

An Post Tour of Sligo 2010

Entry Form



Please see our website www.sligosportandrecreation.ie for more information on the event, the routes, maps, details of how to enter, local information etc...

ROUTE	ENTRY FEE (Pre-Registration)	MINIMUM AGE REQUIREMENT
10km Hazelwood Spin for All	€5 per family/person	10 years on 9/5/2010
60km Lough Gill Circuit	€20 per person	14 years on 9/5/2010
160km Ox Mountain Challenge	€30 per person	16 years on 9/5/2010

Please note: Due to the planning requirements involved in this event, late entry fee penalties will apply to applications after the closing date of 29th April 2010 as follows:

Hazelwood Spin for All	additional €5 per family/person	ie €10 per family/person
Lough Gill Circuit	additional €10 per person	ie €30 per person
Ox Mountain Challenge	additional €10 per person	ie €40 per person

A few points of note...

- The entry fee includes your T-Shirt, goody bag, certificate, refreshments during and after the event, use of changing and shower facilities at the start/finish, and use of various support services during the event
- The entry fee is non-refundable
- Cheques should be crossed and made payable to 'Sligo Sport and Recreation Partnership'
- Euro cheques/ postal orders/bank drafts will be accepted
- Under no circumstances should cash be sent in the post



**+ living legend
SEAN KELLY
cycling on the day!**

Completed entry forms and fees should be returned to:

An Post Tour of Sligo Committee,
Sligo Sport and Recreation Partnership, VEC
Offices, Riverside, Sligo

By Thursday 29th April 2010

Find out more:

www.sligosportandrecreation.ie Tel: +353 (0)71 9161511 Email: info@sligosportandrecreation.ie

An Post Tour of Sligo *General Information*

Safety First

A hard shell helmet is compulsory for every cyclist. Participants need not require a very expensive bike, but it must be well maintained and in roadworthy condition. The roads will remain open at all times and in the interest of safety, participants must obey the instructions of the Gardai, the Civil Defence and other event personnel on the day. Please be aware of other road users at all times.

Sign-on

All intending participants will have already registered on or before Thursday 29th April. You will receive your entry pack by post which will include your acknowledgement letter, route map, information on Sligo, charity sponsorship card and parental consent form (where applicable).

All participants must sign-on on the weekend of the event at which point each cyclist will receive their event number, T-shirt, goody bag and food wrist band.

Sign-on will take place in Institute of Technology Sports Centre, Ballinode on Saturday evening (8th May) 4.00pm-6.00pm and on Sunday morning (9th May) during the following times: 7.30am-8.30am (160km), 8.30am-9.30am (60km) and 10.00am-11.30am (10km).

Participants under 18 years of age must produce a completed 'Parental Consent Form' at the sign-on.

Note: Goody bag/ T-shirt cannot be guaranteed to people who have not registered before the official closing date of Thursday 29th April 2010.

Start

The event will start (and finish) at the Institute of Technology Sports Centre, Ballinode, Sligo.

Start times will be as follows:

160km Ox Mountain Challenge..... 9.00a.m.

60km Lough Gill Circuit 10.00a.m.

10km Hazelwood Spin for All 12 noon

Event Number

Numbers will **not** be posted out and will only be available at sign-on. Every cyclist must wear their number **on their back** for the duration of the event.

Facilities

Event HQ for the day is the Institute of Technology Sports Centre, Sligo. Free car parking will be provided on the day. In addition to sign-on facilities, the IT Sports Centre will provide toilets, changing and shower facilities.

Feeding Stations

Toilet facilities available at all feeding stations and water stops except Lough Easkey.

10km Hazelwood Spin for All – There will be a water/fruit stop at Hazelwood and refreshments goody bag at IT Sligo on return.

60km Lough Gill Circuit – There will be 1 food station on this route at St. Michael's GAA Club Ballintogher (24km). Also, there will be a water/fruit stop at Sligo Rugby Football Club Strandhill at the foothills of scenic Knocknarea (50km).

160km Ox Mountain Challenge – There will be a water/ fruit stop at St. Michael's GAA Ballintogher (24km). The first food stop will be at Coolaney Community Park (47km). Further water stops will be available on the shores of the scenic Lough Easkey (77km) and further on at Eamon Burkes, Skreen (100km). A second food stop will be available again at Coolaney Community Park (120 km) as the cyclists pass through the village for the second time as they head homewards.

Keep Sligo Clean

We would ask all cyclists to leave nothing behind but their tyre tracks! You will be cycling through some of the country's most spectacular scenery so please keep it that way and don't litter.

Weather Conditions

This is early summer in the North West so pleasant weather should be the order of the day. However, as we are well accustomed to rain in this part of the country, participants would be well advised to bring some wet weather gear. In the event of inclement weather the organisers have the right to alter the route.

First Aid

First-Aid will be provided on the day by the Civil Defence/Red Cross. There will also be service vehicles (for mechanical difficulties) and a broom wagon.

Due to the vast nature of the course it is difficult for the organisers to guarantee transport back to Sligo, for every cyclist who gets into trouble. However, if you do get in to difficulty, please inform event personnel immediately (each cyclist will be issued with a list of contact numbers for the relevant route) and we will endeavour to remedy each individual situation.

Finish Area

All 3 routes will finish adjacent to event HQ at IT Sligo Sports Centre. Here you will receive your specially designed finishers certificate. Refreshments, shower/changing facilities and toilet facilities are all available here.

Charity

The nominated charity for this event is the St John's Hospital Sligo, Garden Room Committee. A sponsorship card will be issued to all participants in their entry pack. It is optional for each cyclist whether or not he/she wishes to raise money for the charity but we hope that most will raise a little for this nominated charity, who do such great work in caring for the elderly in Sligo and the North West region. If you are donating to this charity we ask you to bring any monies collected to the sign-on where the representatives of the charity will be present to accept sponsorship cards. Significantly, St. John's Hospital Sligo Garden Room Committee was our chosen charity for the 2009 event and they provided huge voluntary support in the hosting of the food stops and we hope to add to the whopping €10,000 raised in 2009 for this worthy charity.

Enjoy the Weekend in Sligo

Family and friends who wish to experience something different to cycling can enjoy a wealth of cultural, scenic and adventure activities around Sligo including The Yeats Trail, iconic Benbulbin mountain and a wide range of adrenalin pumping watersports.

Also, all welcome to come along to our '**An Post Tour of Sligo pre event Get Together**' on Saturday evening 8th May from 7pm to 9pm and enjoy an informative cycling workshop, slideshow from the 2009 event and pre event pasta meal.

Remember:

By adhering to the rules and regulations of the event , all cyclists will have a fun, safe and memorable day.

Please complete **ENTRY FORM** and remember to sign the **TERMS AND CONDITIONS OF ENTRY** on the reverse.

Further information:

www.sligosportandrecreation.ie Tel: +353 (0)71 9161511 Email: info@sligosportandrecreation.ie



ENTRY FORM

A

60Km Lough Gill Circuit / 160Km Ox Mountain Challenge

PLEASE COMPLETE THIS FORM CLEARLY IN BLOCK CAPITALS

Note: One cyclist per form only

NAME: ADDRESS: DOB M/F

EMAIL: TEL:

SIGNATURE OF PARENT/GUARDIAN:

PLEASE NOTE: Entrants who are under 18 years of age on the 9th May 2010 must have permission from a parent/guardian to participate in the event.

PLEASE SELECT ROUTE: 60KM LOUGH GILL CIRCUIT 160KM OX MOUNTAIN CHALLENGE

FEE ENCLOSED € CHEQUE POSTAL ORDER OTHER

How did you hear about the An Post Cycle Series? (Please tick one or more)			Please tick this box if you would NOT like to receive further information from the partners of the An Post Cycle Series <input type="checkbox"/>	
Newspaper <input type="checkbox"/>	Promotional Flyer <input type="checkbox"/>	Other... <input type="checkbox"/>	Are you a member of a cycling club? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Radio <input type="checkbox"/>	Word of mouth <input type="checkbox"/> <input type="checkbox"/>	If yes, please provide club name	
Internet <input type="checkbox"/>	Cycling Ireland <input type="checkbox"/> <input type="checkbox"/>		

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ENTRY FORM

B

10Km Hazelwood Spin for All

PLEASE COMPLETE THIS FORM CLEARLY IN BLOCK CAPITALS

Note: One family per form only

NAME: ADDRESS: TEL: DOB M/F

1

2

3

4

5

6

PLEASE IDENTIFY PARENT/GUARDIAN FROM THE ABOVE GROUP AND SIGN BELOW:

NAME:

SIGNATURE OF PARENT/GUARDIAN:

EMAIL:

FEE ENCLOSED € CHEQUE POSTAL ORDER OTHER

How did you hear about the An Post Cycle Series? (Please tick one or more)			Please tick this box if you would NOT like to receive further information from the partners of the An Post Cycle Series <input type="checkbox"/>	
Newspaper <input type="checkbox"/>	Promotional Flyer <input type="checkbox"/>	Other... <input type="checkbox"/>	Are you a member of a cycling club? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Radio <input type="checkbox"/>	Word of mouth <input type="checkbox"/> <input type="checkbox"/>	If yes, please provide club name	
Internet <input type="checkbox"/>	Cycling Ireland <input type="checkbox"/> <input type="checkbox"/>		

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IMPORTANT ALL PARTICIPANTS MUST READ AND COMPLY WITH THE FOLLOWING TERMS AND CONDITIONS OF ENTRY OUTLINED BELOW

Terms and Conditions of Entry

- All participants must wear a hard shell crash helmet- Anyone without a helmet will not be able to participate.
- All participants are responsible for their own safety.
- All entrants participate at their own risk.
- All participants must obey the rules of the road at all times. Be aware of other road users. This event will be run on open roads.
- Participants must obey the instructions of the Gardaí, the Civil Defence and event marshals at all times.
- Due to the challenging nature of the event a good level of fitness is required particularly for the Ox Mountain Challenge and to a lesser extent for the Lough Gill Circuit. If you have not participated in a physical activity for some time please consult your GP before embarking on a training programme for this event.
- All bicycles should be in a well-maintained, road-worthy condition. Participants are advised to carry a pump, spare tubes etc.
- Refreshments will be provided en-route and at the finish area but participants are advised to carry their own food and drinks.
- Participants must follow the road signage for their chosen event. Participants must wear their event number at all times. These will be issued at sign-on along with your T-Shirt, route information and goody bag.

The following age-limits apply:

10km Hazelwood Spin for All: participants must be aged 10 or over on 9/5/2010 (must be accompanied by parent/ guardian). Children between the ages of 6 – 9 years will have an opportunity to take part in Safer Cycling Skills and Drills at the IT Sligo event head quarters.

60km Lough Gill Circuit: participants must be aged 14 or over on 9/5/2010.

160km Ox Mountain Challenge: participants must be aged 16 or over on 9/5/2010.

Registration & Start for all routes will be at the **Institute of Technology Sports Centre, Ballinode, Sligo.**

Registration & Start Times will be as follows:

EVENT	SIGN IN	START TIME
10km Hazelwood Spin for All	Sat 8th 4.00pm to 6.00pm Sun 9th 10.00am to 11.30am	Sunday 9th May at 12.00noon
60km Lough Gill Circuit	Sat 8th 4.00pm to 6.00pm Sun 9th 8.30am to 9.30am	Sunday 9th May at 10.00am
160km Ox Mountain Challenge	Sat 8th 4.00pm to 6.00pm Sun 9th 7.30am to 8.30am	Sunday 9th May at 9.00am

Participants should allow plenty of time to sign on prior to the event start.

Participants are asked not to litter and please keep County Sligo clean.

I hereby agree to follow the instructions of the organising committee and marshals.

I understand that I am bound by the rules of the road.

I understand that as part of the An Post Tour of Sligo photographs will be taken for publicity purposes.

I will take all reasonable steps to mitigate risks to my own safety, including the wearing of a cycle helmet, and the safety of others participating in and assisting with the event.

IMPORTANT: By signing this entry form I agree to the Terms and Conditions of Entry

SIGNATURE:

SIGNATURE OF PARENT/GUARDIAN

(If participant will be under 18 years of age on 9th May 2010)

Please send your completed entry form & cheque/postal order to:

An Post Tour of Sligo Committee, Sligo Sport & Recreation Partnership, VEC Offices, Riverside, Sligo

THE CLOSING DATE FOR RECEIPT OF ENTRIES IS: **Thursday 29th April 2010**