



The Great Western **Motorway Cycle**



Route 1 Tuam to Gort and back — **100k**

Route 2 Tuam to Athenry and back — **50k**

Sign in from 8.00am Roll out 9.30am

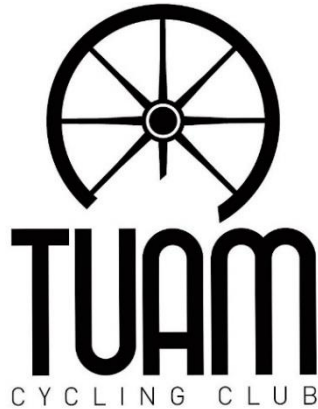


Cyclist Handbook for GWMC Sunday 10th September 2017

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ORGANISERS & SPONSORS



Monaghan & Sons

ŠKODA



The Tuam Herald



Established 1859

What do I do in the event of an emergency on the route?

At registration you will be provided with contact details in the event of an emergency. You will be provided with a sticker that can be placed on your water bottle and this will include the contact numbers for the bike mechanics and first aid personnel on the day.

You are expected to be able to deal with routine problems, such as punctures, yourself. Please remember that the Great Western Motorway Cycle is spread over a large area so it may be some time before help can arrive, particularly if our teams are helping someone else when you call.

The Order of Malta will be on call at the event to provide basic first aid care to participants. If a more serious emergency occurs, the emergency services will be alerted.

Welcome to The Great Western Motorway Cyclist Handbook

On behalf of the event organisers - DirectRoute, Tuam Cycling Club and Tuam & Gort Lions Clubs - thank you for registering to participate in the Great Western Motorway Cycle which is a once in a lifetime opportunity to cycle on the new M17 M18 motorway before it opens to traffic before the end of the year.

The purpose of this handbook is to give participants further information about the cycle including registration, the route including refreshment stops, some dos and don'ts and answers to some general queries that we have received since launching the event.

The registration fees for the cycle will raise much needed funds for the local Lions Clubs in Tuam and Gort. Tuam and Gort Lions Club are charitable organisations and are member clubs of the international Lions Clubs organisation. Lions are men and women who volunteer their time to humanitarian causes in their local communities. They do so in the belief that those who live in a community are in the best position to know who needs help and why. This is achieved through membership of the local Lions Club. All administration costs are paid for through membership fees which ensures that all monies raised goes directly to helping people in need. The Tuam and Gort Lions have been organising fundraising for local charities for many years. We would also encourage all participants to assist us in making this a truly remarkable event by raising charitable funds themselves through sponsorship either in aid of the Lions Clubs or their own chosen charity or other good cause.

Finally, best wishes for the cycle and enjoy the day!

The organising team.

Further information can be found at the dedicated cycle facebook page <https://www.facebook.com/The-Great-Western-Motorway-Cycle-837385573079370/>

Queries can be addressed to the organisers @ info@greatwesterncycle.ie



Steeltech Sheds and Garden Rooms has come on board as a major sponsor of the Great Western Motorway Cycle from Tuam to Gort and back. Steeltech, whose headquarters is close to the Kilmore roundabout on the Galway Road, will provide registration facilities for cyclists before the event and refreshments afterwards.

Announcing the sponsorship, Sara O'Kane, Business Development Manager with Steeltech, said the partnership was a very obvious fit for the company. Steeltech employ 150 people manufacturing and marketing steel sheds and garden rooms. They have 22 depots in Ireland and 4 in the UK and all of their products are made in Tuam.

Pictured below at the launch of the sponsorship are: (L-R) Declan Carney (DirectRoute), Sara O'Kane (Steeltech), John Hansberry (Tuam Cycling Club) and Kevin Brett (Sales Executive, Steeltech)

General / Route

- The event is non-competitive, takes place on closed roads and you must take directions from event marshals on the day. The cycle is on brand new motorway surfacing through gently undulating landscape. The maximum gradient does not exceed 4%. The route is of course fully open to the prevailing elements and over the route distance weather conditions could change dramatically so all cyclists are advised to be fully prepared for all eventualities e.g. sun-cream and rain jacket!
- Both cycle distances start and finish at the Tuam end of the motorway. The 100km route travels to the Gort end of the motorway before returning to Tuam. The 50km cycle goes as far as the Rathmorrissy interchange with the M6 motorway and also returns to Tuam from there. An area map with the overall route shown is included on page 10.
- The route profile can be found here: <https://connect.garmin.com/modern/activity/1907634548> and a snapshot is included on page 11.
- Limited car-parking will be available on the Tuam Bypass, which can be accessed from Kilmore roundabout (see map on page 12). You will be directed by cycle marshals and you must obey their instructions. Please leave sufficient time to move from car-parking to the registration area to the start area. When returning to your car you will be directed to proceed away from Kilmore and exit the Tuam Bypass at the Ballygaddy interchange. While you should not leave valuable items in your car while it is parked the organisers take no responsibility for your vehicle and/or belongings. There is also parking available generally in the Tuam area including local industrial estates – please park safely and do not block accesses etc.

Registration / Sign-In

- To facilitate the numbers likely to be taking part and accommodate those living locally or travelling and staying over the organisers are arranging for registration to commence for a few hours on the day before the cycle i.e. Saturday 9th September. **This window will take place from 12:30 to 3:00pm at Steeltech Sheds (see page 12 for location).** Those signing-in on Saturday can then proceed directly to the entry point for the cycle on the Sunday morning. We would encourage participants to sign-in on the Saturday as there are significant numbers participating and we expect congestion at the sign-in area on Sunday.
- Sign-in and on the day registration on Sunday 10th September will take place from 08:00am to 09:15am on the grounds of Steeltech Sheds (see page 12 for location). We would ask participants to arrive as early as possible to allow registration to proceed in an orderly fashion to ensure that all cyclists can be at the start line for the appointed times. Registration will finish at 09:15 sharp as a short safety talk will commence at the start area at 09:20. The starting area is no more than 5 minutes from the registration area.
- On the day you can choose to change the distance you wish to take part in. The initial selection is to give organisers a rough idea of numbers for provision of refreshments.
- Participants will proceed from sign-in at Steeltech to the head of the M17 motorway where you will be directed to the two separate start lines for the alternative distances. There will also be a bike and cyclist check before entering the start area to ensure that **ALL** cyclists are wearing helmets and that there are **NO** time trial bikes or bikes with trial bars fitted.
- The event will start at 09:30am for the 100km cyclists and at 09:45am for the 50km cyclists.

During The Cycle

- There will be intermediate refreshment stops at the halfway mark on both cycles, at the turnaround zones. The turnaround zones will be sign-posted and marshalled. Please take appropriate care on your approach to these zones and obey instructions. Such are in place for the welfare of all participants.
- A map of the turnaround zone on the 50km cycle (situated at the Rathmorrissy interchange with the M6) is included on page 13.
- A map of the turnaround zone on the 100km cycle (situated at Gort) is included on page 14. Should any participants wish to leave the cycle at Gort they can be facilitated as shown on the map. When cyclists resume at Gort they will do so on a contra-flow until a point approximately 8km from Gort where they will then cross over to the northbound carriageway of the Motorway – details are included on page 16.
- The refreshment areas will serve water, fruit, and snacks. There will also be Powerbar stands kindly provided by Skoda Ireland.
- Toilet facilities will be available at both refreshment areas
- While refreshments will be provided at the half way point for both the 50km and 100km routes, cyclists are advised to also carry any extra food or drink that they may need during the cycle.

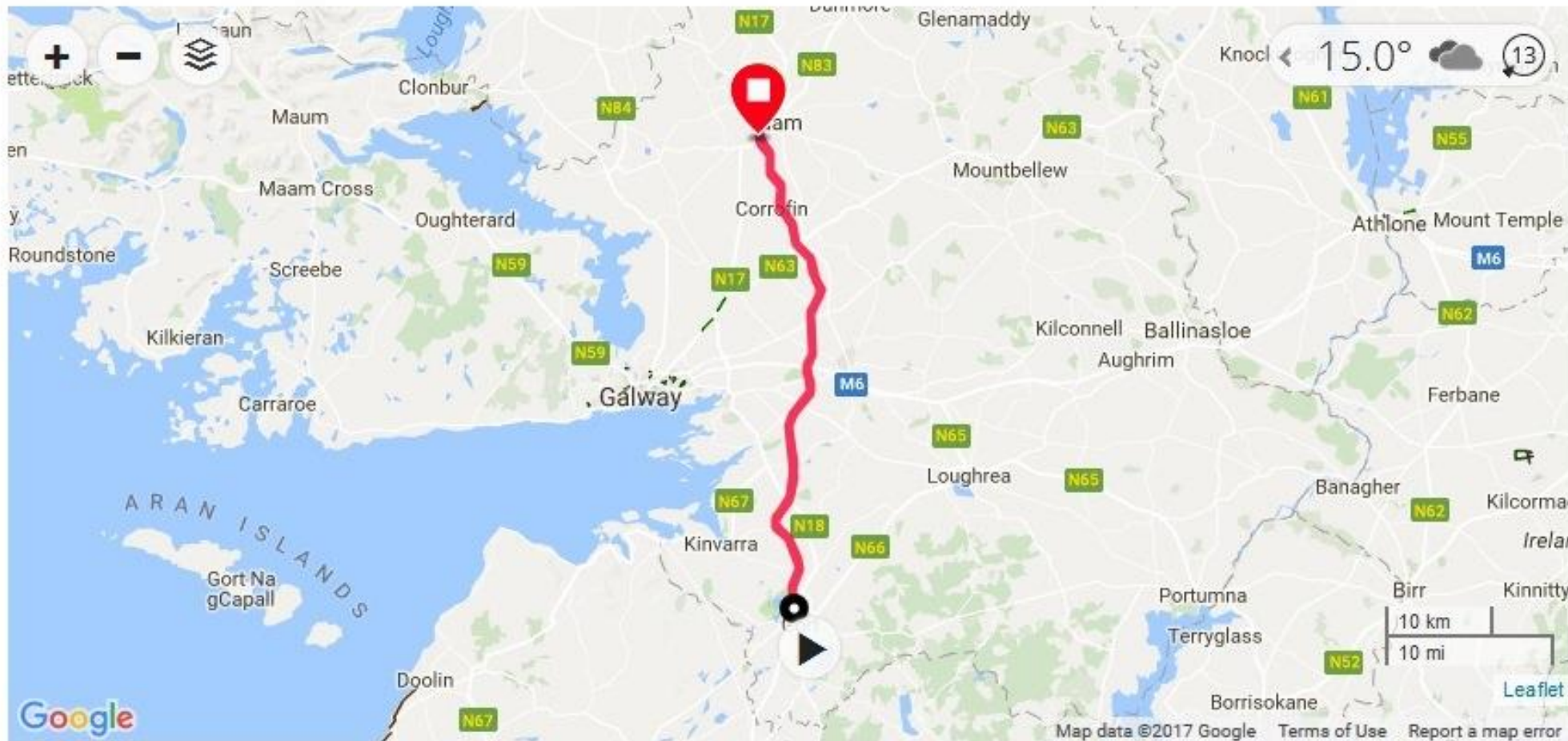
After the Cycle

- Refreshments will be provided on the grounds of Steeltech Sheds after you have completed the cycle. Toilet facilities will also be available.
- Please note that there are no shower facilities available after the cycle.

4. Route Map



4. Route Map - Profile



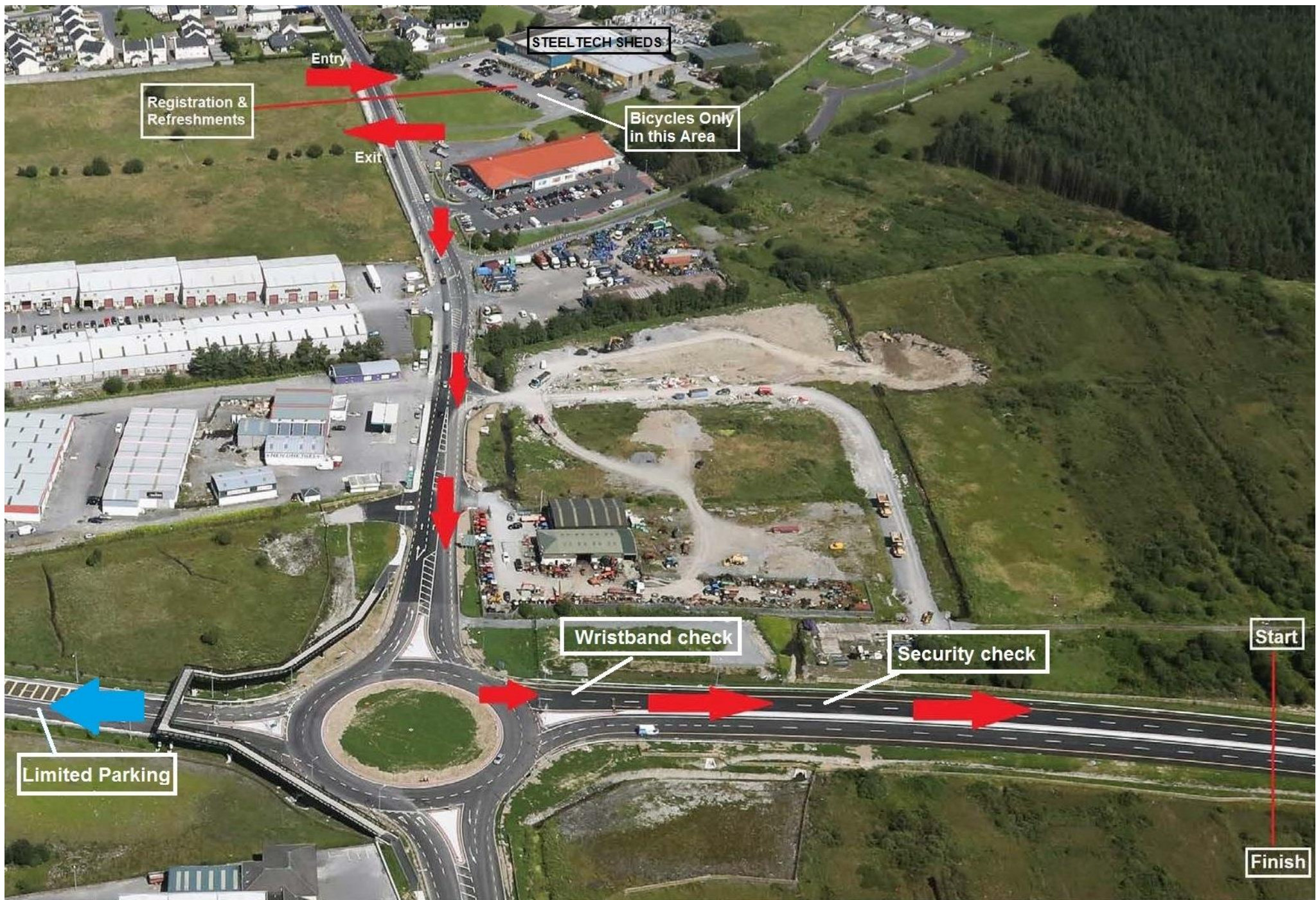
Over Time ▼

Customize ▼

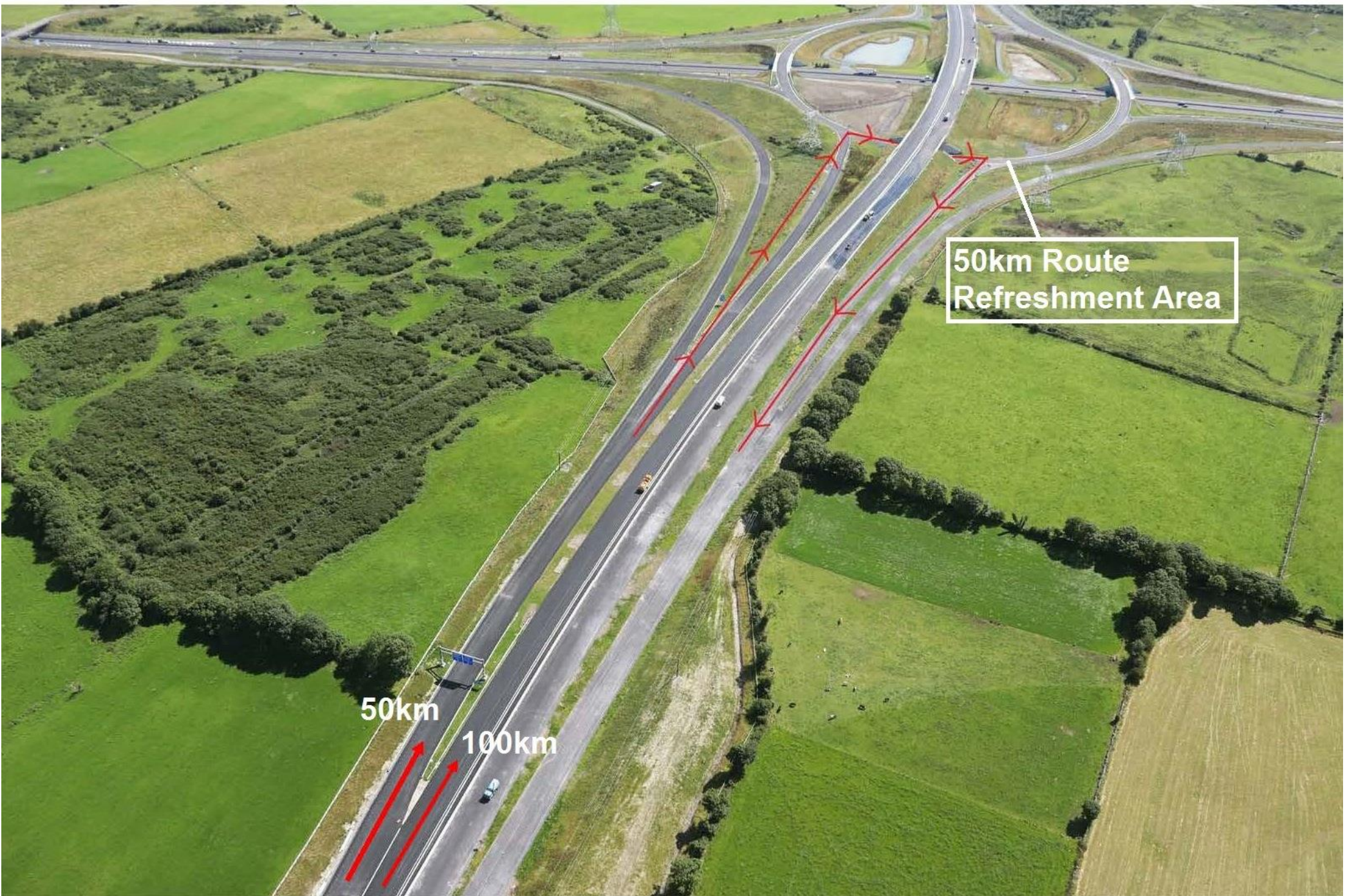
● Elevation



4. Route Map - Kilmore



4. Route Map – 50km Turnaround



4. Route Map – 100km Turnaround



The motorway is divided by a continuous concrete central median barrier which prevents the cycle from continuing back to Tuam on the northbound carriageway immediately from Gort (See previous slide). There is a crossover point in the median barrier 8km north of Gort and the 100km cycle will cross over to the northbound carriageway at that point. There will be a coned off lane from Gort to this point and it will be sign-posted and marshalled. Cyclists travelling south towards Gort need to keep well left for this 8km stretch. Cyclists travelling north back to Tuam also need to stay well left and exercise extreme caution approaching and crossing through the crossover point.

Crossover 8km North of Gort



5. Accommodation

Accommodation is not provided as part of this event. Due to the number of queries received about accommodation in the local area, here is some information and links to some websites that might be of help if you are looking for a place to stay:

- There are two hotels in Tuam Town – The Árd Rí House Hotel and The Corralea Court Hotel.
- There is a choice of hotels and B&B's in the surrounding areas of Tuam, listed in the following link: <http://www.tuam-guide.com/accommodation.htm>
- Galway City is approx. 40 minutes drive from Tuam and boasts a wide range of accommodation from hotels to B&B's to Self-catering apartments. Other towns such as Claremorris, Dunmore, Athenry, Ballinrobe, Mountbellow etc are only a short drive away
- <http://www.tuam-guide.com/accommodation.htm>
- <https://www.galwaytourism.ie/galway-accommodation/>
- [Booking.com](https://www.booking.com)
- trivago.ie
- tripadvisor

Terms & Conditions

The Great Western Motorway Cycle has been designed to offer a once in a lifetime experience for its participants to cycle on the new motorway before it opens to traffic. In order to do this, it is necessary to put in place some conditions to ensure the event runs as safely and smoothly as possible. The following are for the benefit of all and are to ensure that everyone enjoys the event without being put at undue risk by others.

- Cyclists will participate in this event entirely at their own risk. While the route is closed to traffic, with the exception of specific event vehicles, cyclists must still rely on their own ability if hazards are to arise and they must ride in a manner that is safe for themselves and for other participants.
- Cyclists need to take all reasonable steps to mitigate the risks to their own safety and the safety of others participating in the event. All cyclists must wear a safety approved helmet at all times when cycling. Anyone arriving at the bike checkpoint prior to the start-line without a helmet will not be allowed to participate in the event.
- Cyclists are responsible for determining their own fitness to participate in the event with a mind to the two distances that are available to cycle
- All bicycles must be in a road-worthy and well maintained condition. No Time trial bikes or time trials bars are allowed and there will be a bike check before the start-line to enforce this.
- Cyclists are responsible for ensuring that their bike is in roadworthy condition and suitable for the event

- No cyclists below the age of 16 are allowed. The responsibility for demonstrating proof of age is with the cyclist.
- All cyclists between the ages of 16 and 18 must be accompanied by an adult.
- Cyclists must obey instructions given by event stewards/marshals at all times and the Gardaí at the interface with the public road at the N17.
- For their own safety and the safety of others, cyclists must give their full attention to cycling carefully during the event.
- Cyclists may not use a mobile phone while cycling and must stop at the side of the road, and move off the road, if they need to make or receive a call.
- Cyclists may not use a music player while participating in the event.
- Although there will be a bike mechanic available on the day cyclists are advised to carry any extra equipment such as a pump, spares tubes, sun cream, wind/rain gear etc. that they may need during the event.
- Cyclists are advised to take out separate insurance for all personal equipment used during the event as the equipment will not be covered by the event policy.
- Cyclists may not deviate from the official route.
- Participants of the event must accept that no liability whatsoever shall attach to the cycle organisation, charity sponsors, or any cycle official in respect of any injury, loss or damage suffered by the participant in or by reason of the cycle, however caused.

- **Are Cycling Ireland connected to this event?**

No, Cycling Ireland are not affiliated with this event.

- **Do you need to be a member of Cycling Ireland or pay the Cycling Ireland day membership fee to take part in the event?**

It is not necessary to be a member of, or to pay the day membership fee to Cycling Ireland to participate in this event.

- **Who is organising the Great Western Motorway Cycle event?**

The event is organised by DirectRoute (Tuam) Limited, Tuam Cycling Club and the Tuam and Gort Lions Clubs.

- **Is there accommodation provided with this event?**

No we don't provide an accommodation service. See page 16 for some local details on accommodation options.

- **Are group discounts available for participants?**

Before we set up the event we decided to set the entry level to the event at a low cost to encourage registration and allow participants to then potentially raise funds for any good cause of their own choice. The organisers get nothing from the registration fee, the full amount goes to our title charity. Therefore we are unfortunately unable to provide group discounts.

- **When and where will the cycle sign-in take place?**

Sign-In details are on page 8.

- **Is the entry fee refundable?**

The entry fee is non-refundable if you register but decide not to participate. The entry fee is only refundable in the unlikely event of cancellation of the cycle. If you can't make the event the registration is transferrable if you do have someone to take your place. We only ask that you let us know and provide emergency contact details for that person.

- **What do I get for the registration fee?**

Our eternal gratitude and a sense of achievement on completion particularly for the novices amongst us!! The fee includes light refreshments at the halfway points on each route and at the finish of the event. It also includes a wristband and a certificate of participation in the event.

- **Where is the start of the Great Western Motorway Cycle?**

The start and finish of the event will be adjacent to the Kilmore Roundabout on the N17, Tuam – see location map included at page 12.

- **What time does the Great Western Motorway Cycle start?**

Start time details are included on page 8.

- **Can I start at an earlier time?**

No. There will be barricades and stewards at the start to ensure that cyclists start at the pre-appointed time. In addition the emergency and support services will only be available from the official start times.

- **What if I am unable to complete the cycle?**

There will be event vehicles traversing the route that can transport you and your bike back to the start area.

Are the routes closed to traffic?

Both routes are closed to traffic apart from specific event vehicles so please do take care as these vehicles will be floating around the routes. In proximity to the start at the Kilmore roundabout the public roads will be open as usual so expect traffic in the vicinity and obey the rules of the road as you make your way to the registration and start areas.

- **Can I raise sponsorship for my own chosen good cause?**

Yes, all participants are encouraged to do their own fundraising separate from the funds from the registration fee that are being raised for the benefit of our charity partner Tuam & Gort Lions Clubs. If you wish to make use of an online facility the registration portal at iregister.ie contains a link to idonate where you can create your own fundraising page.

- **Can I cycle the route in the reverse sequence?**

No! Under no circumstances can any cyclist cycle the route in reverse. It is dangerous both to the cyclist themselves and other participants. Due to the logistical inputs required and the layout of the motorway itself the routes selected are the optimum available. The turnarounds on each route have to be managed in a safe manner due to the median barrier on the motorway and cyclists travelling in the opposite direction would present an unnecessary hazard to the other road users.

- **Is there all day parking at the start?**

See page 7.

- **Are there lockers available at the start/finish?**

No, there are no lockers or secure storage facilities available at the start/finish of the event. You are advised as normal to not leave valuables in your parked car all day.

- **Are there any prizes?**

There are no prizes except for your own sense of achievement. Every cyclist will get a wristband and a certificate stating that they have completed the Great Western Motorway Cycle. Your certificate will be handed to you as soon as you check in at the finish point.

- **What do I do if I have a mechanical emergency along the route?**

See page 4

- **My spouse/partner/family/friend will be with me but won't be riding. Can they give a hand at the start?**

No, we will have sufficient marshals/stewards and other personnel on the day to help with the event.

- **Have you any other tips for riding the Great Western Motorway Cycle?**

Yes, please ride safely and with care. The Great Western Motorway Cycle is not a race. You must obey the rules of the event, and you must show consideration for other cyclists. Please take care, and encourage riders around you to do so too. And above all, enjoy yourself!