- **<u>Important Event Safety Information – This sheet contains important information and phone numbers and should be carried with you on the event.</u>**
- Hard Shell helmets are compulsory and must be worn at all times on this event.
- Please follow marshal's instructions and park at the side of the GAA complex and on the adjacent training fields. It's important we don't block access to the club while we're away on the cycle.
- Both distance groups will start together at 9.30am sharp. As there is a roundabout and short steep hills and descents at the beginning of the ride, the cycle will be neutralized for the first 5kms to get the bunch safely out of town. All riders MUST stay behind the lead vehicle and respect marshal's advice. They are there for YOUR safety.
- **The Mount Leinster Challenge is NOT a race**. Riders are free to travel at their own pace but <u>normal rules of the road apply at all times</u>. Riders should not be more than two abreast at any time and must not cross the white line. Please be courteous to other traffic and pedestrians. While marshals may assist at some road junctions, they are there to provide directional assistance and <u>you must rely on your own judgment as regards your safety</u>. The roads will be marked with direction arrows marked MLC or SCC.
- In particular riders should observe **EXTREME CAUTION** when descending from Mount Leinster. The first half of the descent is open and fast, and riders can attain very high speeds. While the road surface is quite good be aware that potholes may have opened and there is also a risk of sheep/horses on the road. There are three cattle grids in total, two on the descent. While they can be ridden over they should be **CROSSED WITH CAUTION** and riders should brake well in advance. **If you are not confident riding over the grids our advice is to stop and walk across**. After the cattle grids the road narrows with high hedges on each side and becomes twisty and riders should exercise extra care. Be aware the road is fully open and you may meet traffic travelling in the opposite direction.
- There will be several marshals/service cars and first aid personnel following the event. These will move up and down the route over the day. If you are in any difficulty alert the marshals who will try to assist.
- **Important Contact Numbers:** The following people are in lead cars or support vehicles and can be contacted on Saturday in case of emergency or for information;

- Mick Byrne 087 1774553 Pat Whitney 086 8172231
- Liam Ruth 087 8334592 Mick Howe 087 9171824
- Paddy Dunne 087 6842503 (Kiltealy feed stop)
- *Service*
- Frank Dunne 087 9484477 Pat Dobbs 087 7585604
- *Medical Assistance*
- Paddy Redmond, Red Cross 087 6843637
- The Red Cross will have an ambulance plus an emergency technician in a private car.
- Slaney CC is very proud of the fantastic scenery and environment of the Mount Leinster area. Please respect the countryside by not littering and bring any rubbish to the feed station where it will be disposed of.
- **Finally – Enjoy yourself! What you are achieving today ordinary members of the public could only dream about. Be proud of your achievement and have a great day**