



ŠKODA

RING OF CLARE



In this document you will find all the information you need regarding the 2017 ŠKODA Ring of Clare Cycle from sign on to the event itself. Please read carefully.

#ringofclare

We **Love** Cycling

Brought to you by ŠKODA

RIDER PACK

ŠKODA



Al Hayes Motors



PowerBar.



W2
Consulting



2017 EVENT START TIMES

- The 160km cycle starts at 9.30am
- The 120km cycle starts at 10.00 am
- Both cycles start from the Clarecastle GAA Club
- If you are cycling in the 120km event please do not enter the start area with your bike until the 160km cyclists depart at 9.30am.
- Please leave plenty of time to get to the event sign on as there will be a lot of traffic on the access roads to Ennis

EVENT SIGN ON:

There are three options for participants to sign on for the event. You must print, sign and bring your registration form (shown below). This is your ID for registration and will be scanned to allow you to collect your event pack and event wristband / bike tag.

The Night Before - Friday 28th July

Ennis - Between 4.30pm and 8.30pm at Al Hayes SKODA garage on the Gort Road, Ennis.

The Day of the Event - Saturday 29th July

Event sign on starts at 7.30am on the morning of the event. The event office is located directly beside the Clarecastle GAA Club.

SKODA DEALER SIGN ON EVENT:

SKODA



Al Hayes Motors

Al Hayes SKODA garage will provide refreshments for participants at the Friday night sign on between 4.30pm and 8.30pm.

What you get:

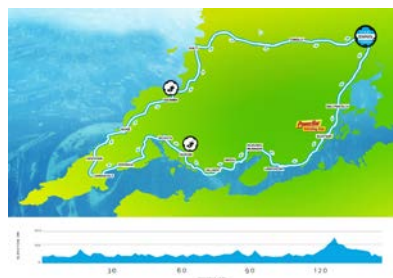
1. You will receive your SKODA Ring of Clare Cycle Jersey*



2. You will also receive your event identification that you must wear in order to access the Feed Stations and gain access to the event start area.



3. Event map and event safety guidelines



4. Powerbar water bottle and product



(*PLEASE NOTE: The event jersey is given to cyclists who registered in the first 1500 places and cyclists who took the option to buy a gillet as part of their registration - no gilletts are available to purchase at this stage)

SKODA
RING OF CLARE

EVENT SAFETY

NB: The SKODA Ring of Clare Cycle is not a closed road event and you must adhere to the normal rules of the road.

Cycling on the route is maximum of two abreast.

The event is a sportive and not a race and you are responsible for your own safety and the safety of others on the road.

The routes selected for the SKODA Ring of Clare Cycle are generally quiet roads but you will encounter some main road junctions. Be please aware of traffic on all roads.

SKODA marked directional signs will be placed throughout the route and marshals will be evident throughout the route. Please remember marshals are only there to assist. You must check for oncoming traffic at all junctions.

All participants will be provided with an emergency contact number in the case of an emergency on the route.

You are responsible for taking part in the event on a safe and suitable bike. Participants are responsible for their own bike maintenance.

There is limited mechanical support system in place and will sweep throughout the route. Bike Mechanics will be located at all feed stops and track pumps will be located at a number of points throughout the route.

The route is divided into segments and numbered. This is to help us track down any cyclists in the case of an emergency. Please try to take note of the segment signs as you travel around the route.



Please ensure you have spare tubes in the event of a puncture and do not rely on the emergency number for help with changing punctures etc.

Please pump your tyres before you start to avoid early issues with your bike on the route

No earphones permitted

No tri bars permitted

EVENT IDENTIFICATION

When you sign on for the SKODA Ring of Clare Cycle you will receive two forms of event identification

1. Bike Event ID – to be attached to your seat post as displayed in the image – without this bike ID you will not be able to enter the start area or avail of on route services / supports and food stops.



2. Cycling ID – You will receive an event wristband with your event. This also has the event emergency number. These are coded for the 120km and 160km cycles. If you are on the 120km cycle you will receive a different ID to the 160km cyclists. Access to the feed stations will be based on the colour of the wristband you are wearing so it is important you collect the correct ID at event sign on.

You will need to present this wristband at the finish for the event BBQ. The hotel will collect the wristband when you go to the BBQ area and this becomes your token for the BBQ. No wristband No BBQ.



CAR PARKING

The event car park is at Clarecastle GAA beside the start / finish area.

Please do not park in private housing areas, church grounds or commercial premises.

Please respect the residents of the local area and use the car park provided.



PURCHASE YOUR LIMITED EDITION
CELTIC SERIES AND ATLANTIC ROULEUR
CLOTHING AT THE EVENT SIGN ON.





**Men's
Jersey €35**



**Women's
Jersey €35**



ŠKODA



**Men's
Jacket €65**



**Women's
Jacket €65**



**Men's
Bibshorts €45**



**Women's
Shorts €40**



**Helmet
€55**

ŠKODA Cycling Merchandise available for sale at all Celtic Series Events.



LAST MINUTE MECHANICALS

SKODA will have a bike mechanic on hand in Al Hayes Motor Garage on Friday night July 28th and in the SKODA event Dome at the event start. If you need a last minute tweak for your bike a qualified mechanic is on hand to help you.



PowerBar.

FEED STATIONS

160km FEED STATIONS:

The feed stations for the 160km route are located at
1. Doonbeg Community Hall (50km)
2. Kilrush GAA Club (90km)
3. PowerBar Refuel - Kildysert (140km)

1200km FEED STATIONS:

The Feed Stations for the 120km cycle are Kilrush GAA Club (60km) and PowerBar Refuel Kildysert (100km)

PowerBar and Evolution Cycles will have a retail option on Friday night for PowerBar products and last minute supplies.



FIRST AID

Ambulances and roving paramedics will be available all day, should anyone require medical assistance it will be administered in the fastest possible timeframe. Please call the emergency contact number provided on the day for medical emergencies.



ON ROUTE TECHNICAL SUPPORT

There will be a number of roving bike mechanics. All the feed stations (except the PowerBar Refuel will have a bike mechanic on hand to fix any problems you encounter on route.



ROUTE SEGMENTS

The routes will be marked with numbers that mark out the numbered segment you are in. This is to help us identify the route locations of cyclists who may require emergency assistance on the day. Please try to take note of the route numbers as you make your way around.

POWER UP WITH

ŠKODA



Al Hayes Motors

Event sign on

Beat the rush on Friday evening
from 4.30pm to 8.30pm

sign on, collect your goodie bag, event ID and enjoy some pasta and refreshments thanks to Al Hayes Motors SKODA

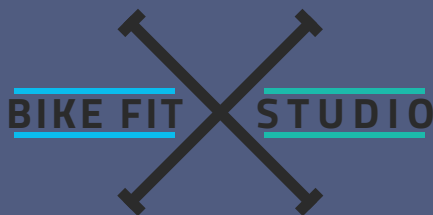
Located on the Gort Road, Ennis



THE PERFECT BIKE FIT IS WITHIN REACH



REDUCE CYCLING PAIN WITH
RETÜL BIKE FITTING BY



www.bikefitstudio.ie

01 531 2307

WHAT TO BRING



Your bike must be in good working order to cycle either the 160km or 120km routes

Helmet

Sunblock - we hope you will need plenty of this.

Spare tubes and / or Puncture repair kit

Mobile phone

Emergency money & ID

Energy snacks

Wind / Rainproof top - Participants must be aware that weather conditions in this area can change and you should bring appropriate clothing to keep warm in any adverse weather.

Water bottle (s)

AFTER THE EVENT

After you cross the finish line you will receive your well earned 2017 SKODA Ring of Clare Cycle medal. Please note the following supports and services provided to make your day even more enjoyable.



SKODA MASSEUSE

SKODA will provide a team of masseuses from the Institute of Sport Massage Therapy for complementary post event rub downs.



SKODA PODIUM

Remember to bring your camera for your SKODA Cycling Legends podium photograph that will be accessible for all cyclists at the finish area.



POST EVENT BBQ

When you finish the SKODA BBQ pit will be there with a burger for you. You need to present your wristband and the hotel will collect the wristband - this becomes your token for the BBQ. No wristband No BBQ. All other food purchased must be paid for by participants.



SHOWERS

Showers are available at Clarecastle GAA Club for use after the cycle.



BIKE FLEADH

Ennis and the wider Clare area is ready and waiting for the cyclists and their friends and family. A wide range of entertainment options will be hosted in the area on the night before and night of the SKODA Ring of Clare Cycle including the Bike Fleadh Trail in Ennis. Music and entertainment is available in plenty more venues throughout the area. Visit the event website for more information

EVENT PHOTOGRAPHY

This year we hope to capture pictures of as many cyclists as possible on the route . You will be able to download images from www.clearskiesahead.com and our event Facebook page.

REMEMBER!

NO HELMET NO CYCLE

this will be strictly enforced

LEAVE NO TRACE

The event operates under a Leave No Trace litter policy.

Please respect the Clare countryside and its residents
and bring home your litter.

Please do not litter the area with gel sachets, empty bottles
or food wrappings etc.

PUNCTURES

Please ensure you can change a puncture and bring spare tubes.
It may be some time before support can arrive to a spot where a cyclist
may have picked up a puncture so please ensure you can change your
own wheel or cycle with someone that will assist you to avoid long delays
that will impact on your enjoyment of the day.

FINALLY

**We hope you have a great day on what we believe is among the finest cycling
routes around set against the backdrop of Stunning Clare and the Wild Atlantic Way**

CLARE IS READY





Next up



DROGHEDA, SUNDAY 10TH SEPTEMBER

140KM AND 95KM
ROUTES

WWW.TOURDEBOYNEVALLEY.IE

GETTING YOU BACK TO ENNIS



#STRONGERTHANYOETHINK



*Free Therapy to over 400 Children
with Special Needs in Clare.*

We rely on your generosity to provide this free service.



- Services are completely free of charge
- We operate entirely through self generated funds
- We receive No Government funding
- We are managed on an entirely voluntary basis
- Directors and Board Members receive no salary or bonuses
- We employ Speech & Language Therapists, Occupational Therapist, Special Education Teachers, Physiotherapists and an Administrator.

thclarecrusaders@gmail.com
www.facebook.com/clare.crusaders.1

CHY16966

Buy a hi vis buff to support the Clare Crusaders Clinic

At each of the event sign on's members of the Clare Crusaders
will be selling a hi vis cycling buff for a €5 donation.

Each donation goes directly to support the voluntary efforts of the Clare Crusaders Clinic

www.clarecrusaders.ie



WIN A **RIDLEY NOAH ULTEGRA MIX** VALUED AT RRP €3299.99

Fill out this form and hand it back to the BikeExchange team at the event, or visit www.bikeexchange.ie and enter online

NAME:

EMAIL:

WHICH OF THESE COUNTRIES IS NOT A CELTIC NATION? (circle one)

IRELAND

JAPAN

See terms and conditions on www.bikeexchange.ie

**CELEBRATE BIKEEXCHANGE'S PARTNERSHIP
WITH THE 2017 SKODA CELTIC SERIES.**



RIDLEY



**BIKE
EXCHANGE**

BIKE FLEADH

ENNIS



SATURDAY 29TH JULY 2017

JOIN US FOR THE WEEKEND IN ENNIS AND THROUGHOUT CLARE FOR
A WEEKEND OF CYCLING, MUSIC AND A GREAT CLARE WELCOME.
MUSIC AND ENTERTAINMENT TO ENJOY AFTER YOUR CYCLE.

JULY 29TH

SATURDAY NIGHT

BIKE FLEADH TRAD TRAIL IN ENNIS

FROM 6.30PM:
FROM 8.00PM:
FROM 8.00PM:
FROM 9.30PM:
FROM 9.30PM:
FROM 9.30PM:

TRAD SESSION @ KNOX'S, ABBEY STREET
TRAD SESSION IN THE BAR @ HOTEL WOODSTOCK, SHANAWAY ROAD
TRAD SESSION @ CRUISES, ABBEY ST
TRAD SESSION IN THE POET'S CORNER, AT THE OLD GROUND HOTEL
TRAD SESSION IN FAFFAS /CONSIDINES BAR, PARNELL ST
TRAD SESSION AT JAMES O'KEEFFE'S, LIFFORD

JULY 29TH

SATURDAY NIGHT

BIKE FLEADH LATE NIGHT
LIVE BANDS AND DJS IN ENNIS

FROM 10.00PM:
FROM 10.00PM:
FROM 10.00PM:
FROM 10.00PM:
FROM 11PM - 2AM:

DJ WHO WILL INCORPORATE TRAD DISCO
@ DAN O'CONNELLS BAR, THE SQUARE
DJ @ BROGAN'S, O'CONNELL STREET
DJ @ KNOX'S, ABBEY STREET
DJ @ YOLO, ABBEY STREET
LIVE BAND @CRUISES BAR, ABBEY STREET, ENNIS



STUNNING

COAST | CYCLING | CLARE

ŠKODA



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RING OF CLARE

ŠKODA



Al Hayes Motors

**BIKE
EXCHANGE**



PowerBar

WILD ATLANTIC WAY



**W2
Consulting**

