



Event Brief

Dear participant,

Thank you for signing up for the Wild Mayo Ultra which will take place on Friday and Saturday May 13/14th. Whether you are a “pro” or embarking on a sportif for the first time, our top priority is to get everyone across the finish line in one piece, so please take the time to **read the event briefing in full** before you hit the start line !

Note: There will be some changes to the information that has been emailed to participants or posted on Facebook in recent weeks, as we may have to adapt or update any slight changes to the event. This briefing contains the most up to date information.

Summary of Events:

Registration	The Mariner Hotel. Mill St., Westport. F28W942	650k from 2.30pm 200/300 from 7:00-9:00 pm Friday may 13 th
Vehicle and Bike check	Westport Bike Shop, Newport Rd., Westport. F28P8Y4	After registration 650k from 2.30pm 200/300k from 7:00-9:00 pm Friday May 13 th
Start/Finish Point	The Mariner Hotel. Mill St., Westport. F28W942	
Start Time	650k athletes First off at 16:00 300k from 07:00 200k from 09:00 Riders at 3 minute intervals.	Fri 650k @ 16:00 Sat: 300k @ 07:00 Sat: 200k @09:00
Event Briefing	Online Teams Meeting	Tuesday May 10 th @20:00
Important Phone Numbers:	Please save these numbers to your mobile phone in advance of event start. For medical or mechanical emergencies only	Event Directors: Padraig Marrey –087 7992857 Bryan Hyland – 086 1740860
Parking	Public parking* is available in the following locations: - Public car parks in the town centre (2 in Mill Street, 2 in James Street) - There is only very limited on-street parking at the hotel. <i>*Pay and Display coin-operated machines with hourly and day rates available.</i>	Please leave plenty of time to get to the event sign-on as there will be a lot of traffic in Westport.

Check in:

Check in is available on Friday at the times / location outlined above. Registration will take place just inside the doors of the function room.

Due to the on-going Covid protocols, we will need to keep registration moving as seamlessly as possible. Once you arrive, you will be asked for the name(s) of participants and will be given your registration pack(s). Once received you should leave the registration area as quickly as possible, as we will need to limit the number of people in this area at any one time.

Bike & Road Safety

1. The event will take place on open roads and instructions from the Garda and event marshals must be obeyed.
2. Please make sure your bike is in good working order before the day – check brakes, chain, pump tyres...
3. **Recommended Bike gearing:** There are a few really steep climbs (20%+) on our route, we would recommend a low gearing of either 34X30 or 36x32 it all depends on your fitness.
4. **Caution Steep descent:** Please be careful on descents, crosswinds, sheep, bumpy roads can cause you to lose control so only descend at a speed you are comfortable.
5. **You will not be permitted to participate in this event without a helmet.**
6. You must **ensure your fitness level is appropriate** to the distance and elevation of your chosen route.
7. Please ensure your nutritional requirements are met. You may wish to plan for additional food/ water stops along the way so study the route carefully and be aware that shops are not open 24hrs.
8. The Mayo Ultra 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. **Do not cross the white line in the centre of the road.**
9. Please familiarise yourself with the route in advance (maps / brief route description attached). **Please bring the route book or at least the route maps with you or save these to your phone, so they can be easily accessed, even in areas without wifi/phone signal.**
10. No earphones permitted.
11. The routes selected for the Wild Mayo Ultra are on quiet roads, but you will encounter some traffic and MAJOR road junctions where you MUST STOP before proceeding.
12. Mayo is a very big diverse county, some areas will have sheep and cattle on the roads others will have farm machinery with all sorts being towed, cyclist just have this on the back of your mind at all times, crew likewise.
13. Please ensure you carry the following with you: spare tubes, pump, tyre levers, rain cape, bottle, phone, power bank and money just in case!
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. 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 spectators enroute.
17. Please be mindful that Westport will be very busy with traffic and tourists at this time of year.

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".

Photographer:

We will have photographers along the course, and at the start/finish line. Photos will be posted on our social media pages or promotional material following the event.

The Finish

In light of Cycling Ireland Covid-19 restrictions, we would ask you **not to congregate around the finish line** area. We encourage you to take time to enjoy some of the local eateries in the area and recommend booking in advance to avoid disappointment!

GO EXPLORE

We would love you to come back to Mayo again and Go Explore the route at a more leisurely pace..