



Gravel Grind West '22

Event Brief

Dear participant,

Thank you for signing up to the Gravel Grind West gravel biking weekend (**The Skelþ Blast, The Bothy 70k, The Wild Nephin 110k & Wild Nephin Rocky 135k**) are all taking place on Saturday 17th and Sunday 18th September.

We want you to enjoy the beauty and scenery of our routes so we encourage YOU not to treat the events as a full on road races ! Gravel biking is not the same as a road bike racing event. Ride the route with your buddies, have a go at the Strava segments specifically created for this event and chat after each segment about your tactics or near misses. Take pictures and enjoy the moment.

Whether you are a “pro” or embarking on a Gravel event 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 can be some changes to the course due to weather and course conditions. This briefing contains the most up to date information.

Summary of Events:

Pre event bike checks	Westport Bike Shop, Newport Road, Westport, F28P8Y4	For all spares
Check in Sat 17th	The Towers Bar and Restaurant Marquee, The Quay, Westport, F28 V650	<ul style="list-style-type: none"> • 12noon to 12.45pm Youths only • 2.30 to 3.45pm Weekend package and Skelþ Blast participants only • 6.30 to 8pm GGW events •
Check in Sun 18th	The Towers Bar and Restaurant Marquee, The Quay, Westport, F28 V650	7.30 to 8.45am GGW
Kids event	The Grass area around the Pond at the Quay	Start 1-3pm
Start/Finish Point All events	The Towers Bar and Restaurant, The Quay, Westport, F28 V650	The Grass area

Skelp Blast	The Towers Bar and Restaurant, The Quay, Westport, F28 V650	Start 4pm Finish at pprox.. 5.30pm on Skelp.
Start Time	Sunday 18th Wild Nephin Rocky 135k Wild Nephin 110k The Bothy 70k	09:00 09:00 09:00
Event Briefing	5 mins before you start	
Important Phone Numbers:	Please save these numbers to your mobile phone in advance of event start. For medical or mechanical emergencies only – NOT for punctures!!	Event Director: Padraig Marrey – 0877992857 Bryan Hyland – 086 1740860
Parking	Public parking* is available in the following locations: Please don't park outside shop or hotels. - Limited road parking at the quay area - The Towers carpark FREE (look for signs) - Public car parks in the town centre (2 in Mill Street, 2 in James Street) - <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. Please cycle to the start area where possible.
Skelp Blast Post event	Saturday 17 th	Prizes presentation from 7pm at the Towers bar
Food stops	GGW events	The Bothy, Hotel Newport and the finish line.
Bike mechanics	You mind the bike the bike minds you, We will have a small pits area at the Bothy to give your bike some TLC. Track pumps, oil, clothes and spares available.	At the Bothy
Post event	Sunday 18 th	Food and beverage from 1pm
After party	Sunday 18 th	Music and Craic from 3pm

Registration:

Registration is available on Saturday EVENING at the times / location outlined above. Weather permitting, registration will take place outdoors at the marquee area at the Towers Bar the Quay

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.

What you get at registration:

1. Event number (Cable tie to front of bike) **MUST be seen by organisers throughout the event**
2. Gravel Grind West T-shirt and funky pair of socks
3. Wrist band that must be shown at all food stops and especially at the finish line (Please put around your wrist)
4. Goodie bag from sponsors

Please start in the appropriate GROUP for the distance that you signed up for.

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/gravel-grind-west/gravel-info/>

1. The event will take place on open roads, public trails, The Western Way and in the Wild Nephin Ballycroy National Park and finish by using the Western Greenway in from Newport and the grounds of Westport house, instructions from the Garda and event marshals must be obeyed.
2. Please download and upload the route you want to take part in (Skelp blast Saturday, The Bothy 70k, The Wild Nephin 110k and the Wild Nephin Rocky 135k)
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 your chosen 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. Gravel Grind West is a leisure cycle and **not a 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 which will be emailed out with and is easily downloaded to your GPS device.. Gravel Grind West directional signs will be placed throughout the route as well. **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 Gravel Grind West are on **boreieens, quiet back roads, National parks and Greenway, 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 x 2, 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 especially in the Wild Nephin National park 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. On exiting the starting area, you will be directed to Westport House, onto the Golf Course road and left out along the coastal roads towards Kilmeena before ending up in Newport.

Your return journey from Newport back to Westport is via the Great Western Greenway, **There are multiple speed bumps, traffic islands and timber bollards along this route which may not be visible in a large group.** Please be aware of these and take care to watch what you are doing while riding along here.

17. For your safety, the greenway will be neutralised, i.e., reduced speed and no-passing in this area.
18. 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.

Events

Saturday Sept 17th Skelp Blast start 4pm



The Skelp Blast

Skelp Blast

The first 4k is neutralised.

At Belclare you get the chance to remove any excess clothing or equipment.

A horn will signal the start and its every man, woman and child for themselves for the next 15k as you will be against the clock.

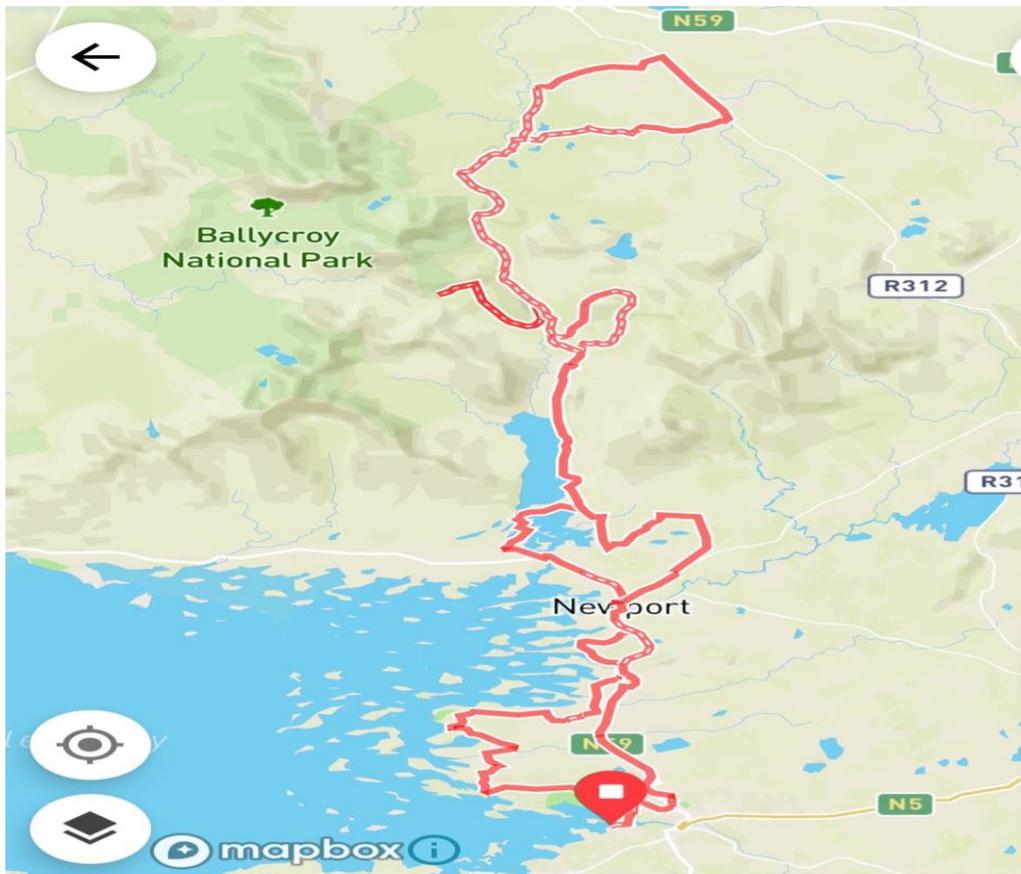
The Finish line you will pass on way down Skelp so you will know where it is when you are climbing back up to the Finish line.

Prizes for the first 3 male and females across the line.

Specific Bike category prizes providing there are 5 bikes in that category

Sunday 18th

Wild Nephin rocky 135k start 9am



GGW Wild Nephin Rocky 135k official

135K Food stops: @ 44.6k and 105.8k The Bothy, 80k water stop in the woods, 124.9k Hotel Newport

STRAVA

135k there will be 8 Strava Segments: Route <https://ridewithgps.com/routes/40854478>

9.9 to 11.5k

26.8 to 28.8k

38.4 to 41.9k

Food stop the Bothy 44.6k and 105.8k

44.7 to 50.9k

55.7 to 68k

77.7 to 79.8k

Water stop in the woods at 80k

92.6 to 104.2k

117.1 to 120.3k

Food stop: Hotel Newport 124.9k

Wild Nephin 110k



GGW Wild Nephin 110k Official

110k there will have 6 Strava segments: Route <https://ridewithgps.com/routes/40858250>

Start Finish

9.9 to 11.5k

26.8 to 28.8k

38.4 to 41.9k

Food stop The Bothy 44.6 and 85.1k

44.7 to 58.6k

68.3 to 83.4k

96.4 to 99.6k

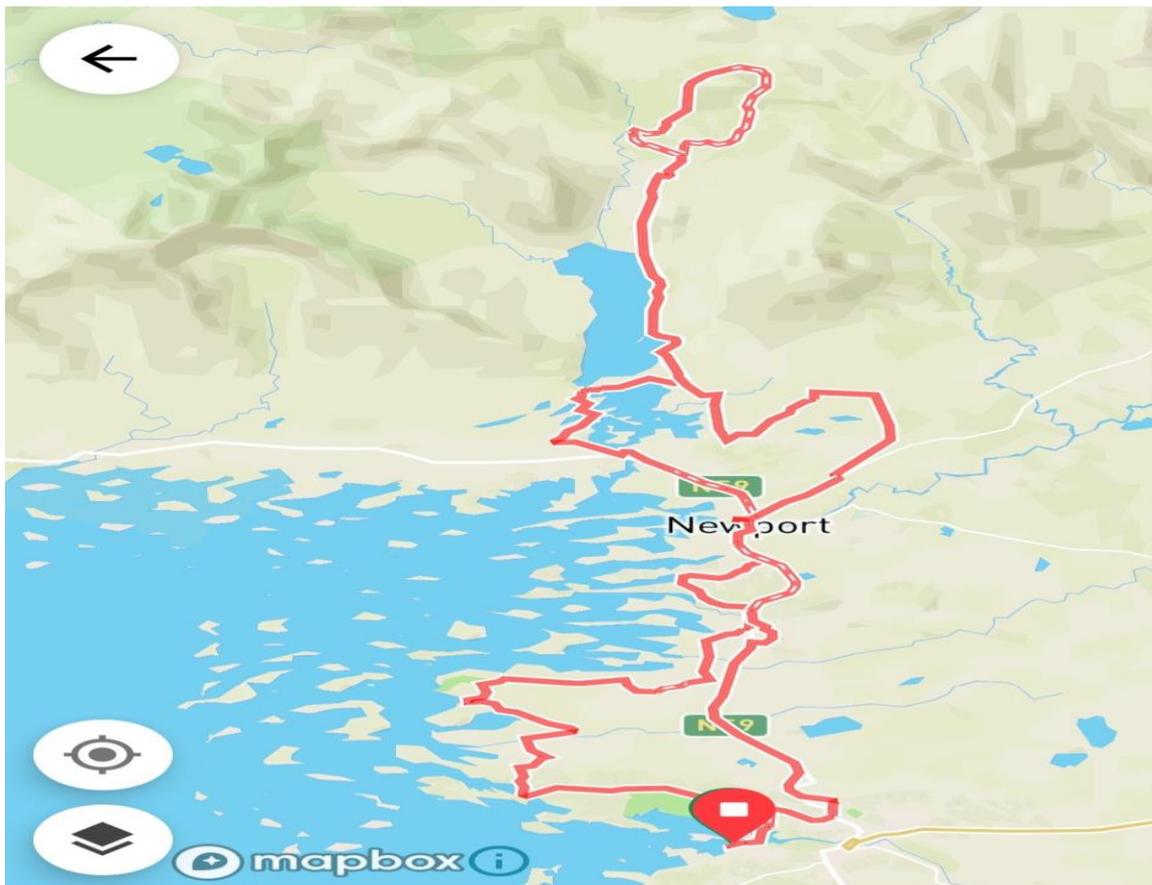
Food stop Hotel Newport 104.2k

Prize winners

All Strava segment and overall winner's prize winners and results will be announced on Monday evening September 19th giving everyone the opportunity to upload their device to Strava.

For all Strava users

Please ensure your ride is set to public until Mon evening so that we can get overall segment leader boards. You can choose to leave it public or mark it private after.



GGW The Bothy 70K official

70K Food stops: @ 22.8k Hotel Newport, 44.6k the Bothy and 64k Hotel Newport

No Strava segments taken for the Bothy distance: route <https://ridewithgps.com/routes/40790196>

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 EXCEPT TYRE TRACKS".**

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!

Photographers:

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

The Finish

The event finishes at 16:00. After this point, no roads are marshalled, and the finish area will be closed. Time limits are in place for your safety and wellbeing.

[110k and 135k cyclists must be at the Bothy by 11:30am, any cyclist not at the Bothy by 11:30am will be directed to the Bothy 70k route.](#)

Event after party

From 3pm music, craic and the story telling will kick off the Towers bar and restaurant, come along and join in.

GGW has been made possible with the help of:

The Towers Bar and Restaurant | Westport Bike Shop | Mayo.ie| Marrey Bikes | Nuasan | Coillte | Civil Defence | An Garda Síochána | Cycling Ireland | Wild Nephin National park | Hotel Westport | Del & Lee jewellery| Hotel Newport| 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 are able to 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