Western Lakes CC *Ladies Sportive 2019*

This year the WLCC Ladies Sportive will support Diabetes Ireland in Honour of Rachel McDarby.

Rachel who was a good friend to a lot of people within Western lakes CC suffered from Diabetes since she was a child. She had completed a lot of fund raising activities for Diabetes Ireland over the years and was in the middle of organising more fundraisers before her untimely passing in February of this year. Rachel is fondly remembered by her friends within Western Lakes and the proceeds of this cycle will go to Diabetes Ireland in her honour.

Event Details

Registration times & Location

Date: Sunday 14th July 2019

Location: LAKESIDE SPORTS & FITNESS CLUB

Registration: 08:30 to 09:50

Briefing: 09:50

Start time: 10:00

Entrance fee: €25

A one day cycling Ireland Licence can be bought for €5 on the day.

You can register online through https://eventmaster.ie/event/L2nsp3H76 or on day at the Lakeside Sports centre on the Kilmaine road beside the GAA pitch on the morning of the sportive.

Please leave plenty of time to get to the cycling centre and for registration and pre-Sportive briefing.

What you need at sign on

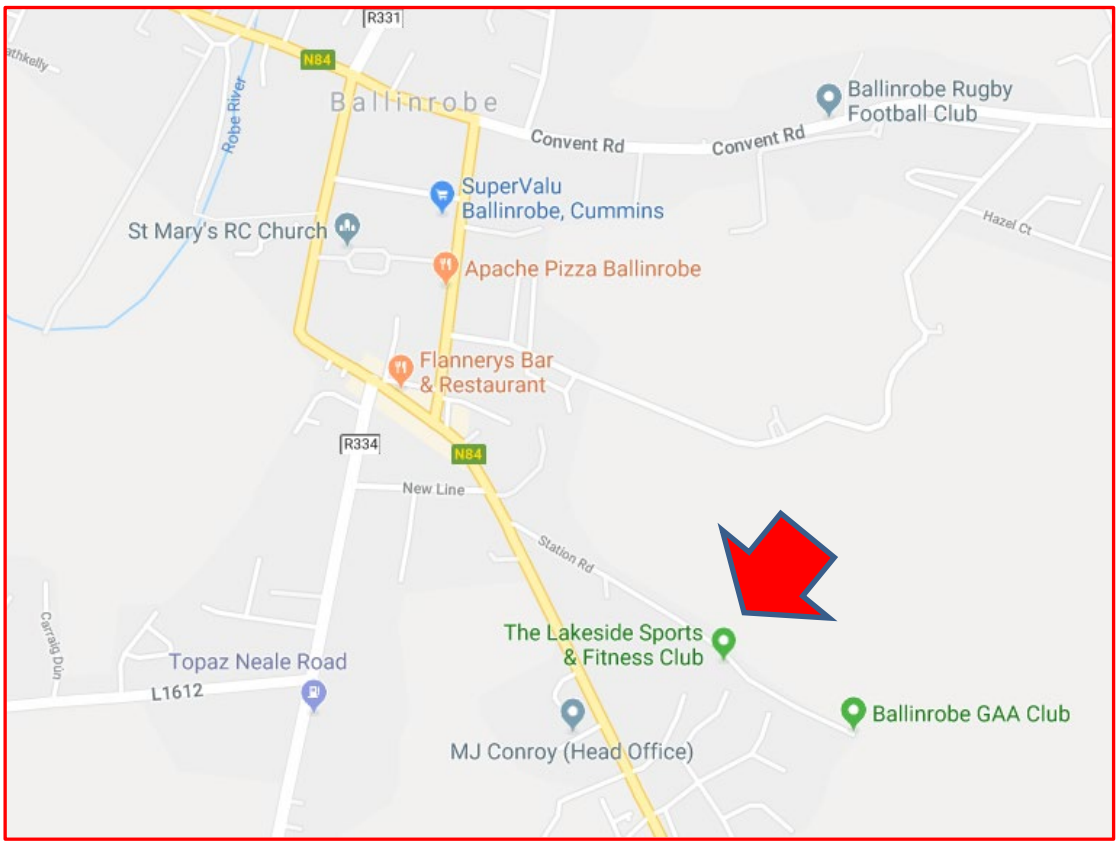
1. Cycling Ireland licence.
2. Emergency contact number.
3. Entrance fee. €25
    a. Cycling Ireland 1 day licence for non Cycling Ireland members are available on the day for €5

Refreshments will be provided at the cycling centre prior to the start of the Sportive.

There will also be a photographer on hand during the Sportive to capture all aspects of the event.

Sign on is at the following location

LAKESIDE SPORTS & FITNESS CLUB
STATION ROAD
BALLINROBE
EIR Code F31 YT18



Event car parking

1. There will be free car parking provided for participants beside the lakeside Sports and Fitness Club.

Note: Please respect the residents of Ballinrobe and do not block access to any of the commercial premises in the town.

What to bring with you on the Sportive

Your bike must be in good working order to take part in the Sportive.
You are also recommended to bring the following with you.

1. Helmet (Compulsory, No helmet No cycle!)
2. Water bottle(s)
3. Spare tubes/Pump
4. Mobile phone / Cash / Identification.
5. Rainproof top and/or Suntan lotion (It is Ireland after all)

Route Map

This is a link to the route for this year's Ladies Sportive.
https://ridewithgps.com/routes/27851970

Route Signage

The route will be signed at all major junctions.

Marshalls

All major junctions will be marshalled.

Food Stop

There will be 1 food stop during the Sportive which is located at Maire Luke's in Tourmakeady.
Sandwiches, Cake, Buns, fruit and water will be provided at the food stop.

There will be a water stop in Clonbur in front of the church. Water and fruit ewill be provided at this stop.

Event Safety

- The Western Lakes Ladies Sportive is not a closed road event and you must adhere to the normal rules of the road.
- You are responsible for your own safety and the safety of others on the road.
- Western Lakes Ladies Sportive is a leisure cycle, Not a race.
- Cycle no faster than your ability and the weather conditions allow.
- **Cycle no more than 2 abreast** when cycling in a group.
- The route selected for The Western Lakes Ladies Sportive is on quiet roads, but you will encounter some traffic and road junctions.
- Marshals will be visible on the route but remember that they are only there to assist. It is your responsibility to check for traffic at junctions.
- Cyclists should be prepared as weather conditions on the Sportive can change and you should bring the right type of clothing to keep warm and dry such as a waterproof warm jacket.
    - **No earphones permitted on the Sportive**
    - **No Tri bars permitted on the Sportive**

Event Security

You are responsible for your bike and helmet always and other gear always.

Bike Mechanic

Marrey Bikes, Ballinrobe will be on hand to resolve any last minute mechanical issues on the morning of the Sportive. Remember: You are responsible for ensuring your bike is in good working order.

Marrey Bikes, Ballinrobe will have a stall at registration on the Sunday Morning.
They will be selling cycling accessories in case you forget anything.
www.marreybikes.com

The below map shows the location of Marrey Bikes in Ballinrobe.

Emergency Medical and/or Mechanical assistance

If you have difficulty on the Sportive that STOP'S you from completing the course or if you are involved in an accident or if you come across an accident please call the emergency numbers provided.

There will be an Order of Malta ambulance supporting the Sportive.

There will also be a neutral service car available to fix any mechanical issues or punctures you may have during the Sportive.

There will be a number of Western Lakes male cyclists taking part on the day to offer encouragement, guidance and assistance along the way if required.

In the event that you feel unable to finish the Sportive for any reason there will be a Broom Van available to bring both you and your bike to the finish line.

The Finish Line

The finish line will be back at the Lakeside sports centre in Ballinrobe.

Showers

Showers are provided at the Lakeside Sports and Fitness Centre.

And finally,….

Overall we hope everyone enjoys this ladies Sportive and blown away by the scenery en-route.

Mayo is known as the adventure capital of Ireland and with gems like Tourmakeady, Maumtrasna, Finny, Clonbur, Lough Na Fooey, Partry Mountains, Joyce Country and Lough Mask, it's a spectacular tour of what Mayo and North Galway has to offer so we hope you enjoy it.