

ROUND 2 : BALLYCUGGARAN WOODS, KILLAOE, Co. CLARE

Sun 9th April

Last Checklist & Information For Riders

- 1)** Competitor Parking is at the roadside, and race HQ is 1km up in the woods. No access to woods for competitors. We recommend you bring all race items with you to sign-on at race HQ (see directions and map).
- 2)** Make a note of your Rider Number, to speed up sign on.
- 3)** €10 deposit for Timing Tag (wear tag on right hand)
- 4)** Bring your CI Licence (physical, paper or electronic copy). We need to see it at race sign on to prove its yours and its valid for race day. If you can't produce it, you will have to purchase a full 1 day CI Licence (€20)
- 5)** Bring your minimum mandatory equipment with you at all times out on the course (see list below)
- 6)** Note the overall Race times (see below)
- 7)** There are no other time limits. None on transition, stages, lunch, etc.
- 8)** All obstacles are rollable. There are no gaps, large jumps or tabletops as it's a blind format race.
- 9)** A mandatory practice ban comes into place on Sunday 2nd April at 6am. No competitors may ride any part of the course after this.
- 10)** Toilets are available at the Race car park. No toilets are available at Race HQ.
- 11)** Food and drink. A limited quantity of water, bananas and biscuits will be available at Race HQ. There are no taps at Race HQ. The water in the public toilets is drinkable. Hot and cold food will be available to purchase from the Gourmet Grill at race HQ from 10am onwards (including breakfast).

Mandatory equipment

- 1)** Helmet. XC or Full Face. Must be on your head with strap closed when cycling on your bike.
- 2)** Mobile phone .
- 3)** Basic first aid kit (minimum: 1 x Dressing Pad for heavy bleeding, field dressing, bandage, plasters).
- 4)** Survival bag or foil blanket.
- 5)** Energy food and drink.
- 6)** Wind/ waterproof jacket.
- 7)** Bike repair kit (tube, pump or CO2 canisters, allen keys, chain tool).

Race Times

10:00	Sign-On Opens
10:30	All Stages Open
11:30	Sign-On Closes
16:00	Start Poles removed from all Stages
16:15	Race closes. Last timing tag to be checked in.
16:30	Prize giving at Race HQ

Directions to Race Venue & Parking

Ballycuggaran Woods (Twomilegate), Killaloe, Co. Clare

Car Park GPS Co-ordinates 52.836893, -8.464726

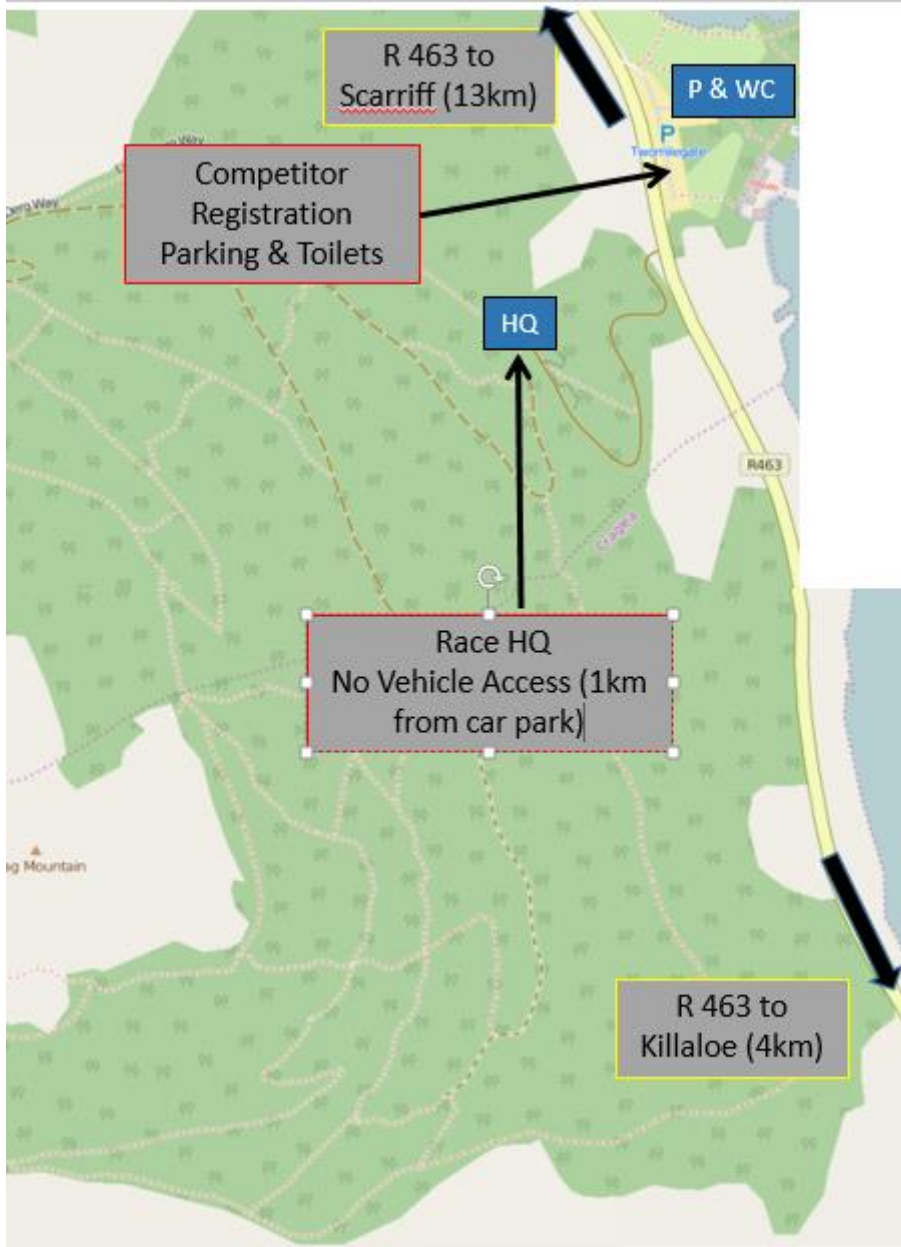
From Dublin, Cork, SE.

- Exit the M7 Limerick-Dublin Motorway at Junction 27 for Birdhill/Killaloe on the R494.
- Go straight through the Birdhill/Nenagh roundabout, heading for Killaloe on the R494.
- After 2km, enter the village of Ballina.
- Take a left at the small roundabout to cross the Shannon (traffic lights on bridge).
- After the bridge, turn Right onto the R463 for Scarriff.
- Follow the R463 for 3km.
- Competitor parking is on your Right at Twomilegate.
- Please follow the advice of the marshals and park efficiently. We will have approx. 130 vehicles to fit into the parking spaces.
- No access for any competitor vehicles to either the Race HQ or the Forestry car park.
- We are keeping the limited forestry car park area free for members of the public.

From Galway, Portumna, Midlands.

- From Scarriff or Tuamgraney, follow the R463 South to Killaloe.
 - Continue through Ogonnelloe on the R463 to Killaloe.
 - 7km after Ogonnelloe, pass the entrance to the UL Activity Center, on left.
 - Park on left after center, in public car park at Twomilegate.
 - Please follow the advice of the marshals and park efficiently. We will have approx. 130 vehicles to fit into the parking spaces.
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- We are keeping the limited forestry car park area free for members of the public.

Access Map



Race Map

