



Cyclists Information

Registration:

Location 1: Mocha Café, The Square Kenmare
Friday 21st October 18.00 - 21.00

Location 2: Pobailscoil Inbhear Scéine, Kenmare
Saturday 22nd October 06.45 - 07.45

Registration Pack:

Included in your registration pack: detailed route map, stem post with timing chip, cyclist wristband and event information.

Please Note:

You must pre-register for this event online. Please bring confirmation e-ticket with you to registration or the text with start time that you will receive on October 19th.

Start:

Time: There will be three start times: 08.00, 08.15, 08.30

Location: Pobailscoil Inbhear Scéine Kenmare

All medical and event safety services will be operational until 16:00. Finish line services will be operational until 16:00. Medical and Support Services 08:00 - 16:00. Outside these times services are not available.

Timing:

This is a timed event, you will get an official start and finish time along with a time for the 4 categorised climbs on route:

Climb 1: Molls Gap

Climb 2: Ballaghbeama

Climb 3: Ballaghasheen

Climb 4: Coomakista

Please Note:

For competitor safety, timing will stop on the descent of each climb. This is a neutralised decent. You will not be timed out at the food stations.

Emergency Contact Number: 087 122 1234



VELO KENMARE

Safety Information

Please note the following:

- Medical services will operate between 08.00 and 16.00.
- 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 Velo Kenmare 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 not everyone may be as experienced as you.
- There are fast downhill sections and 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 in Kenmare by our marshals on Saturday morning.

If you are staying in hotel or B&B accommodation for the weekend, we ask that you please cycle down to the start line.

Warning

1. You cannot complete this cycle unless you are fully registered
2. Stem post and wrist band will be checked to gain access to all pit stops

Aid Stations

There are 2 aid stations on the route:

Dromid Community Centre after 54km
Wave Crest Caravan Park after 82km

Services available at aid stations: water refill, jellies, flapjacks, bike mechanics, medical, toilets

Emergency Contact Number: 087 122 1234

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
- Stem post with timing chip, event wristband (you will receive all these at registration)

