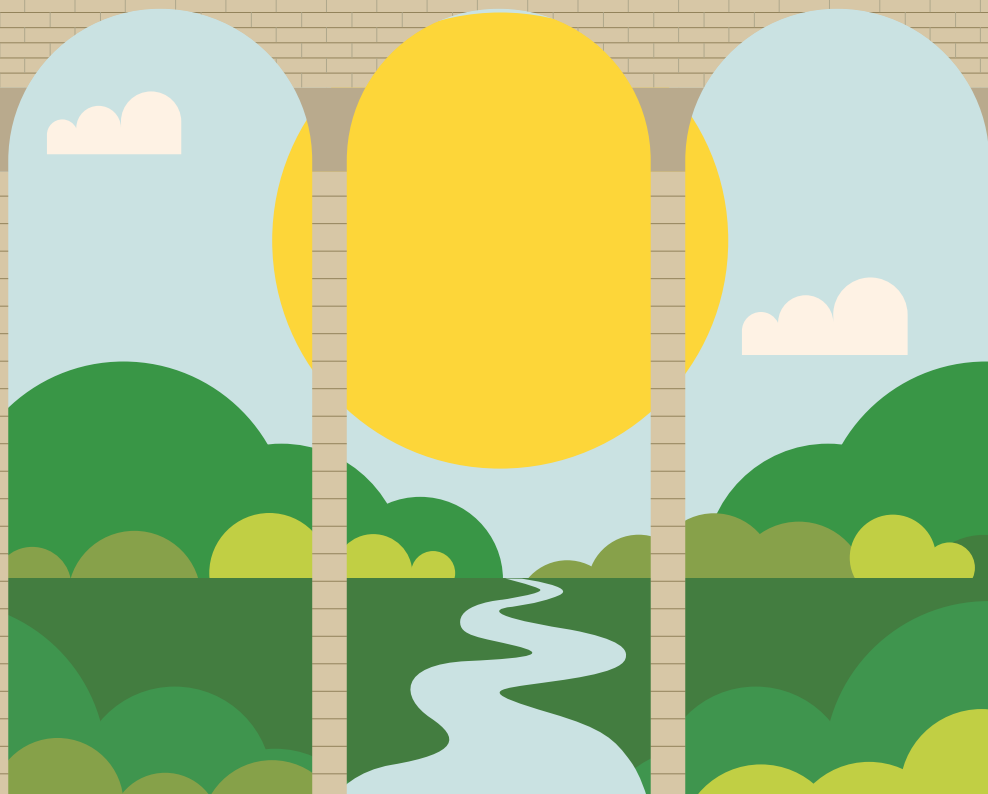


ŠKODA TOUR DE BOYNE VALLEY

CYCLIST SAFETY & INFORMATION GUIDE



EVENT SAFETY

The ŠKODA Tour de Boyne Valley 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 Tour de Boyne Valley are generally quiet roads but you will encounter some main road junctions. Please be aware of traffic on all roads when cycling.

ŠKODA marked directional signs will be placed throughout the route. Cycling marshals will also be present at road junctions. 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. This is located on your Bike Event ID. Please secure this to your bike before you enter the start enclosure.

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 mechanical support team in place that will sweep throughout the route. Bike Mechanics will be located at feed stops and track pumps will be located at a number of points throughout 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
- **HELMETS MUST BE WORN AT ALL TIMES**
- **Leave No Trace - Please bring your litter (gel sachets , wrappers etc.) Home with you**

EVENT SIGN ON

There are two options for participants to sign on for the Tour de Boyne Valley:

- **THE NIGHT BEFORE - Saturday 9th September Between 4pm and 8pm at Western Motors SKODA.**
- **THE MORNING OF THE CYCLE - Sunday 10th September Between 7am and 8:45am at Western Motors SKODA (please allow adequate time for signing on)**

EVENT PARKING

The cycle starts and finishes at Western Motors, M1 Retail Park, Drogheda. Parking Stewards will be at hand on the morning of the event to assist participants. You may be required to park in the retail car park. Please respect commercial premises in the retail park by not causing obstructions when parking.

BIKE EVENT ID

Needs 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 the route services / supports and food stops.

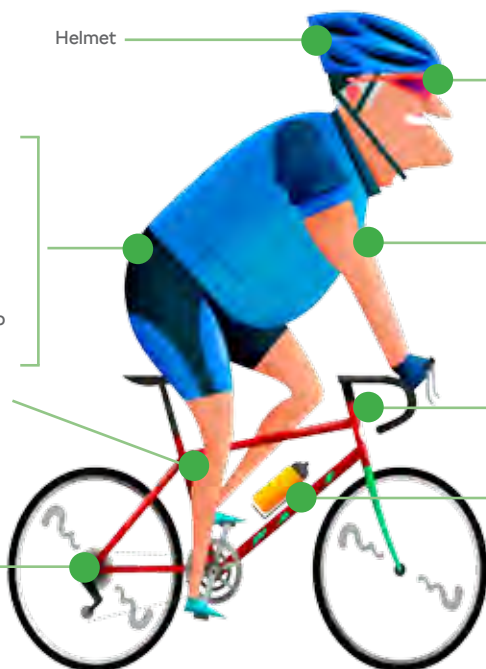


HOW TO PREPARE FOR THE DAY

- > Mobile phone with credit
- > Emergency money & ID
- > Energy snacks/food
- > Wind/Rainproof top - participants must be aware that weather conditions in this area can change. Bring appropriate clothing to keep warm in all conditions

Pump, spare, tubes and or a puncture repair kit

Your bike must be in good working order to cycle either 105km or 155km routes



Helmet

Eye protection is always advisable

Sunblock - we hope you will need plenty of this :-)

Bike lights to improve your visibility are always a good idea

Water bottle or bottles to keep you hydrated

THE ŠKODA CYCLING EXPERIENCE



PRE-EVENT CATERING

Western Motors will be hosting a Pasta Party on Saturday between 4pm and 8pm. Call on down and register early and enjoy some carb filled pasta.



CYCLIST MEDAL

Each cyclist will receive a Tour de Boyne Valley finishers medal as a memento of their great achievement.



ROUTE AND POST EVENT CATERING

All cyclists on the route will be well taken care of with 3 food stops on the 155km route and 2 food stops on the 105km route.



ŠKODA MASSEUSE

For those with tight muscles we will have our ŠKODA Massage therapists at hand when you arrive back from your cycle.



CYCLING JACKET

If you were one of the early bird cyclists who registered early you will be receiving a ŠKODA Tour de Boyne Valley Cycling Jacket.



ŠKODA BIKE MECHANIC

If you have any minor mechanical problems we will have a bike mechanic on duty at Western Motors from 4pm to 8pm on Saturday and from 7am on the morning of the cycle.



START TIME 9.30AM

KM
105
ROUTE



ANNAGASSAN

GRANGEBELLEW

CLOGHERHEAD

TERMONEFKIN

COLLON

MONASTERBOICE

SLANE

DONORE

MCGRUDERS CROSS

START
DROGHEDA
FINISH

WESTERN MOTORS

M3

M1

50K

80K

50KM

80KM

FOOD STOP
Sandwiches,
Tea, Coffee

WATER STOP
Water, Bars,
Bananas

START TIME 9.00AM

KM 155 ROUTE



57KM



WATER STOP
Water, Bars,
Bananas

96KM



FOOD STOP
Sandwiches,
Tea, Coffee

130KM



WATER STOP
Water, Bars,
Bananas



WESTERN MOTORS

ŠKODA CYCLING APPAREL

On Sale at the Tour de Boyne Valley



**Men's
Bibshorts €45**



**Women's
Shorts €40**



**Helmet
€55**



**Men's
Jersey €35**



**Men's
Jacket €65**



**Women's
Jacket €65**



**Women's
Jersey €35**