



## Event Brief

Dear participant,

Thank you for signing up for the Wild Mayo Ultra, which will take place on Friday and Saturday May 10/11<sup>th</sup>. Whether you are a “pro” or embarking on a your first Ultra, 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 may 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:

<b>Check in:</b>	The Mariner Hotel. Mill St., Westport. F28W942	Fri May 10 <sup>th</sup> From 18:00pm Solos, Pairs and Teams for 500K , 300k and 200k  Sat May 13 <sup>th</sup> 200/300 from 6:30 – 9am
<b>Vehicle and Bike check</b>	Westport Bike Shop, Newport Rd., Westport. F28P8Y4	<b>Friday</b> <b>CHECKS</b> for 500k, from 6pm.
<b>Start/Finish Point</b>	The Clewbay Hotel, James St., Westport.	Teams and 500k @ 20:00  <b>Saturday</b> 300k @07.00 200k @09.00
<b>Start Time</b>	500k from 20:00  300k from 07:00 200k from 09:00 Riders at 3 minute intervals.	Fri 500k @20:00  Sat: 300k @ 07:00 Sat: 200k @09:00
<b>Event Briefing</b>	Online Teams Meeting	Tuesday May 7 <sup>th</sup> @20:00
<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 Directors:</b> Padraig Marrey –087 7992857  Bryan Hyland – 086 1740860
<b>Parking</b>	Public parking* is available in the following locations:	Please leave plenty of time to get to the event sign-on as there will be a lot of traffic in Westport.

	<ul style="list-style-type: none"> <li>- Public car parks in the town centre (2 in Mill Street, 2 in James Street)</li> <li>- There is only very limited on-street parking at the hotel.</li> </ul> <p><i>*Pay and Display coin-operated machines with hourly and day rates available.</i></p>	
<b>Check points</b>	Supported crews only <b>MUST</b> text in when passing a time station, Unsupported participants don't have to.	Check route book

### Registration:

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

### 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, lambs**, bumpy roads can cause you to lose control so only descend at a speed you are comfortable.
5. **Be safe Be Seen:** We will check that all participants have one flashing helmet light, a rear light on the bike and a front flashing light. These must stay on for the duration of the event.. You will probably need a **POWER BANK** to recharge. Make sure to bring appropriate leds for your devices.
6. **You will not be permitted to participate in this event without a helmet, it must be fitted properly and fastened correctly, ideally make sure it has the MIPS system (Can never be too safe)**
7. You must **ensure your fitness level is appropriate** to the distance and elevation of your chosen route.
8. 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.
9. 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.**
10. 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.**
11. No earphones or radios **PERMITTED.**
12. 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.
13. 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.
14. Please ensure you carry the following with you: spare tubes, pump, tyre levers, rain cape, bottle, phone, power bank and money just in case!
15. 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!**
16. If weather conditions deteriorate to an extent that compromises safety, organisers may shorten/alter the route.
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 spectators enroute.
18. Please be mindful that Westport will be very busy with traffic and tourists at this time of year.
19. Full rules of the Wild Mayo Ultra Here: <https://www.raceface.ie/wild-mayo-ultra/ultra-rules/>

## 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".

## Photographers:

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.

## Route links (GPX file attached)

Watch video if you are unsure how to upload the file. <https://ridewithgps.com/journal/7717-make-the-most-of-your-event-season>

200k: <https://ridewithgps.com/routes/45984510>

300k: <https://ridewithgps.com/routes/45984416>

500k: <https://ridewithgps.com/routes/45984474>

## Food stops planning for crews and unsupported participants

### 500k need to plan for places not open till 7am

- Leenane 57k
- Ballinrobe 103k (filling stations, Supermacs)
- Ballyhanuis 147k
- Ballina 221k **refuel here !!**
- Ballycastle 260k
- Barnatra 307k
- Bangor 319k
- Achill Sound 373k & 451k going in and out

### **300k**

- Crossmolina at 52k (might be a bit early)
- Ballycastle at 75k (café across from junction as you turn left, otherwise shop at the top on the town but you will have to deviate of the course to the right. (Nothing for next 46k)
- Eurospar at 121k at Barnatra
- Bangor at 133k
- Achill Sound super value at 188k
- Teds filling station at 218k
- Keel at 227k (a few places)
- Achill sound on way home 258k
- Mullraney at 272k
- Newport at 288k

### **The 200k**

- Bangor at 62k
- Achill sound Super value 117k
- 132k Teds Filling station and 158k on way home
- Achill sound super value 163.8k
- Mullraney 177k
- Newport 194k

## **The Finish**

When you finish, please come back to finish podium to collect your finisher mug/ medal.. Make sure to get a photo with your family, team and loved ones... We encourage you to take time to enjoy some of the local eateries in the area and recommend booking in advance to avoid disappointment!

## **Prize giving**

There will be a prize giving for each distance for the top 3 males and females providing there are at least 5 in the category. This will take place once we have established who the prize winners are. We will try and communicate this with a text or at the finish line as you come in.

## **Results:**

Results will be posted on [www.raceface.ie](http://www.raceface.ie) and on our socials once everything has been checked.

## **GO EXPLORE**

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

## **Ride your own storey**

We would love to see a report on the event went for you, after all its your day out and the best way to remember it, is write it out, plus others love to read this too. Email us at [info@raceface.ie](mailto:info@raceface.ie)

## **The Mayo Ultra is supported by**

The Clewбай hotel, Westport Bike shop, Nuasan, Mayo.ie, Mayo County council, Marrey Bikes and a band of volunteers.