



Gravel Grind West '23

Event Brief

Summary of Events:

Pre event bike checks	Westport Bike Shop, Newport Road, Westport, F28P8Y4	For all spares
Check in Fri 15 th	The Towers Bar and Restaurant Marquee, The Quay, Westport, F28 V650	19:00 to 21:00
Check in Sat 16 th	The Towers Bar and Restaurant Marquee, The Quay, Westport, F28 V650	7.15 to 8.45am GGW, depending on the route you signed up for!
Kids event Sat 16 th	The Grass area at the Pond at the Quay	Registration from 9am Start 9.45-12noon
Start/Finish Point All Routes	The Towers Bar and Restaurant, The Quay, Westport, F28 V650	The Grass area
Start Time	Sat 16 th Wild Nephin Rocky 145k Wild Nephin 110k The Bothy 75k The Shore 50k	08:00 09:30 09:33 09:36
Event Briefing	10 mins before you start	7.50am for the 145k 9.15am for the 110,75 and 50k
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
STRAVA	Only for Participants in the 145 and 110K events Make sure your Strava account is made public if you want to be counted in the overall.	145k have 6 segments total 50k 110k have 5 segments total 34k
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)	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.

	- 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>	
Food stops	GGW events	Hotel Newport, At the Bothy twice, and mobile feeds, plus 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, cloths and spares available.	At the Bothy
Showers	The Beech club at the Woods Hotel	On the Quay hill.
Post event	Sat 16 th	From 1pm Food and beverage
After party	Sat 16 th	Music and Craic from 3pm

Registration:

Registration is available on Friday 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 Buff
3. Wrist band that must be shown at all food stops and especially at the finish line (Please put around your wrist)
4. Goodies from our 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 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 (The Shore 50k, The Bothy 75k, The Wild Nephin 110k and the Wild Nephin Rocky 145k)
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 and skill is appropriate** to the distance and elevation of your chosen route.

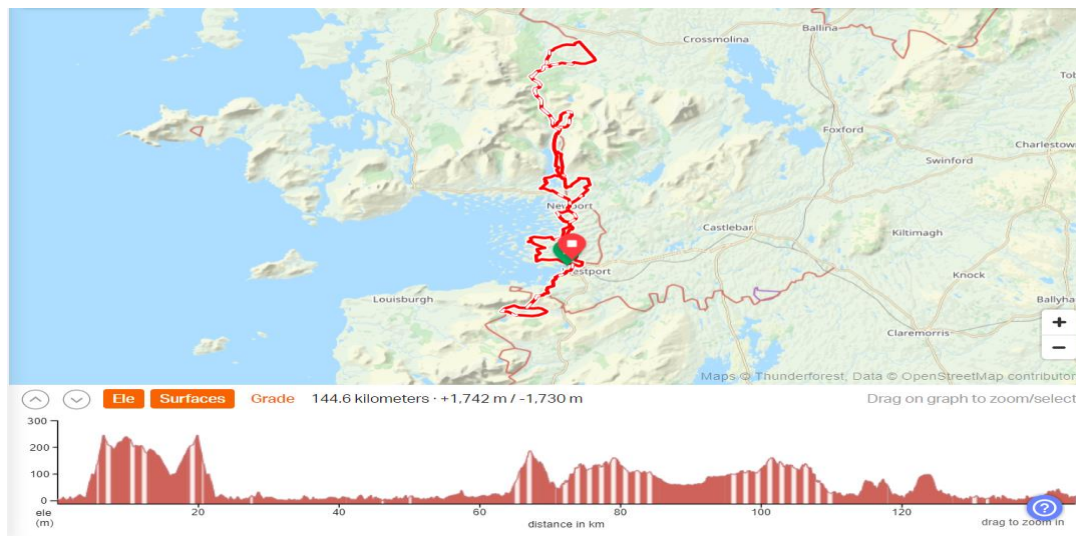
6. Please ensure your nutritional requirements are met. You may wish to bring additional food to that available along the route.
7. The event is **not a closed road event** and cyclists must obey the rules of the road. Always keep to the left-hand side of the road/trail/track. **Do not cross the white line in the centre of the road.**
8. Ride a **maximum of 2 a breast** at any time and only when safe to do so.
9. Gravel Grind West is a leisure cycle and **not a race it's a challenge**. 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 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...Bring sunscreen and especially **midge spray !**
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.
17. **50 and 75k participants please watch out for homebound arrows.**

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 please be aware of these and take care to watch what you are doing while riding along here.

18. For your safety, the greenway will be neutralised, i.e., reduced speed and no-passing in this area.
19. 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.

Gravel Grind West host 4 Events, be mindful of your homebound turning point.

145k route



The 145k route

Download the route here <https://ridewithgps.com/routes/43712379>

Special prizes for the Fastest Male and female to cover the 16k GGW Skelp Blast Strava segment, but only counts for those that day.

How it will work, the first 4k is neutralised.

A horn will signal the start and its every man, woman and child for themselves for the next 16k as you will be against the Strava clock for those who want to!

Ease back down the skelp towards the Quay in Westport and pick up the rest of the Gravel Grind West participants for the remainder of the route.

STRAVA & Food stops

145k there will be 6 Strava Segments:

1ST GGW Skelp, Start at 3.9k finish at 20k (16.1k)

(Extreme caution on descent and all the way back to the Towers bar as roads are open)

2nd GGW Coastal Hell, start at 36.5k finish at 37.5k (1km)

The first Water food stop is at Hotel Newport 48.5k

3rd GGW Jamies Well, start 64.2k to 67.5k (3.3k)

The second Food stop is at the Bothy 71k

4th GGW Wild Nephin 72.7k to 85k (12.3k)

Mobile Water /fruit stop at 97k

5th GGW The Deerpark 91.9k to 106.2k (14.3k)

The fourth Food stop is at The Bothy 107k

6th GGW Made in Heaven 120k to 123.2k (3.2k)

Make life easy for yourself and star these segments on your Strava account

Total Strava KMs= 50.2kms that can be raced

Can Stop in Newport for a coke...Bring £

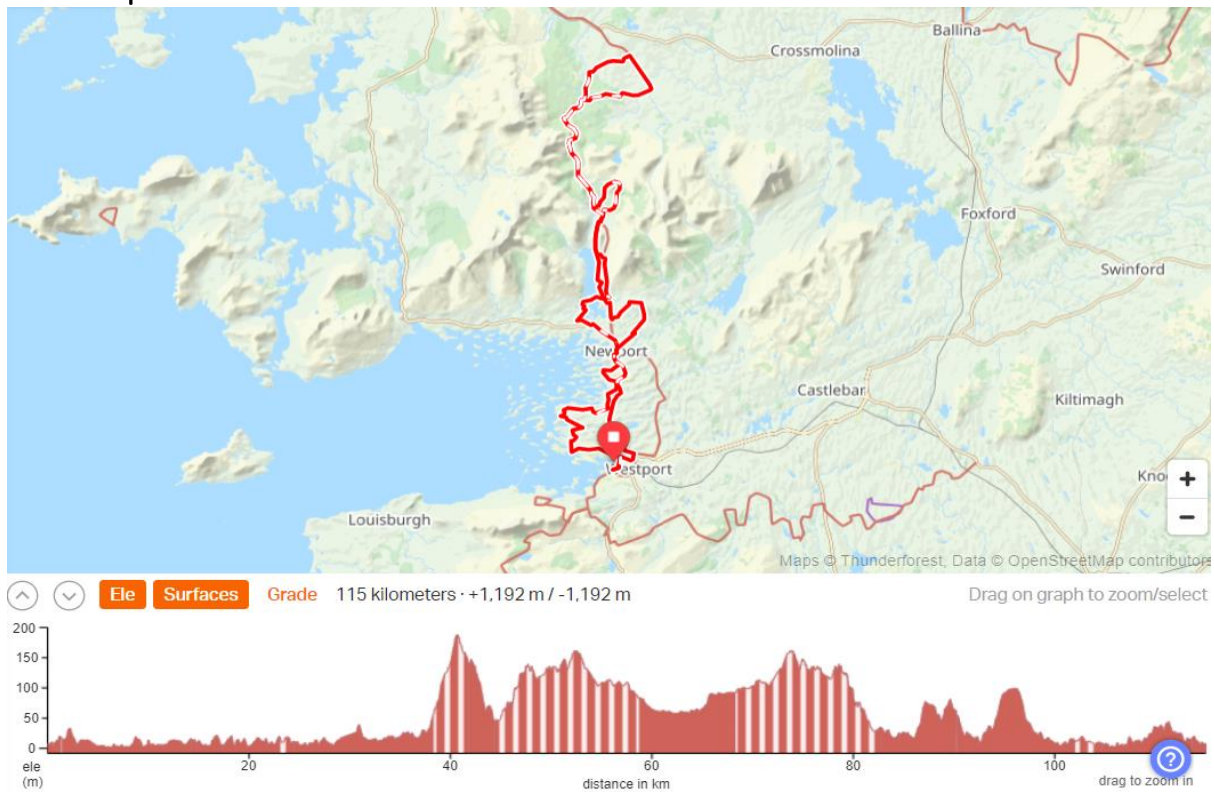
Last 11k: Relax, chat and take in the views.

At the Finish grab your beer and burger and chill...

Highly recommend printing this and stick to stem bag.

Please ensure your STRAVA 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.

Wild Nephin 110k



Download 110k route on to device <https://ridewithgps.com/routes/40858250>

STRAVA & Food stops

110k there will be 5 Strava Segments:

The first Water food stop is at Hotel Newport 22.1k

1st GGW Coastal Hell, start at 10k finish at 11k (1km)

2nd GGW Jamies Well, start 38.4k to 41.7k (3.3k)

The second Food stop is at the Bothy 44.5k

3rd GGW Wild Nephin 46.2k to 58.5k (12.3k)

Third Mobile Water /fruit stop at 71k

4th GGW The Deerpark 65.7k to 80k (14.3k)

The fourth Food stop is at The Bothy 81.6k

5th GGW Made in Heaven 93.6k to 96.8k (3.2k)

Make life easy for yourself and star these segments on your Strava account

Total Strava KMs= 34kms that can be raced

Can Stop in Newport for a coke...bring £

Last 11k: Relax, chat and take in the views.

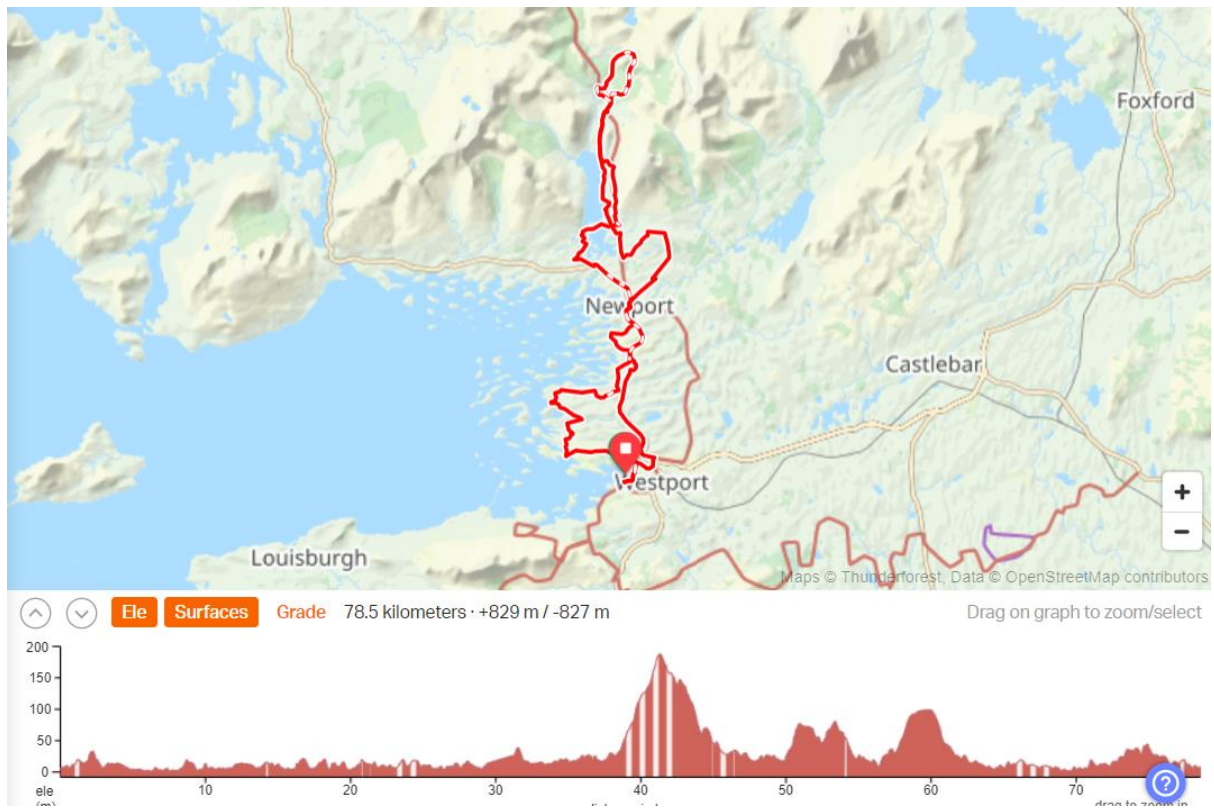
At the Finish grab your beer and burger and chill...

Highly recommend printing this and stick to stem bag.

Prize winners

All Strava segment and overall winner's prize winners and results will be announced on Monday evening September 17th giving everyone the opportunity to upload their device to Strava.

The 75k route



Download route here: The Bothy 75k <https://ridewithgps.com/routes/40790196>

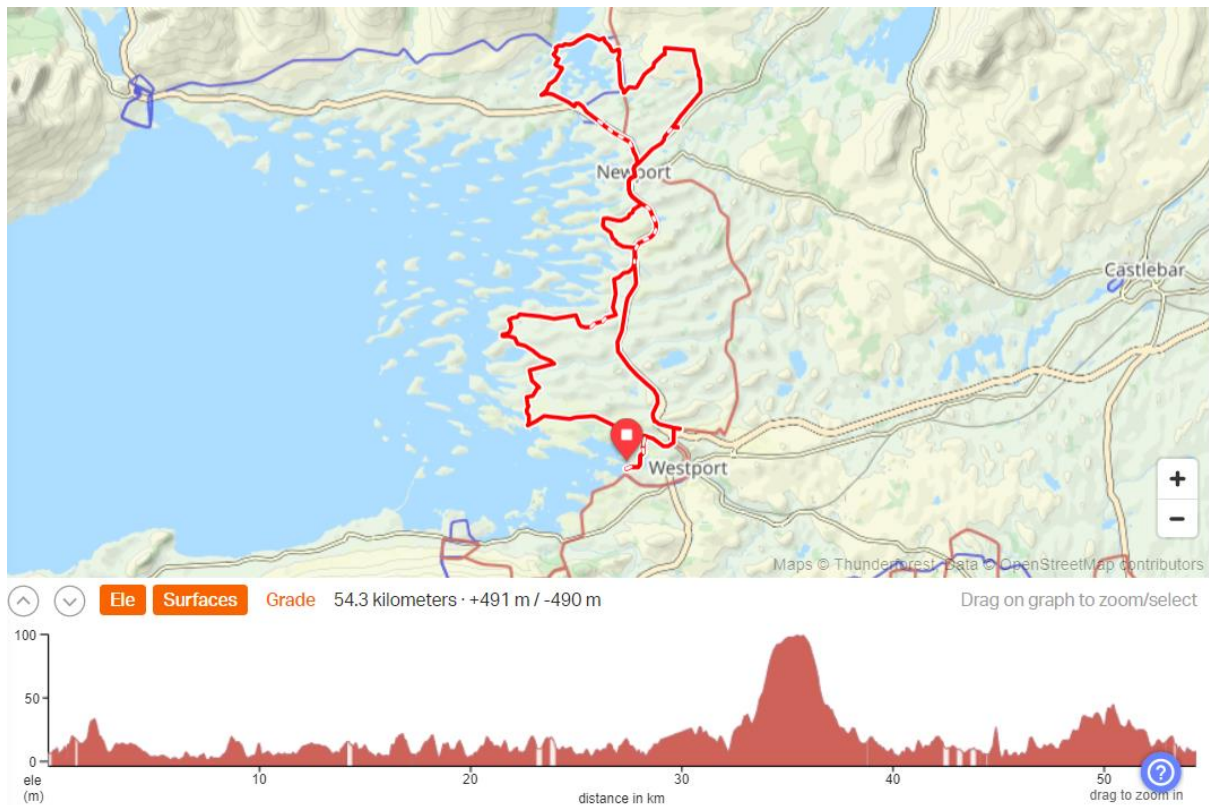
Food stops: @ 22.1k Hotel Newport, 44.5k the Bothy, can stop in Newport but bring ££

No Strava segments taken for the Bothy distance:

Last 11k: Relax, chat and take in the views.

At the Finish grab your beer and burger and chill...

The Shore 50k



Download route here: The Shore 50k <https://ridewithgps.com/routes/41236577>

50K Food stops: @ 22.1k at Hotel Newport can stop on your return to the town but bring ££

No Strava segments taken for the Bothy distance:

Last 11k: Relax, chat and take in the views.
At the Finish grab your beer and burger and chill...

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 145k cyclists must be at the Bothy by 11:30am, any cyclist not at the Bothy by 11:30am will be directed to the Bothy 75k 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

