



BREAK THE CYCLE

Cyclist's Information Pack

2018

Welcome to our **sixth annual Cycle Against Suicide** (www.cycleagainstsucide.com). While progress has been made in terms of prioritising mental health, the continued impact of the stigma surrounding this issue remains large and contributes to the notion that it is an intractable public health problem. To address such prejudice and create a discrimination-free society, Cycle Against Suicide sets out to develop public awareness of its core message:

“It’s OK not to feel OK; and it’s absolutely OK to ask for help”

The Cycle starts from Westmanstown Conference Centre, Lucan, Co. Dublin, on Saturday April 28th, travelling around the island of Ireland, returning to Swords, Co. Dublin on Monday 7th May.

With over 2,000 registrations for the entire 800km cycle, (see the route map at <http://www.cycleagainstsucide.com/get-involved/2018-cycle/cycle-route/>), you are joining us as we embark on an amazing journey to raise awareness of the considerable supports that are available to those battling depression or self-harm, at risk of suicide, or bereaved by suicide.

Our journey will see us visit 20 schools, colleges and community centres to promote our 3 key messages:

1. It’s OK not to feel OK.
2. It’s absolutely OK to ask for help.
3. Direct people in need to where this critical help is available, both locally and nationally.

Cycle Against Suicide also aims to create better alignment between the various organisations working to prevent suicide and provide bereavement support so that more lives can be saved.

This is a **group cycle** and we aim to cycle an average of 20km per hour. Your safety, and that of our spectators and Marshals, is paramount. We have engaged with An Garda Síochána, Police Service of Northern Ireland (PSNI), Civil Defence, and other relevant authorities in our planning of a safe route. There will be a team comprising of motorcycle marshals, cycle marshals, mechanics, paramedics and logistical support for the duration of the 14-day Cycle.

Cyclists, it is imperative that you do the following:

- Read this Information Pack;

- Attend the briefing sessions(s);
- Comply with the motorcycle marshals, cycle marshals, An Garda Síochána, the Police Service of Northern Ireland (PSNI) and the Civil Defence **at all times.**

With all this preparation from our side, you are still the person who can most impact on your own safety. Please ensure you do everything in your power to make it a **safe and fun experience** for everyone. Also, please note that you are responsible for organising your own transport to the start, and from the finish, of each leg/day.

Please take a look at our **Cycle Against Suicide** website, (www.cycleagainstsucide.com, and Facebook page, (<http://www.facebook.com/CycleAgainstSuicide/>), for the latest information. If you have any additional questions, please visit <http://www.cycleagainstsucide.com/about-the-cycle/faqs/> or feel free to contact us by email at info@cycleagainstsucide.com.

Looking forward to meeting you all on our journey. Together, shoulder to shoulder, we can break the cycle of suicide in Ireland.

Caroline Lafferty

**Chief Executive Officer,
Cycle Against Suicide**



BREAK THE CYCLE

Information Pack

Contents

This pack contains key information to aid you in preparing adequately for Cycle Against Suicide 2018. To help you have a successful, fun and enjoyable cycle with us, please ensure that you read this pack carefully.

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Key Cycling Tips

- Know where & when to meet each day.
- Eat breakfast.
- Eat regularly.
- Dress appropriately.
- Arrive on time.
- Drink plenty of fluids.
- Issues – talk to a marshal.



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Section 1: Pre-Cycle Information

For Your Notes

Cyclists who have registered online are required to sign in and collect their Cycle Pack on the first day of their Cycle.

Registration details can be found in Section 3 below.

Your Bicycle and Helmet:

It is the responsibility of each and every participant to ensure that they turn up on a bicycle suitable for the event, specifically:

- **The bicycle is in good working order, is fitted with a frame mounted pump, two spare tubes and has been recently serviced;**
- As the Cycle may encounter hills, ensure the gears are in good **working** order;
- No 'fixed-gear' or recumbent bicycles are permitted. The final decision relating to the suitability of a bicycle will be with the Cycle Against Suicide Safety Committee;
- Tri bikes with bar end shifters are not permitted;
- BMX bikes or similar bikes are not permitted;
- While all other types of bicycles are allowed, the main group will be cycling at the pace of the slowest participant. Given the length of each daily cycle, mountain bikes (unless road tyres are fitted and shocks can be locked out) may, therefore, be unsuitable.
- All bicycles should be fitted with two standard bottle cages.

It is the responsibility of each participant to arrive equipped with an **approved cycling helmet in good condition**. Damaged helmets will not be permitted. Full-face helmets are also not suitable.



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Personal Communication Plan:

Prior to commencing the Cycle, please be sure to establish a communications plan with family and friends. Share the emergency contact listed on the right with those who may need to reach you in an emergency.

Mandatory Briefings:

There will be two verbal briefings provided each day – one at the start of each leg. All participants **must** attend these mandatory briefings and be ready to cycle immediately afterwards.

Participants who arrive after the Registration Desk has closed on each leg, and/or who do not attend the mandatory briefing session, will not be permitted to proceed with that leg of the Cycle. These rules exist to make your experience the safest it can be.

The mandatory briefing session will cover important information pertaining to any route changes or hazards, and most importantly, any last-minute changes that may potentially occur due to inclement weather. These briefings are intended to provide you with information relevant for that day's cycle.

Rules of the Road:

Cycle Against Suicide is an 'open road' event. We will avail of support from Marshals, An Garda Síochána, the PSNI, Civil Defence, etc.

THE RULES OF THE ROAD apply at all times and can be found on the RSA website, www.rsa.ie . Please ensure that you have read and understood these prior to the start of the event.

It is the responsibility of participants to know the rules, as they apply to cyclists.

For Your Notes

Key Contacts

Cycle Emergency Contact Number

+353 87-2761937

Useful Contact Details

General Queries:

info@cycleagainstsucide.com

Homestays Queries:

homestays@cycleagainstsucide.com



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GROUP CYCLING ETIQUETTE:

Please ensure that you are considerate of fellow participants and all other road users during this Cycle. Cyclists' safety is reliant on all participants. In addition, all cyclists should:

- Have a reasonable level of fitness;
- Come equipped with mechanically sound and appropriate bicycles;
- Have a reasonable level of bicycle-handling skills;
- Have the capacity to cycle in a group and react to other participants and road users;
- Obey the Rules of the Road;
- Call out hazards or obstructions e.g. potholes;
- Have at least one hand on the handlebars at all times;
- Under no circumstances should a cyclist assist another participant by pushing them.

The use of mobile phones and/or headphones while cycling is strictly prohibited.

Undertaking (overtaking on the inside) other cyclists is forbidden.

Cyclists are not to leave the moving peloton without the permission of a cycle marshal who then informs the Event Director.

Lead Car:

The lead car will control the pace of the Cycle. Cyclists will be stopped at a safe location prior to school stops and final destinations in order to regroup.

Inability to continue with the Cycle:

In the event that a participant finds themselves unable to complete the Cycle through injury or otherwise, Cycle Against Suicide will help to make arrangements to drop them to the nearest rail/bus services.

For further information on cycling etiquette, please refer to the appendix to this pack: "Safe Group Cycling."

Cycle Marshals:

Cycle Marshals will wear a distinctive Cycle Against Suicide cycling top. Cycle marshals will have contact with medical and mechanical services, and are there to offer advice, encouragement and assist with the enjoyment and the safety of all cyclists. Cycle Marshals will position themselves along the outside of the group, at intervals where they will be easily accessible in the event of cyclists having difficulties.

Clothing:

Cycle Against Suicide provide a short-sleeved cycling top, which may not be adequate to protect you against all weather conditions. It is the responsibility

of every participant to ensure they have adequate and appropriate additional clothing. Cyclists are asked to ensure that all items in their pockets are secure, as unsecured items are a hazard to other participants.

Cyclists competing in single legs:

- 1 pair of cycling shorts;
- 1 spare jersey;
- 1 set of arm warmers;
- 1 set of leg warmers;
- 1 gilet;
- 1 rain jacket;
- 1 pair of cycling shoes;
- Lip balm and sun cream.

Please Note: Cyclists completing one leg should store their gear in the day bag van.

Cyclists completing multiple legs may want to consider the following clothing:

- 2 pairs of cycling shorts;
- 2 cycling jerseys;
- 1 set of arm warmers;
- 1 set of leg warmers;
- 1 gilet;
- 1 rain jacket;
- 1 pair of cycling shoes and shoe covers;
- 1 spare set of compatible cycling cleats;
- 1 set of cleat covers for walking while on lunch stops;
- 1 pair of cycling glasses;
- Chamois cream;
- Lip balm and sun cream.

Please Note: A limited number of T-shirts, jerseys, bib-shorts and jackets will be available to purchase (cash payments only) from the Merchandising Stand each day.

Foil blankets will be provided if needed.

It is advisable that warm, dry clothing be kept in your day bag, which will be accessible at the lunchtime stops, and at the end of the final leg each day.



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MAKE A LIST

Your clothing list may include:

- Shoes
- 2 pairs of socks
- Cycle shorts x2
- Jersey x2
- Gilet
- Long-sleeve base layer
- Arm warmers
- Sunglasses/sun cream
- Rain jacket
- **Cycle helmet (compulsory)**
- Gloves
- Cycling overshoes
- Spare set of cycle gear*
- 2 water bottles

For Your Notes

Luggage:

If you are participating for multiple legs, your luggage should consist of 1 day bag and 1 overnight bag. **All cyclists are required to clearly tag their own bags, bike and helmet** with the tags provided on registration. Due to the large number of participants and time constraints, day bags will not be accessible at the Sos Beags.

Day bags will be unloaded at lunchtime, but the onus is on the cyclist to ensure that their day bag is loaded back on to the day bag vehicle.

A support vehicle will transport your luggage on each leg of the journey. You will be advised daily where to leave your luggage.

Please ensure that all items are packed inside your luggage and it has been labelled. Additional items that do not fit inside your luggage will not be accepted.

Overnight bags:

Overnight bags will be transported from the morning to the evening venue each day. Overnight bags will not be accessible during the day. Please note that overnight bags will be available for collection from the time the Cycle finishes for a period of 45 minutes. It is your responsibility to ensure that you collect your luggage within the specified time.

Any cyclist intending to finish at the lunchtime stop must ensure that their overnight bag is placed in the day bag vehicle.

Food and drink:

Each day, we will provide water, energy bars and bananas. However, it is ultimately each participant's responsibility to ensure that:

- You have adequate food, drink and calories to meet your needs for the day;
- You have practiced at drinking while you cycle, i.e. you are capable of taking and replacing a bottle out of the bottle cage while cycling. Please only do this on flatter parts of the Cycle as doing so on up or downhills may compromise your safety.

Little breaks (i.e. 'Sos Beag' stops) will take place approximately every 20km. This will be a comfort break and allow you to safely consume food and liquids.

Food Allergies:

In the event of cyclists having any food intolerances or allergies, please check the food labels or in non-packaged foods, please check with the food provider. It may not be possible to provide suitable food in these cases. Please note that in many cases, food is provided by local committees and volunteers and Cycle Against Suicide cannot take responsibility for same.



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Insurance:

This is a Cycling Ireland sanctioned event and as such, is covered by the terms of their insurance. Further information can be found from Cycling Ireland; www.cyclingireland.ie. Please note that you are responsible for the insurance of your own bicycle.

Littering:

Please do not discard litter, use bins at all times.

Storage and security of bicycles:

Secure storage of bicycles will be provided overnight. Cyclists will be advised of the opening and closing times. No access will be granted outside of these times. Each cyclist is ultimately responsible for the security of their own bicycle and may wish to consider using a bicycle lock. It is the cyclist's responsibility to remove computers etc. each evening.

Transportation of Bicycles:

Where bicycles are transported or otherwise taken into the care of Cycle Against Suicide, liability for loss or damage remains with the participant.

Statement of Health & Fitness:

For many participants, this will be a big challenge. We encourage you to eat and drink early in the cycle to ensure you have enough energy for that last 20km.

It is the absolute responsibility of each participant to ensure they are physically and medically capable of completing the Cycle.

In fitness terms, for those participating in the Cycle, you should aim to have completed at least 75%, in training, of the daily distance, in advance of the event.

The Cycle Against Suicide medical team reserves the right to stop any cyclist from continuing on medical/injury grounds.

No cleats are permitted in any indoor event.

Post-Cycle Support: (at the end of each day)

- All participants will have near immediate access to the luggage vehicles;
- The Medical Team will be available for approximately one-hour post event to treat participants as may be required;
- Showers may be available, but **this facility is not guaranteed** on all legs.

School/College Visits:

As part of our aim to raise awareness of the considerable help and support available for those battling depression or self-harm, at risk of suicide or bereaved by suicide, we will be visiting 28 schools, colleges and community locations. Visiting these institutions affords us a fantastic opportunity to talk to young students and locals to spread our 3 key messages:

1. It's OK not to feel OK.
2. It's absolutely OK to ask for help.
3. Direct people in need to where this critical help is available, both locally and nationally.

As such, we will ask you to be very mindful of being in a school or community location, and to exercise courtesy and consideration at all times. When engaging with the students, please do so in group settings.

Under no circumstances should a participant of Cycle Against Suicide find themselves alone with anyone under the age of 18.

If anyone approaches you with a request for help, please contact a member of the **Cycle Against Suicide's Psychological Support Team** who will be present in all venues.

Finally, turn off your mobile phone when in the schools. If you wish to use your phone, please do so outside of the school premises. **In the event of insufficient space to accommodate all cyclists at any talk, we ask that you give priority to the students.**

Conduct:

We want this to be a very positive experience for everyone involved. However, please note that the organisers reserve the right to remove participants from **Cycle Against Suicide** for reasons not limited to, but including the following circumstances:

- Compromising the safety of the group;
- Compromising the enjoyment of the Cycle, e.g. verbal abuse to Marshals, other participants, or the Event Support Team;
- **Causing unnecessary delay to the progress of the Cycle** (daily timings are based on an average speed and any unscheduled slowing of the peloton can cause delays in reaching venues as per schedule). Cyclists are requested to be on their bikes and ready to depart as a group when indicated by marshal's whistles;
- As otherwise deemed appropriate at the final discretion of the Safety Committee;
- Not obeying marshal's guidance;
- **On no account will a cyclist be permitted to cycle while under**

the influence of an intoxicant.

Unauthorised Equipment:

No electronic devices such as, but not limited to iPods, iPads, surface devices, tablets or similar items will be permitted at any time during the cycle. A mobile phone may be taken on the cycle but should only be used for **emergency purposes** and never while cycling.

Cycle Toolkit:

Mechanics will be available to provide 'first tier' support, e.g. assistance with puncture and minor mechanical repairs. However, given the volume of participants, we would encourage each participant to carry two spare tubes, tyre levers and a **frame mounted pump**. Where required and possible, please exit the group safely, to the left, and attend to your own needs, thereby leaving the mechanics to continue with the main group. City Cycles will have a supply of spares, including tubes, tyres and cleats. These are available at reasonable rates.

The group will not be stopping for minor mechanical issues. If you experience an issue, you may be going on the support coach, or continuing to the next Sos Beag or stop.

Support Vehicles:

We will provide the following support during the Cycle, all of which will be clearly identifiable:

- Scout car;
- Lead car;
- Event Director's car;
- Ambulance(s);
- Critical Incident Management car;
- Mechanical support vehicle(s);
- Support coach;
- Sweeper vehicle.

While we encourage friends and family to support the event, please be considerate of all participants and other road users. Under no circumstances will supporters be able to drive alongside, immediately in front of, or behind, the main cycling group.

Accounting for Finishers:

- Whilst this is a group cycle, you are responsible for getting yourself and your bicycle to the start and from the finish of each leg.
- There will not be a tally of finishers to starters, and no chips or similar

devices will be provided.

- If a labelled bag remains unclaimed 45 minutes after a leg is completed, the bag will be secured in the luggage vehicle. If, after 90 minutes, the bag still remains unclaimed the ICE number will be contacted. Please ensure that you collect your luggage promptly.

For Your Notes



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SECTION 2: HOMESTAY INFORMATION

The Homestay Programme offers participants and crew overnight accommodation during the cycle. This accommodation is provided by members of the communities which the Cycle passes through. As part of the event, participants doing all, or multiple days have been afforded the opportunity to register for Homestays. Please note that Homestays are not available to under 18s. Every effort will be made by the Homestay Team to secure sufficient accommodation for all cyclists and crew who require it, however a Homestay place cannot be guaranteed.

Homestays are offered free of charge and on a volunteer basis. They will provide:

- Collection of the participant;
- **Dinner (not guaranteed);**
- Shower (including provision of a towel);
- Laundry facilities (not guaranteed);
- Bed and breakfast;
- Delivery back to the starting point the next day.

Failure to avail of a homestay, without notifying the relevant Homestay Coordinator in advance, may at the discretion of the organisers, lead to a withdrawal of all future offers of homestays. If a cyclist fails to avail of two homestays having been offered them, all future homestays will be revoked and the remainder of the homestays will be reallocated. Please understand that Homestay Providers have gone out of their way to welcome you into their home, have prepared meals for you, etc. and therefore it is rude and unacceptable for you not to turn up without good reason and prior notice.

Before the Cycle:

Initially, there may be locations where insufficient homestay accommodation is available. We will endeavour to fulfil homestay requests right up to the start of the Cycle. However, homestays cannot be guaranteed so you might want to make alternative arrangements. For enquiries please email homestays@cycleagainstsucide.com

During the Cycle:

It is the responsibility of the cyclist who has secured accommodation through Cycle Against Suicide's Homestays Team to make the necessary arrangement with the Homestay Provider directly, in terms of collection and dropping back to the venue next day. It is advisable that you should **contact your Homestay Provider by phone.**

At the Homestay:

Please offer 'light assistance' to your Homestay Provider, e.g. clearing tables at mealtimes, stripping bed linen, assisting with your laundry, showers, etc. Treat the Homestays provider with the respect that they deserve, as they have opened their home to you.

Please Note:

All those who have been afforded a Homestay must remember: Food may not be provided if you are in hotel, B&B or guest house – you will have pay for any food or drink consumed.

Homestays Emergency Contact Number:

This year there is a Homestays Emergency phone that participants can contact in the case of a participant needing to leave their Homestay. This number is only to be used during the Cycle, it will not be active outside of the ten days.

00353 87 400 1814

For Your Notes



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SECTION 3: CYCLE REGISTRATION INFORMATION

Daily Registration:

- If you have registered online, you are still required to sign-on at the Registration Desk for insurance purposes and in order to collect your cycle number. You will not be permitted to start the Cycle without your registration number. If you are doing a number of legs in sequence, you only need to do onsite registration once;
- If you are doing a section of a leg, you must register for that leg at the nearest registration point to where you will be joining;
- If you decide to add a leg or section of a leg that you had not registered online for, you will have to register onsite a second time (for insurance purposes) and pay any additional fee as appropriate;
- When you arrive for onsite registration (morning and/or afternoon legs), we will have a number of registration desks with forms to complete. Once you have completed the relevant paperwork, you will be directed to a separate desk to collect your event jersey (if applicable);
- You will receive your event jersey at registration on the day of the cycle unless you have opted to have your jersey posted to you and paid appropriate fees during online registration. Last date for dispatching jerseys ordered online is 1st April. T-shirts, jerseys, bib-shorts and jackets will be available to purchase at our merchandise stand each day. Only cash payments are accepted;
- It is your responsibility to appropriately tag your travel bags, your bicycle and your helmet. Label stickers will be provided and must be attached to your belongings as directed;
- All underage cyclists, i.e. those between 16 and 18 years, must present a junior consent form signed by a parent/guardian at registration and they **MUST** be accompanied at all times by their parent/guardian;
- Cyclists who avail of discounted registration rates, i.e. student or unwaged, may be asked to provide proof of the applicable status.

Your unique cycle number must be worn in a visible manner on your back at all times by cyclists during the Cycle Against Suicide 2018.

SECTION 4: CYCLE ROUTE TIMETABLE

Route maps:

You can find the latest route map on our website:

<http://www.cycleagainstsucide.com/get-involved/2018-cycle/cycle-route/>

What to expect each day:

Each day will consist of onsite registration, 2 mandatory briefings and 2 legs of the cycle. There will be a mandatory briefing before each leg. There will be a lunchtime and evening stop, hosted by a school, college or a community. Most legs will include a Sos Beag.

What is a Sos Beag?

Sos Beags, little breaks, will be accommodated approximately every 20km. This is an opportunity for you to safely access food and water. The Sos Beags have been selected in advance; being a safe place for the group and support vehicles to slow down and stop in a manner that does not inconvenience other road users.

What to expect at the lunchtime stop:

This will include a selection of hot and/or cold foods that will have been provided by a school, college, or community, a multimedia presentation to students and participants, and registration for new participants.

Daily Timetable:

Our teams have invested substantial time and effort into the organisation of the route for the **Cycle Against Suicide**, having engaged extensively with An Garda Síochána, the PSNI and other relevant authorities.

Note: All arrival times at lunch and overnight stops are approximate, dependent on the speed of the peloton and weather conditions. Sos Beags will have been pre-planned but some locations change. Most of them will have access to toilet facilities, but some may not.



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Cycle Against Suicide Route Plan 2018

Day 1 – Saturday 28th April 2018:

Day 1 (Leg 1)	
Registration:	10.30am – 1.00pm Westmanstown Conference Centre, Dublin
Cycle Briefing (Compulsory Attendance):	1.15pm Westmanstown Conference Centre, Dublin
Official Start Location:	2.00pm Westmanstown Conference Centre, Dublin
End Location:	5.00pm Simonstown Gaels C.L.G., Navan

Day 2 – Sunday 29th April 2018:

	Morning Leg (Leg 2)	Afternoon Leg (Leg 3)
Registration:	8.00am – 9.30am Simonstown Gaels C.L.G., Navan	1.00pm - 1.30pm Inver College, Carrickmacross
Cycle Briefing (Compulsory Attendance):	9.30am	1.45pm
Cycle Starts	10.00am	2.00pm
Arrival Time Lunch:	1.00pm	
End Location:	Inver College, Carrickmacross	Newry
End Arrival Time:		5.30pm

Day 3 – Monday 30th April 2018:

	Morning Leg (Leg 4)	Afternoon Leg (Leg 5)
Registration:	8.00am – 9.30am Newry	1.10pm - 1.45pm Dromore High School, Dromore
Cycle Briefing (Compulsory Attendance):	9.30am	2.20pm
Cycle Starts	10.00am	2.40pm
Arrival Time Lunch:	1.10pm	
End Location:	Dromore High School, Dromore	Hazelwood College, Newtownabbey
End Arrival Time:		5.45pm

Day 4 – Tuesday 1st May 2018:

	Morning Leg (Leg 6)	Afternoon Leg (Leg 7)
Registration:	8.30am – 10.00am Hazelwood College, Newtownabbey	12.50pm - 1.20pm St. Ronan's College, Lurgan
Cycle Briefing (Compulsory Attendance):	10.00am	2.05pm
Cycle Starts	10.30am	2.20pm
Arrival Time Lunch:	12.50pm	
End Location:	St. Ronan's College, Lurgan	St. Patrick's College, Dungannon
End Arrival Time:		5.20pm

Day 5 – Wednesday 2nd May 2018:

	Morning Leg (Leg 8)	Afternoon Leg (Leg 9)
Registration:	8.30am – 10.00am St. Patrick's College, Dungannon	11.30am – 12.15pm Holy Trinity College, Cookstown
Cycle Briefing (Compulsory Attendance):	10.00am	12.45pm
Cycle Starts	10.30am	1.00pm
Arrival Time Lunch:	11.30am	
End Location:	Holy Trinity College, Cookstown	Omagh Academy, Omagh
End Arrival Time:		4.00pm

Day 7 – Friday 4th May 2018:

	Morning Leg (Leg 12)	Afternoon Leg (Leg 13)
Registration:	8.00am – 9.30am Colaiste Cholmcille, Ballyshannon	12.55pm – 1.25pm IT, Sligo
Cycle Briefing (Compulsory Attendance):	9.45am	1.45pm
Cycle Starts	10.00am	2.05pm
Arrival Time Lunch:	12.55pm	
End Location:	IT, Sligo	St. Muredach's College, Ballina
End Arrival Time:		6.30pm

Day 6 – Thursday 3rd May 2018:

	Morning Leg (Leg 10)	Afternoon Leg (Leg 11)
Registration:	8.30am – 10.00am Omagh Academy, Omagh	12.30pm – 1.00pm St. Mary's College, Irvinestown
Cycle Briefing (Compulsory Attendance):	10.00am	1.45pm
Cycle Starts	10.30am	2.00pm
Arrival Time Lunch:	12.30pm	
End Location:	St. Mary's College, Irvinestown	Colaiste Cholmcille, Ballyshannon
End Arrival Time:		5.05pm

Day 8 – Saturday 5th May 2018:

	Morning Leg (Leg 14)	Afternoon Leg (Leg 15)
Registration:	8.30am – 10.00am St. Muredach's College, Ballina	12.45pm – 1.15pm St. Brigid's Hall, Tubbercurry
Cycle Briefing (Compulsory Attendance):	10.15am	1.30pm
Cycle Starts	10.30am	1.45pm
Arrival Time Lunch:	12.45pm	
End Location:	St. Brigid's Hall, Tubbercurry	Carrick-on-Shannon
End Arrival Time:		5.05pm

Day 9 – Sunday 6th May 2018:

	Morning Leg (Leg 16)	Afternoon Leg (Leg 17)
Registration:	8.00am – 9.30am Carrick-on-Shannon	1.10pm – 1.40pm Longford Sports Centre, Longford
Cycle Briefing (Compulsory Attendance):	9.45am	1.45pm
Cycle Starts	10.00am	2.00pm
Arrival Time Lunch:	1.10pm	
End Location:	Longford Sports Centre, Longford	St. Finian’s College, Mullingar
End Arrival Time:		5.30pm

Day 10 – Monday 7th May 2018:

	Morning Leg (Leg 18)	Afternoon Leg (Leg 19)
Registration:	8.00am – 9.30am St. Finian’s College, Mullingar	1.30pm – 2.00pm The Salmon Leap Inn, Leixlip
Cycle Briefing (Compulsory Attendance):	9.45am	2.15pm
Cycle Starts	10.00am	2.30pm
Arrival Time Lunch:	1.30pm	
End Location:	The Salmon Leap Inn, Leixlip	Swords Castle, Swords
End Arrival Time:		4.45pm

SECTION 5: CYCLING TIPS

Whether you have decided to do the whole distance or simply part of the journey with us, these tips are designed to provide you with the best opportunity to enjoy the Cycle.

Make a list: You would be amazed at how many people turn up to events without their water bottle, or even their gloves, just because they forgot to pack them.

Making a list of what you need for your cycle is hugely important. Write it down, and tick everything off as you put your gear together. Pack the night before and double-check everything again before you leave for the start. This list might include shoes, socks, cycle shorts, jersey, gilet, sunglasses, rain jacket, and cycle helmet. Write your list now!

- **Know the where and when:** Everything highlighted below may sound like common sense but this is NOT always the case, and many cyclists turn up at events in the wrong place or at the wrong time.
- **Have a plan:** Writing down your goals for the event is important and below are some easy-to-follow guidelines.
- **Have breakfast:** You will need calories in your body to enable you to cycle the distance. A good example of a proper breakfast is cereal or porridge with some honey or fruit and some toast.
- **Dress for warmth:** It is best that you are warm starting the cycle, so make sure that if the weather is cold and wet, you have your legs and upper body wrapped up. Wear gloves and have a hat on under your cycle helmet.
- **Arrive on time:** Know the where and when and get there early.
- **Drink 1 bottle of water or isotonic drink at least every 75 minutes:** This will prevent dehydration. Start drinking 15 minutes into the cycle and sip throughout the day.
- **Communicate issues:** If you have a bicycle problem or need to stop for any reason, please notify a Marshal.

So there you go! Follow these tips and you will be able to enjoy the cycle while feeling comfortable and safe.

For more advice, please visit <http://www.yourcyclingacademy.com/>



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