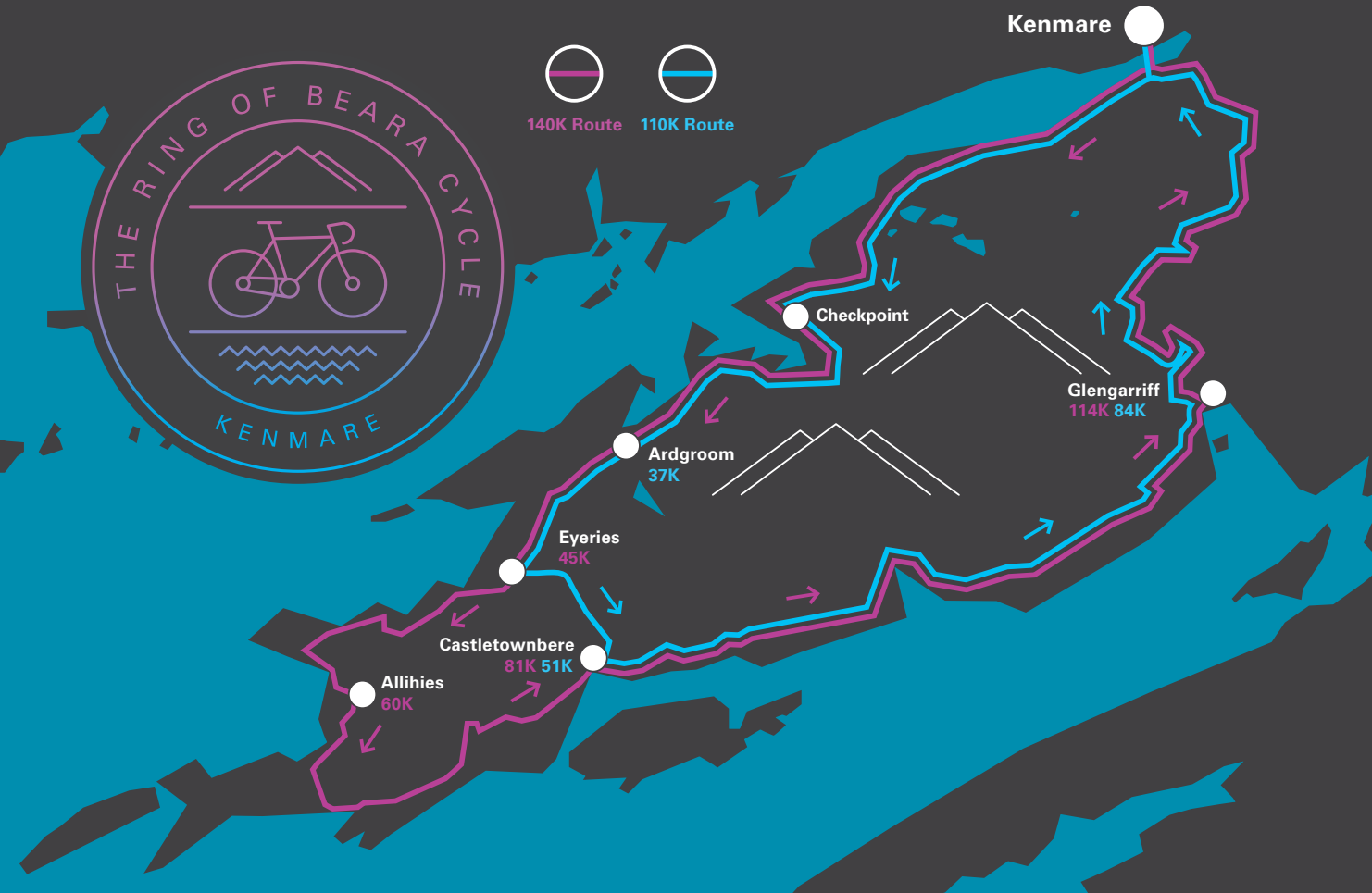


KENMARE

Food Stop Locations	140km	110km	Facilities							Sevice Times
Ardgroom	-	37km	Bike Racking	Toilet	Water Refill	Fruit	Snacks	Tea & Coffee	-	08.30 - 11.00
Eyeries	45km	-	Bike Racking	Toilet	Water Refill	Fruit	Snacks	Tea & Coffee	-	08.30 - 11.30
Allihies	60km	-	Bike Racking	Toilet	Water Refill	Fruit	Snacks	Tea & Coffee	Sandwiches	10.00 - 14.30
Castletownbere	81km	51km	Bike Racking	Toilet	Water Refill	Fruit	Snacks	Tea & Coffee	Sandwiches	09.30 - 15.00
Glengarriff	114km	84km	Bike Racking	Toilet	Water Refill	Fruit	Snacks	Tea & Coffee	Sandwiches	11.00 - 16.30
Finish Line in Kenmare	140km	110km	Bike Racking	Toilet	Water Refill	Fruit	Pasta Bowl	Tea & Coffee	Entertainment	09.00 - 17.00



Cyclists Information

Registration

Location: Kenmare Butter Market V93 HT65
 Times: Friday 27th May 17.00 - 21.00
 Saturday 28th May - 06.30 - 08.00

Registration Pack

Included in your registration pack: Detailed route map, bike plate, helmet sticker, cyclist wristband and event information.

Please Note:

You must pre-register for this event online or by post. Please bring confirmation e-ticket with you to registration or the registration text message you will receive on Wednesday 25th May, with your registration number.

Start

Time: 08.00
 Location: Henry St, Kenmare (start & finish).
 All medical & event safety services will be operational until 18.00. Finish Line Services and Entertainment will finish at 17.00. Medical & Support Services 08.00 - 18.00 outside these times services are not available.

Emergency contact number: 087 1221234

KENMARE

Safety Information

Please note the following:

- Medical services will operate between 08.00 and 18.00.
- Please obey the rules of the road at all times.
- The road is not closed. Vehicle traffic will be on the road throughout the day.
- Please observe warning signs and listen to event stewards.
- Participants undertake the Ring of Beara Cycle at their own risk.
- Your bike must be road worthy and in good working order.
- Helmet (every cyclist is required to wear a helmet).
- Please be vigilant of fellow cyclists. Remember everyone is not as experienced as you!
- There are fast downhill sections & dangerous bends, please pay attention to signs, flags and whistles. They are there for your safety.

Car Parking Information

You will be directed to designated car parks by marshals on approach to Kenmare town on Saturday morning.

Parking in the church car park in Kenmare is prohibited for event participants.

If you are staying in hotel or B&B accommodation for the weekend, please cycle down to registration.

What To Bring With You

- Water and snacks.
- Spare tube x2 and pump.
- Mobile phone and emergency phone number.
- Windproof top- it's not uncommon to get 4 seasons in one day in Ireland.
- Helmet must be worn at all times.
- Bike Plate and event wrist band (you will receive all these at registration).

Warning

1. You cannot complete this cycle unless full registered
2. Bike Plate and Wristband will be checked to gain access to all food stops,
3. Garda checkpoint within the first 20km of the cycle, you will not be able to proceed if you fail to show wristband and bike plate.

