

2019 WICKLOW MOUNTAINS CYCLE CHALLENGE FAQs

WHEN DOES IT TAKE PLACE?

The 2019 Wicklow Mountains Cycle Challenge will take place on Saturday, 18th of May, 2019

WHERE DOES IT START?

It starts and finishes in Russborough House, Blessington, Co. Wicklow.

HOW MUCH IS THE ENTRY FEE?

ENTRY IS FREE FOR THOSE WHO WISH TO FUNDRAISE for the event by raising a minimum €150 in sponsorship. All proceeds go towards improving patient care at St James's Hospital.

If you do not wish to fundraise, you can choose from the following options:

Cycling Ireland Members:

Early Bird: **€45** Normal: **€50**

Non Cycling Ireland Members:

Early Bird: **€50** Normal: **€55** (This includes the €5 fee for 1 day licence).

WHAT DO WE GET FOR OUR ENTRY FEE?

All finishers will receive an exclusive Wicklow Mountains Cycle Challenge Jersey, refreshments at food stops along the route and at finish line.

WHERE DOES MY MONEY GO?

The proceeds from the 2019 Wicklow Mountains Cycle Challenge will be used to purchase new electric beds for the ICU Department in St James's Hospital, Dublin.

WHEN DOES REGISTRATION CLOSE?

Online registration will close at midnight on Wednesday, 15th of May 2019.

CAN I REGISTER ON THE DAY?

Yes, registration is available on the morning of the event. Registration will open at 8am in Russborough House.

WHAT HAPPENS WHEN I REGISTER?

When you have registered on the website you will receive an email confirming your successful registration

CAN I TRANSFER/REFUND MY EVENT ENTRY?

No, all entries are non-refundable and non-transferable.

IS THE EVENT CHIP TIMED?

No, this is not a timed event. All participants are recommended to have an appropriate level of fitness for the event.

WILL THE ROUTE BE MARKED / SIGNPOSTED?

Yes

WHAT EQUIPMENT DO I NEED?

Participants must supply their own bike and helmet, which needs to be fully road worthy and in good working order.

ARE HELMETS COMPULSORY?

Yes

IS MEDICAL ASSISTANCE AVAILABLE?

Yes, we will have an ambulance on both routes.

WHAT IF I GET A PUNCTURE, DO I NEED TO BRING MY OWN SPARE TUBES/PUNCTURE REPAIR KIT?

Yes, you will need to bring your own spare tyre tubes and be able to fix your own punctures. Services crews will be on hand around the route however to assist.

WILL THERE BE MECHANICAL ASSISTANCE ON THE DAY?

Yes, there will be mechanical assistance on both routes.

WHAT DO I DO IF I ENCOUNTER A MEDICAL EMERGENCY?

Contact Event Control. You will be given a contact number when you sign in on the morning of the event.

DO I NEED TO BRING FOOD AND WATER WITH ME?

You should bring at least one full water bottle which you can top up at any of the food stations. It is advisable to bring some bars and eat little and often.

WILL THERE BE FOOD AT THE END?

Yes, there will be hot food served at the end of the cycle.

WHERE CAN I PARK?

Parking is available in Russborough House and it is free of charge.

START TIME?

The event will start at 9:30am – Please make sure you are at the start line on time.

IS THERE SHOWER FACILITIES?

No, there is no shower facilities in Russborough House.

For more information please contact: jamie@supportstjames.ie