



# NEWPORT

## ROCKY MOUNTAIN HIGH

### Event Brief

Dear participant,

Thank you for signing up for Newport Rocky Mountain High gravel off road event brought to the town of Newport in Conjunction with Kelly's Butchers, Nuasan natural skin & bodycare products and Hotel Newport. The event takes place on Sunday February 27<sup>th</sup>. We are delighted to bring you this unique event which takes in some stunning sights around the Newport area. Whether you are a "pro" or embarking on a Gravel sportif for the first time, our priority is to get everyone across the finish line safely, so please take the time to [read the event briefing in full](#) before you hit the start line!

This event is made possible because of the help of the volunteers and supporters. Without these people there would be no events so please always be respectful and supportive of them and be thankful for their help.

#### Summary of Events:

<b>Check in:</b>	Hotel Newport	19:00-20:00 Saturday 26 <sup>th</sup> February 08:00-09:00 Sunday 27 <sup>th</sup> February (could all locals please sign up on the Saturday evening to help ease congestion.
<b>Start/Finish Point All events</b>	Hotel Newport	
<b>Start Time</b>		10:00
<b>Finish Time</b>		13:30
<b>Event Briefing</b>	10 mins before you start	
<b>Showers</b>	At Burrishoole GAA Club	For the duration of the event
<b>Important Phone Numbers:</b>	<b>Please save these numbers to your mobile phone in advance of event start.</b>  <b>For medical or mechanical emergencies only –</b>	<b>Event Director:</b> Padraig Marrey -- 0877992857 Bryan Hyland – 086 1740860

	<b>NOT for punctures!!</b>	
<b>Parking</b>	Public parking is available in the following locations: <ul style="list-style-type: none"> <li>- Burrishoole GAA Club F28 RR82</li> <li>- Limited road parking around the quay area</li> <li>- The hotel has limited parking</li> <li>- There is parking towards the Church</li> </ul>	Please cycle to the start area where possible.
<b>After Party</b>	There will be a prize draw for all finishers with lovely prizes available from all our sponsors	<b>14:00 onwards</b>

### Registration:

Registration is available on Saturday evening and Sunday morning at the times/location outlined above. Registration will take place in Hotel Newport.



### Route Descriptions:

Food stop is halfway down the gravel section which you will pass twice.

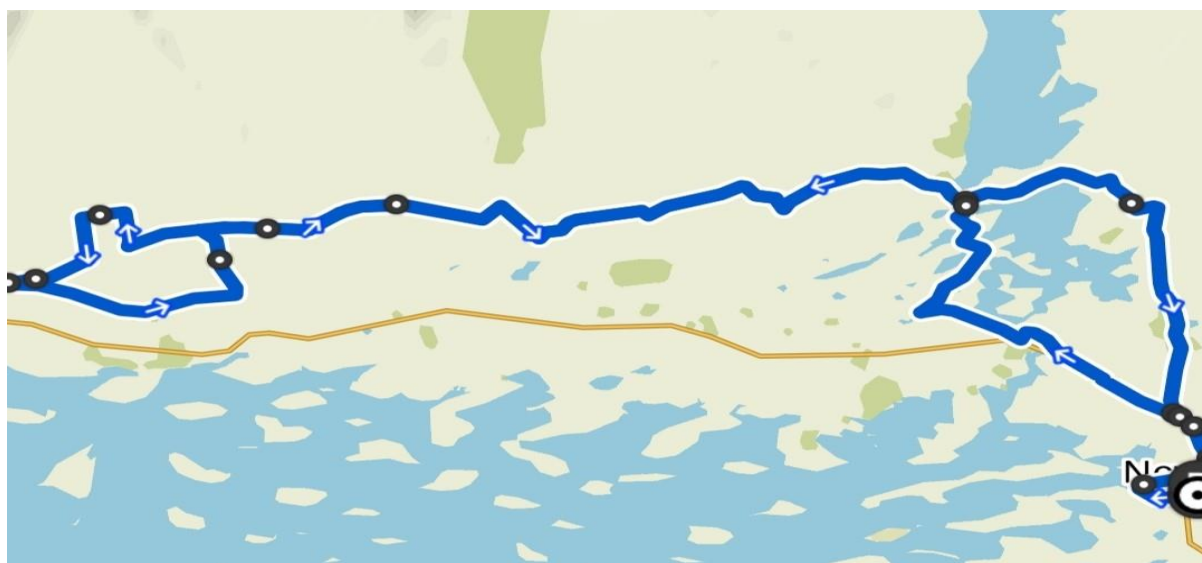
Map is here in Komoot:

<https://www.komoot.com/tour/623679310>



Newport\_Rocky\_Mountain\_High.gpx

GPX File:



## Covid-19 Safety Protocols

Please do not present at Check in / Rocky Mountain High event, should you show any symptoms of Covid-19 or have been in close contact with an infected person in the 14 days prior to the event.

**Masks must be worn at registration.** Please respect social distancing at all times.

In line with current Cycling Ireland guidance, we ask participants not to congregate in large groups at registration, or before, during or after the event.

### Self-Declaration:

All participants **must complete this Covid-19 self-declaration form.** While you do not need to present this at registration, you must retain this for future reference.

#### **Self-Assessment Personal Screening Questionnaire**

This is a self-assessment from for your personal use. If you answer YES to any of the questions below you should stay at home, **DO NOT ATTEND ANY CYCLING ACTIVITIES** and inform your medical practitioner if you have not already done so.

- |  |        |
|--|--------|
| 1. Are you currently diagnosed with or believe you may have COVID-19?  | YES NO |
| 2. Have you had any of these symptoms of COVID-19 in the past 14 days? |        |

Health Service Executive <https://www2.hse.ie/conditions/coronavirus/symptoms.html>

Public Health Agency <https://www.publichealth.hscni.net/covid-19-coronavirus>

- |  |        |
|--|--------|
| → High temperature (fever)?            | YES NO |
| → A new continuous cough?              | YES NO |
| → New unexplained shortness of breath? | YES NO |
| → A sore throat?                       | YES NO |
| → Loss of smell?                       | YES NO |

3. Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days*?	YES NO
4. Have you visited or stayed in a closed environment with anyone with COVID-19 in the past 14 days*?	YES NO
5. Have you travelled together with COVID-19 patient in any kind of conveyance in the past 14 days*?	YES NO
6. Have you abided by Government guidelines in relation to traveling into the country?	YES NO

## Bike & Road Safety:

### Mandatory kit:

it's imperative all participants bring rain cape, foil blanket, phone, spares tubes x2, tyre levers, pump and a multitool with chain breaker. All these are essential.

Ideally have a bell (For the Greenway) and flashing back light.

Full info here: <https://www.raceface.ie/newport-rocky-mountain-high/>

1. The event will take place on the greenway, open roads, public trails, the Rocky Way. Instructions from the Garda and event marshals must be obeyed.
2. Please download the **Komoot app** and upload the route.
3. Please make sure your bike is in good working order before the day – check brakes, chain, pump tyres...
4. **You will not be permitted to participate in this event without a helmet.**
5. You must **ensure your fitness level is appropriate** to the distance and elevation of the route.
6. Please ensure your nutritional requirements are met. You may wish to bring additional food to that available along the route.
7. The event is not a closed road event and cyclists must obey the rules of the road. Always keep to the left-hand side of the road/trail/track. **Do not cross the white line in the centre of the road.**
8. Ride a **maximum of 2 abreast** at any time and only when safe to do so.
9. Rocky Mountain High Newport is a timed event but only on the gravel sectors and **not a full on race**. Cycle no faster than your ability or weather conditions allow. The West of Ireland is known for strong gusty winds!
10. Please familiarise yourself with the route in advance the route will be emailed out with a link from Komoot which is easily downloaded to your GPS device. Rocky Mountain High directional signs will be placed throughout the route and the route is well marked. **Please download route to your phone or device on Off-line maps, so they can be easily accessed, even in areas without wifi/phone signal.**
11. No earphones or tri bars permitted.
12. The routes selected for Rocky Mountain High are on Greenways, **boreieens and quiet back roads, but you will encounter some traffic and MAJOR road junctions where you MUST STOP before proceeding.** Marshals are not empowered to stop traffic. Therefore, you must exercise caution even where marshals are present.
13. **Please ensure you carry the following with you: spare tubes x2, pump, tyre levers, rain cape, bottle, phone and money just in case! All part of mandatory kit**
14. Cyclists should be prepared as weather conditions on the course can change and you should be prepared, with items such as waterproof jacket...and sunscreen!
15. If weather conditions deteriorate to an extent that compromises safety, organisers may shorten/alter the route.
16. For your safety, the greenway will be neutralised, i.e., reduced speed and no-passing in this area.
17. Please be mindful of your own safety and the safety of others while on the course as there may be vehicles, pedestrians, leisure cyclists, walkers, runners, or spectator's enroute.

## Mechanical Support:

A broom wagon and event support vehicles will travel along the course. Should you get into a **SEVERE** difficulty, (**Not punctures**), please contact the event director on the mobile number provided above.

## Medical Support:

Should you or another participant get into medical difficulty, please contact the safety officer on the number provided. Medical assistance and first aid will be deployed as soon as possible. **Please save these contact numbers into your phones before the event start.**

## Anti-Litter Policy:

Please do not leave litter around the course, at food stops, or at the start or finish area. **Please dispose of your rubbish in the bins provided. "LEAVE NO TRACE".**

## Event Security:

You are responsible for your bike and helmet at food stops so be vigilant and mind your gear. Bike thieves do operate at some events!

## Photographer:

We will have photographers along the course, and at the start/finish line. Photos will be posted on our Raceface social media pages and <https://www.raceface.ie/> or promotional material following the event.

## The Finish:

The event finishes at 13:30. After this point, no roads are marshalled, and the finish area will be closed. Time limits are in place for your safety and wellbeing.

## Prizes:

Prizes for the top 3 female and male riders and unplaced category over the timed gravel sector, plus there will be a spot prize draw for all finishers and event refreshments served from 12:15 at hotel Newport where you can mingle and exchange your gravel stories and have fun...

## Local Support:

Thanks to Local Farmers & Land owners\* for the permissive access on the walk/cycle trails. These trails are a great way to see all the hidden gems in the area as a tourist. Martin Dillane the Rural Recreation Officer and Noel Mulroy Rural Social Scheme Supervisor of South West Mayo Development Company and their team of workers on how they coordinate and maintain all these walk/cycle trails in the area between them.

**Charity:** The event's chosen cause is the local Burrishoole hall project.

## Rocky Mountain High has been made possible with the help of:

*Kelly's Butchers | Hotel Newport | Nuasan natural skin & bodycare products | Local Land Owners | Mayo Rural Recreation | South West Mayo Development Company | Westport Bike Shop | Komoot | Mayo.ie | Civil Defence | An Garda Síochána | Cycling Ireland | Cycling Connacht | Westport Covey Wheelers and last but not least our marshals who are giving freely of their time to ensure a safe and enjoyable experience for all. We wish you all the very best of luck and hope you can take in the beauty of Mayo and the Wild Atlantic Way as you make your way around this stunning course. Any questions on the event should be directed to [info@raceface.ie](mailto:info@raceface.ie)*