



## Great Dublin Bike Ride 2022 – Participant Information Booklet

### EVENT INFO

On the 25<sup>th</sup> September 2022, 1,500 riders will set out from Dublin City University (DCU), Dublin, to take part in the sixth Great Dublin Bike Ride.

The event will offer a challenging 100km route for experienced riders and a 60km route for those looking for a slightly less strenuous day in the saddle.

### KEY FACTS

- 1,500 riders
- Two routes to choose from - 60km & 100km
- Two aid stations with both Medical & Mechanical support and two Service Stations along the route

### KEY POINTS TO NOTE

- Rules of the road apply to participants at all times.
- Cycle two-abreast maximum.
- Cycle helmets must be worn at all times.
- Mobile Phone
- Puncture Repair Kit (2 Spare tubes, tyre levers and a pump)
- Please ensure your bike is fully serviced and your wheels are fully inflated.
- Food and drink (there are food stations on the route, but please bring your own)
- If doing the 100km event, the cut-off time is strictly 09.49am at Balheary Avenue in Swords.
- Access to be maintained on site at DCU for emergency services. In the case of an emergency please yourself and your bike on the footpath.

### TRAINING

As with starting on any training programme, it is always best to consult your GP for a medical first just so you are healthy enough to take on this challenge. If you are taking medication, please bring it with you, including inhalers. If there is an underlying medical concern, please ensure to cycle with a 'buddy' who is aware of the condition to impart that information to medical staff if required. Please remain with your 'buddy' throughout the event. Please bring sunblock.



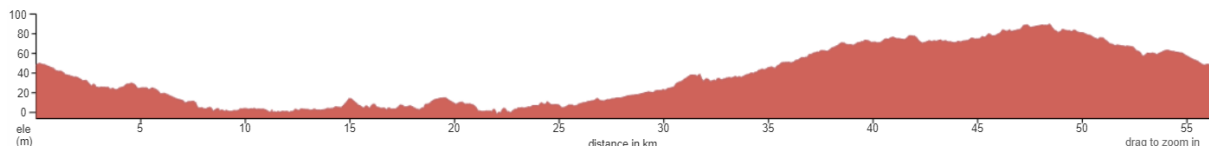
## ROUTES

There are two distances to choose from – 60km and 100km. Both routes will take riders on a journey through Dublin City, Fingal and Meath (100k route only) before returning to Fingal and eventually Dublin City.

If you haven't already, please visit our website <https://thegreatirelandbikeride.ie/routes/>. This will give you the inside track on exactly where the route passes. For those who use GPS units, you can also download the route from the website in .gpx formats, both for the 60km and the 100km routes.

### 60KM:

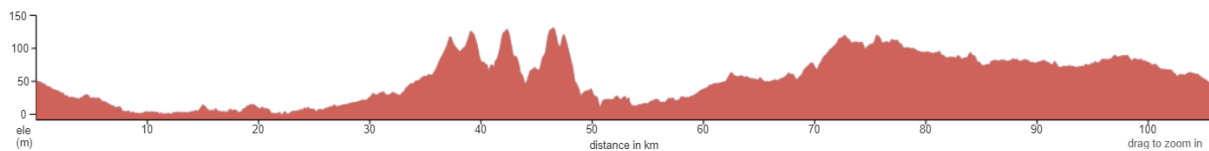
The 60km route is a moderate challenge that will leave Dublin and travel north, heading towards Killester, Raheny, Killbarrack, Clontarf, Baldoyle, Portmarnock, Malahide, and Swords. Here the routes split, and the 60km heads towards Rolestowns and Kilbride to merge with the 100km route and head to Ballycoolin, Finglas and Glasnevin before returning to DCU. Total climb: 227 metres (According to Ride with GPS)



### 100KM:

The 100km route is a challenging route that will leave Dublin and travel north, heading towards Killester, Raheny, Killbarrack, Clontarf, Baldoyle, Portmarnock, Malahide, Swords, Ballyboughal, Naul, Duleek, Kentstown, Ballycoolin, Finglas and Glasnevin before returning to DCU.

Total climb: 641 metres (According to Ride with GPS)





## SIGN-ON / NUMBER COLLECTION

**FRIDAY, 23<sup>rd</sup> SEPTEMBER at Cycle Superstore**

12 noon to 8pm

**SATURDAY, 24<sup>th</sup> SEPTEMBER at Cycle Superstore**

10am to 4pm

There will be strictly no sign-on/number collection outside of these times.

**Sign-on Location:** Cycle Superstore, Building 31, Frame works, Airton Rd, Tallaght, Dublin 24, D24 AW96



All participants will receive a booking confirmation email. This email will contain a bar code which must be presented at the sign-on.

You will receive your number pack. The number pack will contain:

1. 1 x adhesive bike number
2. 1 x adhesive helmet number

These numbers must be affixed and worn at all times during the event. **You will not be allowed access to the start pens without your properly attached and positioned start number.**

**Please ensure to show your number at the Pasta Party in DCU**

**The Cycle Superstore is providing a €20 voucher to the Great Dublin Bike Ride Goodie Bag. The voucher can be used both in shop and online, and it has an expiry date of 31<sup>st</sup> December 2022.**



### **THE FOLLOWING BICYCLES ARE NOT PERMITTED**

- Fixed wheel with no brakes
- Time Trial bicycles
- Unicycles
- Towed Trailers
- Trailer Bicycles
- Fixed wheel with only a front brake
- Handcycles
- Quad cycles
- Child carriers
- Cargo bicycles

Specialist time-trial bicycles are not allowed as they do not allow for immediate control of the bicycle.

Unconventional handlebars, including triathlon bars, aero bars, clip-ons, prayer bars, Spinaci bars and cow bars or bars without bar-end plugs fitted.

Mobile phones while cycling – you must pull to the roadside and stop if you wish to make or receive a phone call.

These restrictions are not a reflection on anyone's personal ability, speed ability or skill level on a pedal cycle or with certain equipment.

It is a considered view on the overall risk associated from any participant using such items or equipment to the large numbers of cyclists, who themselves have a very wide variation of skill level, participating in the event. This is reviewed on an annual basis.



## EVENT SCHEDULE - SUNDAY, 25th SEPTEMBER – DCU, Collins Avenue, Dublin

Time	Activity
06:30	Start pens open
08:00	1st Wave Start 100km
08:20	2nd Wave Start 60km
10:22	First 60km participant approx.
11:46	First 100km participant approx.
15:15	Final participants finishing approx.

### START NUMBERS

Your event number is allocated during the sign-on process, please remember to bring your booking confirmation email. If you did not receive this, or if you have any difficulty, then please email us at [info@greatdublinbikeride.ie](mailto:info@greatdublinbikeride.ie)

Line up according to your event.

- BLUE START NUMBER = 100k
- GREEN START NUMBER = 60k

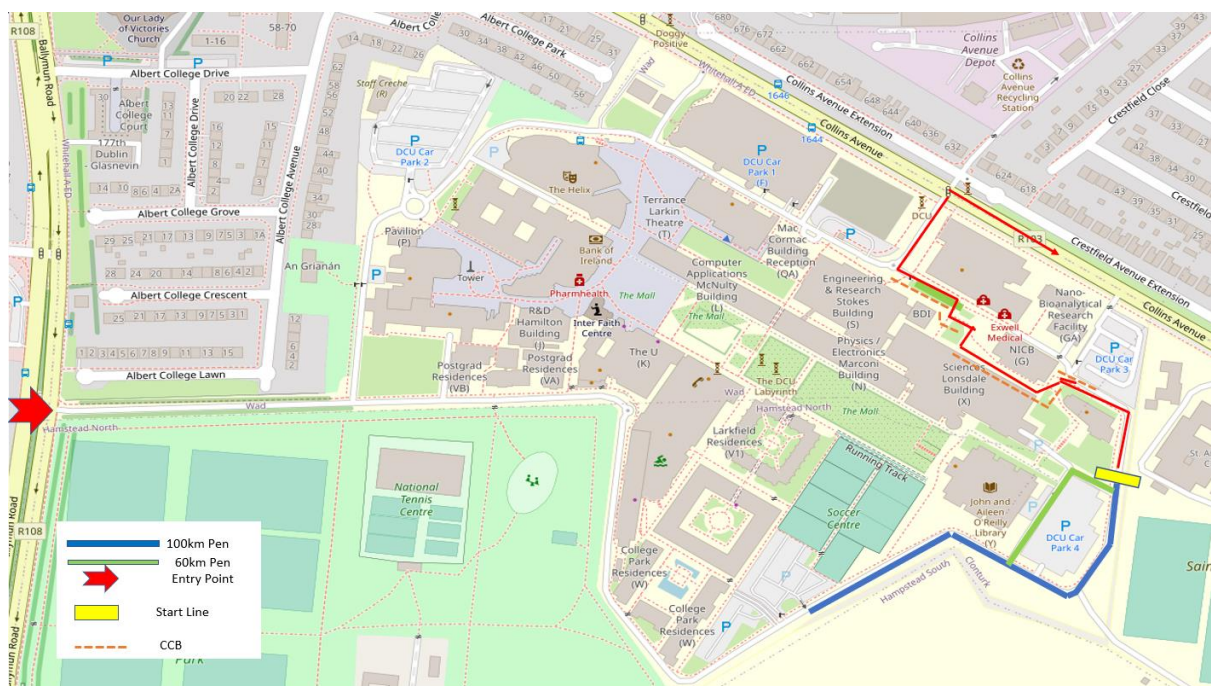
All participants will set off from DCU in waves as per your start number colour.



### PEN/LOAD-IN TIMES

Distance	Wave No	Load In (Access to Start Pen)	Start Time
100km	1	From 6:30am	8:00am
60km	2	From 6:30am	8:20am

Access to the Start Pens will be on Ballymun Road for both the 100km and 60km routes. Please follow signage on event morning and follow the instructions of the event marshals.



Participants will not be allowed access to their Start Pen before the time shown in the load in times. You must also load into the start pen that corresponds to your event – no exceptions.



### **CAR PARKING**

The event provides car parking for participants. We have secured free space in the Recycling drop-off point at the Whitehall junction. The total parking capacity will be approx. 280 cars. The intention is that participants will use this location and avoid parking on public roads and residential areas near Dublin City University (DCU).

The car parks would be open from 6am.

We will advise participants to only park in the designated parking area and not park randomly in the vicinity of DCU. Areas around DCU will be patrolled.

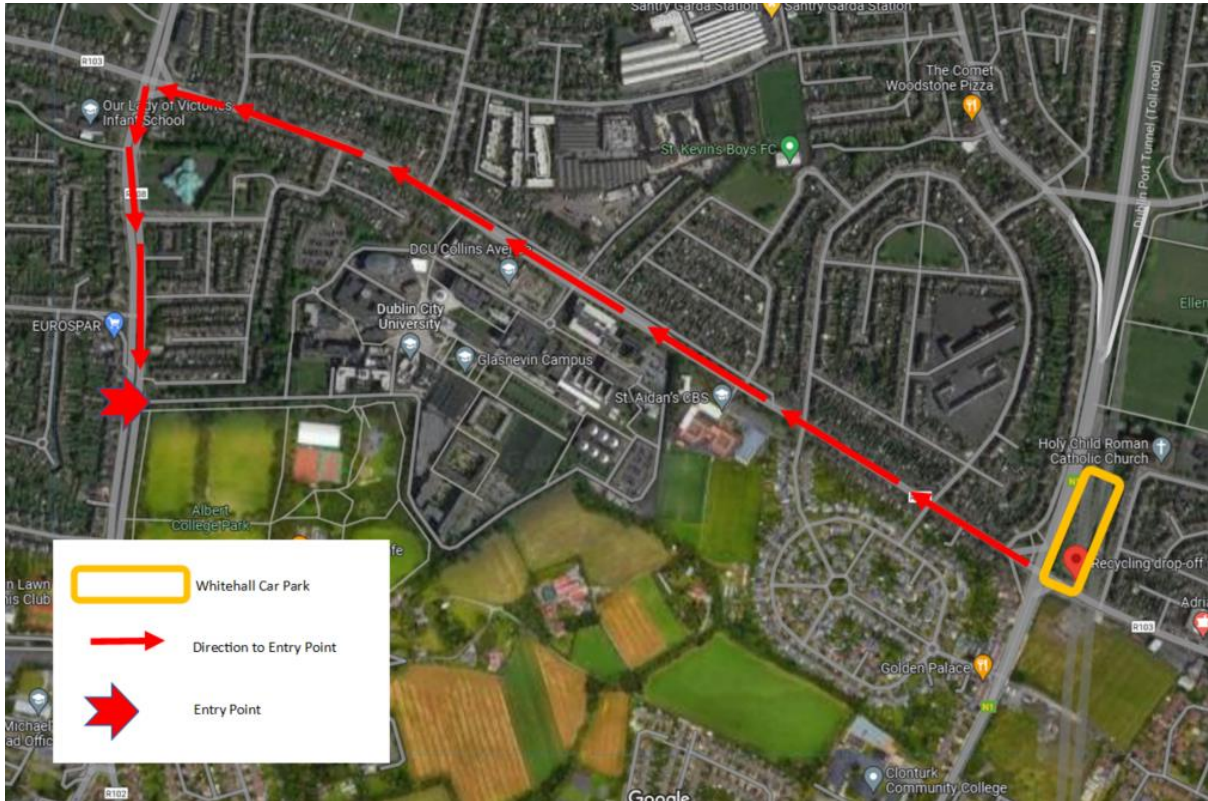
**Please to ensure the cycle lanes provided when travelling to the start line.**



<https://goo.gl/maps/rkqzb1gBQo1YMxQDA>



## Car Parks – Routing



A limited number of car parking spaces will be available in the multistorey car park in DCU.





## **COURSE SAFETY**

We ask that you respect and follow some important 'rules of the road' during the event:

- Emergency vehicles take priority in order to attend incidents across the entire event footprint.
- Expect emergency vehicles on the route at any point, either crossing or driving along the route in both directions.
- Remain alert at all times and pull over to the side of the road to allow emergency vehicles to pass safely when required.

**In the event of an Emergency please call the Event Control Emergency – TBC**

**Obey the Marshals – we are working with a team of 16 experienced motorbike marshals. There will also be a team of static junction marshals along the course who are supporting the Gardai.** If any of these marshal groups give you an instruction, then please follow it. It will be for your own safety or security. Marshals and Gardai will take note of participants who ignore these instructions.

**Rider etiquette** – The event will take place on open roads. **All rules of the road apply and must be adhered to.** There will be Gardai presence throughout the route to help the event pass freely through the main city and county roads. **Instructions given by the Gardai must be obeyed at all times, unsporting behaviour will result in you being removed from the event.**

**Respect your fellow riders** - Be aware that the ability and bike handling skills of those taking part will vary. We are hoping that plenty of newcomers to cycling will be participating so please allow for this.

If you are a slower rider and you find yourself being passed, then please try to stick to the left-hand side and allow faster cyclists to pass on the right. Conversely, if you find yourself behind a slower cyclist, a polite "Left/Right/Inside" should do the trick. **Aggression and rude behaviour will not be tolerated.**

**Follow route signage and only ever travel in the direction of the Event** - Never go against the flow. It is extremely dangerous to other cyclists. For example, if a friend has a mechanical problem, wait at the side of the road and have them walk to you if they need your assistance.

**Be considerate of local residents** - Their normal Sunday activities may be disrupted during the event and it is important that we acknowledge the impact the event will have on residents.

**Do not litter** - The Great Dublin Bike Ride passes through the local countryside and through many towns and villages. Keep used bar wrappers and banana skins in your jersey pockets



until you reach the aid stations. Anyone who is seen littering will have their numbers recorded.

**Use the toilets provided** - These are located at the start/finish and at each aid station.

**Learn how to cycle in groups** - The below information should help with the basics, but if you can fit in a ride with friends before event day, then practice these techniques, calls and hand signals.

### **RIDING IN GROUPS**

Riding in groups is as much about communication as it is about technique. Following we've included a glossary with the most used phrases and their meanings.

You will be one of up to 5,000 riders of varying ability and fitness. Packs will generally form in the first hour or so as the mass field thins out. Stay alert at this stage and don't ride too fast.

Ride two-abreast in your groups.

As you move through the event, find your rhythm and keep to a pace you find comfortable and sustainable. You may need to "surf" between groups to reach this level. Once you have found such a group, remember that by riding on the wheel of the cyclist in front you are saving around 20% effort. However, by doing so the risk of crashing is considerably higher, so follow these top five tips to riding safely in a group.

1. **Look ahead.** Not at the back wheel of the cyclist in front of you, but over their shoulder at the road ahead. This will give you time to react to any situation that arises.
2. **Try to ride smoothly.** Erratic manoeuvres and sudden reactions will cause problems for your adopted team mates. Try to anticipate braking so that this can be done in a controlled manner.
3. **Listen to calls.** Try to learn the main terms and react to what others around you are calling. Repeat that call down the line to make sure others behind you have heard it.
4. **Look, look again...** then move. Before making any lateral move, you should look over your shoulder to ensure that no-one is overlapping or overtaking. Don't forget to look over your opposite shoulder before retaking your position in the peloton.
5. **Take your turn.** You won't be thanked for latching onto a group and not making the effort to do some of the leg work. Do some simple maths; if you are in a group of 5 you should be spending a fifth of your time at the front.

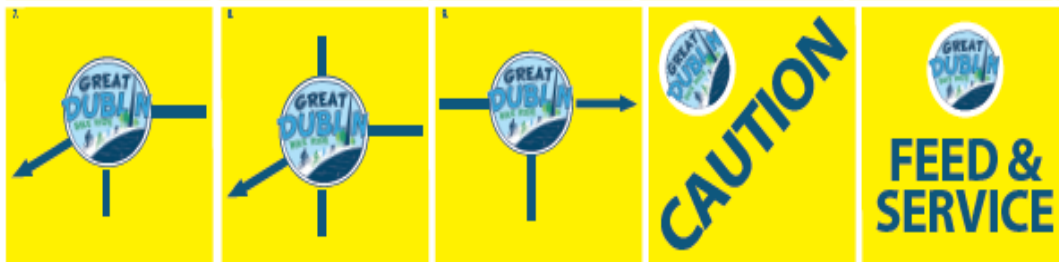


## COURSE SIGNAGE AND NAVIGATION

Please familiarise yourself with the route you're cycling. Details of both routes are contained on our event website.

Course signage for the Great Dublin Bike Ride will be positioned throughout the course and at aid stations. It will be clearly visible and distinguished by its bright yellow background and bright blue font. See examples below.

Please follow this signage and the directions of the marshals and Gardai to navigate your way around the routes.





## AID STATIONS

Location	60km (Green)	100km (Blue)	Refreshments
Elphin Bar, Baldoyle	9.8km	9.8km	
Fingallians GAA	23km		Banana, Bar & Water
Duleek Community Centre		59km	Banana, Bar & Water
Kilbride	14km from finish	14km from finish	
Finish line	60km	100km	Hot Food, Tea, Coffee

### Each aid station and finish line will consist of:

- ✓ Medical support
- ✓ Mechanical support
- ✓ Water
- ✓ Refreshments – see above
- ✓ Toilets

Please note that you must start the event with at least 0.5l of water. No water will be made available at the start, but you can refill your water bottle at any of the aid stations.

## ACCESSING AID STATIONS

All the aid stations will be signed well in advance. If you wish to utilize the aid stations please follow the signs, otherwise you can continue to bypass it. Always check over your shoulder before moving and signal before changing direction e.g. if you're turning into the aid station.

Upon arrival at the aid station, please dismount and avail of the facilities.

## MECHANICAL SUPPORT

Our mechanical support partners will be providing mechanical support for all our riders. Roaming mobile technical support will be available, with static support at the 2 aid stations and the 2 service stations.

We advise all participants to bring with them spare inner tubes and tool kits to avoid long waits for mechanical support and you must also be able to repair a puncture without assistance.



### **'BROOM WAGON' AND RETIREMENTS**

Due to commitments made to local councils, transport authorities and An Garda Síochána all participants will be required to stay ahead of the pace car based on a minimum speed of 19 km/hr for both events.

- The Pace Car for the 60km cycle will be dispatched from DCU 5 minutes after the final wave of the 60km has departed.
- The Pace Car for the 100km cycle will be dispatched from DCU 5 minutes after the final wave of the 100km has departed.

Both will travel at 19km/hr. Behind the Pace Cars will be a number of 'Broom Wagons' (minibuses and vans) for those who cannot complete the course or have removed themselves from the event. These sweep vehicles will return to DCU, Dublin.

If you wish to retire please move to the left-hand side of the road, dismount and stand on the verge away from blind corners. Make yourself known to the 'Broom Wagons' after the Pace Car passes by simply waving them down.

'Broom Wagons' will be easily identifiable with signage.

### **CUT-OFF TIMES**

Strict cut off limit will be enforced at 29.5km on Balheary Avenue. Any cyclist arriving later than 10.09am will be directed straight on, to pick up the 60 km route. This will be strictly implemented by a marshalling team at this junction and the Gardai.

### **MEDICAL SERVICES**

Event organisers will take every necessary precaution to ensure the safety of all athletes and visitors on-site. However, in the event of an incident a team of medical staff, paramedics and doctors will be available through our medical partner the Civil Defence.

There will be mobile paramedics on course with the main medical village located beyond the finish line. There are medical facilities and ambulances at each of the two aid stations along the route also.

Any medical incidents around the venue site should be reported. Medical staff will be dispatched to the appropriate location. Please reference junction number sprayed on the ground if reporting an incident.

We ask all riders to follow the instructions of the medical staff at all times.



### **AFTER THE RIDE**

Once participants have crossed the finish line in DCU, we request that you do not dismount or stop until instructed to do so.

To avoid significant congestion, it is vital that a long run off area is maintained for the safety of all participants.

There will be a bowl of pasta, salad, bread, tea/coffee available for all participants – just show your event number to access this area.

### **LOST & FOUND**

Lost items which have been handed in can be collected from the Info tent in DCU.

### **SOCIAL MEDIA**

The Great Dublin Bike Ride is a celebration of cycling in Dublin and as such we encourage our riders to interact with us through social media.

#### **Handles/Hashtags/URLs**

**Twitter:** @dublinbikeride #CycleYourCity

**Facebook:** [www.facebook.com/greatdublinbikeride](http://www.facebook.com/greatdublinbikeride)

**Instagram:** <https://www.instagram.com/greatdublinbikeride/>

**Email:** [info@greatdublinbikeride.ie](mailto:info@greatdublinbikeride.ie)

Finally, we hope you enjoy the event, make some new friends and continue cycling!

The Great Dublin Bike Ride Team