

INFO PACK

M2M: CUCHULAINN CC MIZEN TO MALIN CHARITY CYCLE



MIZEN - MALIN HEAD CHALLENGE

First things first, if you have a mobile, please put the following mobile numbers into your phone so you can contact us if needed before or during the trip

[Padraig Kelly 087 9931462](tel:0879931462)
[Kevin Hamill 086 6038410](tel:0866038410)
m2m@dundalkcycling.com

We have tried to include a reasonably comprehensive guide to the trip but please free to contact any one of us if you require further information, or if there's something we haven't covered.

GENERAL INFORMATION

Thirty cyclists and support crew are planning to cycle from Mizen Head to Malin Head, a total of 662 km in aid of:

Irish Cancer Society;
Dundalk Simon Community
Down Syndrome Louth/Meath Branch.

We will be using MyCharity.ie as our on line fundraising portal

The following links are the fundraising pages on

www.mycharity.ie:

http://www.mycharity.ie/event/mizen2malin_head_in_3_days_dundalk_simon_community/

http://www.mycharity.ie/event/m2m_head_3_days_down_syndrome_louth_meath/

http://www.mycharity.ie/event/mizen2malin_in_3_days_for_irish_cancer_society/

- ❖ The trip will be limited to 40 people split up into 3 groups to cater for different abilities.
 - Group 1: The average cycling speed for the trip will be approximately 15mph (24km/h) and regular breaks will be taken each day as well as a lunch stop so on average you will be stopping for a break every 30 miles (50km). Group 1 will depart each day at 8am
 - Group 2: The average cycling speed for the trip will be approximately 17.5mph (28.2km/h) but will be set by the group and will stop once for lunch at the mid way point each day.
 - Group 3: This group will have no speed limit and will be high intensity, the group will stop once each day for Lunch at the mid way point of each day
- ❖ For insurance purposes all those participating in the event need to be paid up members of Cycling Ireland. Preference will be given to Cuchulainn Cycling Club Members
- ❖ Breakfast and lunch at the mid day point will be provided each day.
- ❖ Please ensure that if you have any maintenance concerns with your bike that you address them at the end of the day's cycle so as not to hold the group up the following morning.
- ❖ Dinner will also be provided each night in the hotels at approximately 8pm
- ❖ We will have a support van to carry luggage and offer support to anyone in difficulty which will travel between the groups on the road but will move ahead of the groups close to the end of each day so it is at the hotel before the first group arrives. We will also have a support car which will operate between the groups.
- ❖ We ask that if you have a Cuchulainn cycling club jerseys that it be worn as your outermost layer whilst on the bike (unless of course you are wearing a rain jacket). As you can imagine 30 cyclists all wearing the same cycling jerseys arriving in a group through a town has an amazing visual impact and helps to raise awareness of the event.
- ❖ If you have any specific dietary requirements, please let one of us know in advance so we can notify the hotels.

ITINERARY FOR THE TRIP:

Thursday 3rd September –Monday 7th September 2009

(Distances below are approximate, daily route may vary slightly depending on weather conditions)

Thursday September 3rd

- The groups will Leave Dundalk by bus at 14.30 Sharp from the car park of the ICE DOME
- 17.30 Stop Mitchelstown for 45 minutes Depart 18.15 (food stop, not covered by costs)
- Arrive Barleycove Hotel 20.45 <http://www.barleycovebeachhotel.com/holidayhomes.asp>

Friday September 4th

- Lunch in Millstreet Co Cork
- Stay in Castle Oaks House Hotel Limerick (Castleconnell) <http://www.castleoaks.ie/>

Stage	Date	From	To	Distance (Kms)
Stage 1	Friday 4 th Sept	Mizen Head	Limerick	196 Km

Saturday 5th September

- Lunch in Glasson Co Westmeath
Stay in the Cavan Crystal Hotel <http://www.cavancrystalhotel.com/>

Stage	Date	From	To	Distance (Km's)
Stage 2	Saturday 5 th Sept	Limerick	Cavan	196Km

Sunday 6th September

- Lunch in Lifford Co Donegal
- Stay in the McGrory's of Culdaff & neighbouring guest house <http://www.mcgrorys.ie/>

Stage	Date	From	To	Distance (Km's)
Stage 3	Sunday 6 th Sept	Cavan	Malin Head- Malin Village	189Km

Monday 7th September –

- Leave Malin at approximately 11.30am by bus and return to Dundalk by 3pm

THE COST

The total cost is 350 euros which will include:

Return transport to and from Dundalk for you, your bike and one luggage bag per person, support vehicles and drivers, hotel accommodation on 4 nights which includes B&B. evening dinner for 3 nights, lunch each day on the route. The trip is limited to 40 places and will be given on a first come first served basis, based on payment of a 50 euro deposit and completing the application form which needs to be paid by the 1st of May Final payments need to be paid by the 11th of August

ACCOMMODATION

Accommodation used during the event will be basic hotels. There is limited accommodation in Malin where accommodation will be split between the Malin Hotel and a good quality neighbouring guest house. The rooming configuration is likely to be twin room and in some cases triple share configuration.

BIKE TRANSPORTATION COLLECTIONS

Up to 40 bikes are going to be transported in one van so individuals need to pack their bikes securely. There are a number of suggested options available to everyone.

- (1) If you have a bike case or a bike box this is the most secure way to protect your bike,
- (2) Cardboard bike boxes (the ones new bikes are shipped in) generally available free of charge from bike shop
- (3) Loosen the headset, twist the handle bars so they are parallel with the frame and wrap the delicate areas of the bike with pipe insulation foam or bubble wrap

The van carrying the bicycles will arrive in Dundalk with the bus and bikes have to be collected at that point.

LABELLING OF BIKES AND BAGGAGE

Everyone will be issued with a Label (three sticky copies of your name and assigned number). Please place this label 1) on your bike 2) on your baggage and 3) on your helmet.

BAGGAGE TRANSPORT:

Luggage is limited to one bag or case per person to facilitate transportation. Luggage will be taken from one hotel to the next by our support crew. Please bring your bag/suitcase down each morning and put it directly into the van which will be parked out the front. We will ensure that the support/ luggage van is the first vehicle home each day so your luggage is there when you arrive.

CHARITIES

By undertaking the event the club will be supporting a number of local charities. The charities to be supported will be agreed by the group by the end of May. If you have a suggestion for a local charity please include it on the application form

TRANSPORTATION FROM FINISH LINE (MALIN HEAD) TO MALIN HOTEL

This is a short journey (approximately 16 Kilometres). The group will ride back as a single group to the hotel.

CYCLING RULES OF THE ROAD

Again, this is primarily aimed at 'first-timers' but it may be a helpful recap for everyone!

- ✓ **Helmets:** Helmets must be worn at all times on the bike. You will not be allowed to participate in the cycle without one.
- ✓ **Overtaking:** Overtaking should only ever be done on the right hand side, NEVER undertake a fellow cyclist!
- ✓ **Hand-Signals:** Always use hand signals to indicate right & left turns and also please use hand signals to warn cyclists behind you of approaching obstacles, for example, if there is a pothole, point at it as you pass allowing the rest of the group time to avoid it. If the road narrows use a sweeping motion with your left hand, etc. Don't worry if this is unfamiliar to you, it will soon become second nature as you see it in practice on the road.
- ✓ **Group Leader:** A group leader will be appointed to each group
- ✓ **Route Map:** Each group will be issued with a route map which for safety reason they must strictly adhere to.
- ✓ **Group Cycling:** Please ensure that when cycling in a group you stay aware of the other bikes in the group and that you leave at least one bike wheel's gap between you and the bike in front.
- ✓ **Safety:** Lastly, please cycle safely and with caution at all times. Remember, cars that are overtaking you may have been waiting some time to overtake the group and may be driving aggressively as a result.

EQUIPMENT/CLOTHING FOR TRIP

For any of you who haven't been away on a cycling trip before, you may be wondering what to pack...

We have compiled a list of necessary clothing/equipment for the trip that you can tick off as you pack, to ensure you have everything you require. Most of this equipment you will either already have or can be picked up inexpensively.

- Bicycle** - goes without saying!
- Bicycle Helmet** - you will not be allowed participate without one
- 2 x spare tubes** - We will have tubes and maintenance equipment available on the trip but we recommend picking up a couple of tubes suitable for your bike to ensure we have the correct type, these can be picked up in your local bike shop
- Bicycle repair kit/Bicycle Pump/Multi-tool for bike** - These are all available for a few euro at your local bicycle shop. There will be a fully equipped maintenance van with us during the event but it is advisable to have the basics with you in case the van is some distance away from where you are, to avoid delay.
- Cycling Shoes** - whatever type are appropriate for your bike
- Cycling shoe covers –Optional** - If you have hard cycling shoes, it may be worth your while investing in a pair of cycling shoe covers as they keep your feet toasty and warm when the weather is wet or cold
- 2 x pairs of cycling shorts** (Minimum!)
- Cycling Gloves** - Again, these are absolutely essential, not just to keep your hands warm but also because they absorb some of the impact that would otherwise reach your shoulders and neck
- Cycling Jerseys** – If you have a Cunhulainn cycling club jerseys that it be worn as your outermost layer whilst on the bike
- Layers of clothing to wear on the bike** - The weather is of course unpredictable so we recommend bringing lots of layers that you can wear underneath your cycling jersey to keep you warm, i.e. vests/workout tops/long sleeve tops, etc. Also, bring plenty of pairs of socks as you may go through more than one pair a day if the weather is wet
- A Cycling/Waterproof jacket** - Because we're pessimists! If you already have one, that's fine. If you are buying one, please make a bright colour so you can be seen on the road.
- Sun cream** - Because we're also optimists! We will have some sun cream available if the weather is good but if you have particularly fair skin you may wish to bring a high factor of your own

- ❑ **Liquid clothes wash** - such as 'Punch' travel wash, available for a couple of euro in your local supermarket. This makes it easy to hand wash your cycling clothes
- ❑ **Tub of Vaseline** - Need I explain? You may not require it, but if you do it is perhaps not something you will want to share!
- ❑ **Evening wear** - This is entirely up to you but the trip is usually quite casual so a couple of pairs of jeans/trousers and a few tops will probably suffice

DAY 1 MIZEN-LIMERICK



DAY 2 LIMERICK TO CAVAN



DAY 3 CAVAN TO MALIN



Thanks folks, see you all on the 3rd of September! ☺

APPLICATION FORM M2M MIZEN – MALIN 2010

Name: _____

Address. _____

Address. _____

Email: _____

(Please provide an e-mail address, as correspondence for the traveling group will be by e-mail)

Phone/Mobile: _____

In the event of emergency who should be contacted:

Name: _____

Address. _____

Address. _____

Phone/Mobile: _____

WHICH GROUP WOULD YOU PREFER TO TRAVEL IN -- TICK AS APPROPRIATE

Group 1: Touring Group (average speed 15-16 mph)

Group 2: Fast Group (average speed 18-20 mph)

PAYMENT

Non refundable deposit €50 enclosed: