

An Post Tour de Burren 2012

Get on your bike! Saturday 23rd June

Choose from 4 routes

◆ **3 New Exciting Routes
& Distances**



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

Online Entry
Closing
Wednesday 20th
June, 2012 5pm or
when 2,500
capacity is reached.

ROUTE

ENTRY FEE (PRE-REGISTRATION)

Aillwee Cave Family Loop	12 km	€2 per person
◆ The Black Head Battle	66 km	€30 per person up to June 15th €35 After
◆ Burnin Burren	108 km	€35 per person up to June 15th €40 After
◆ Fr. Ted's Day Out	162 km	€35 per person up to June 15th €40 After

10% Discount on the 66Km, 108Km and 162Km cycle to all Cycling Ireland Members

A few points of note.....

- The entry fee for the 66km, 108km and 162km cycles includes your goody bag, refreshments and use of various support services during the event.
- The entry fee is non-refundable.
- Cheques should be crossed and made payable to 'Clare Sports Partnership'.
- Euro cheques/ postal orders/bank drafts are accepted.
- On Line registration is available on www.burrencyclingclub.com.
- No cash entries accepted.



Completed entry forms and fee
should be returned to:

An Post Tour de Burren,
Clare Sports Partnership,
Unit 1 Westgate Business Park,
Ennis, Co. Clare

Find out more

T: +353 (0)65 686 5434 | E: info@claresportspartnership.ie | www.tourdeburren.com



Tour De Burren *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 and remember you are bound by the rules of the road.

Sign On

All participants who have already registered on or before Wednesday 20th June will have received a confirmation email containing their registration bar code. It is essential that you bring the bar code with you as it will be needed to facilitate the sign in process. Event Sign in will take place at the pier in Ballyvaughan.

See back page for times.

Facilities

Event HQ for the day is The Pier, Ballyvaughan
Free Car Parking Toilets.
Toilets will also be available at feeding stations.

Start

The event will start and finish at the Sea Front, Ballyvaughan.
THE EVENT WILL START ON TIME!

Start Times will be as follows:

Aillwee Cave Family Loop - 12 km Saturday 23rd June at 11.30am
Black Head Battle - 66km Saturday 23rd June at 11.00am
Burnin Burren - 108km Saturday 23rd June at 11.00am
Fr.Ted's Day Out - 162km Saturday 23rd June at 9.30am

Aillwee Cave Family Loop 12 km

This is a family spin and over half the route will take families along green roads. Refreshments will be provided at the halfway mark in Aillwee Caves and again at the finish at the Pier in Ballyvaughan

Black Head Battle 66km

This year leaving the Coast Road, through Fanore and up Ballinalacken, a 2.5km climb followed by a right turn down to Doolin. Yes, just like the 166km and 108km routes this spin also goes up the Castle Hill, a 1km long climb with a 16% gradient in spots. You can do it, just tell yourself you can! Once at the top, a left turn and all the hard work is done where you will roll to Lisdoonvarna for welcome refreshments. A left outside the gate, onto the Ballyvaughan road where just 5km out you will take a left turn and cycle down through the Caher Valley with spectacular views of Galway Bay and the Burren. A right turn at the bottom and a gentle spin home by Black Head.

Burnin Burren 108km

This year leaving Ballyvaughan via the Coast Road, through Fanore Village and onto a small 2.5km Climb up Ballinalacken and descending into Doolin. Be ready now for Castle Hill! A short 1km climb but a 16% gradient in spots, OUCH! Turning left at the top and into Lisdoonvarna for a welcome food stop. On towards Kilfenora where you take a left turn a few kilometers out at Lemenagh Castle. Moving swiftly past the world famous Poul na Brone Dolmen and rolling to the bottom of the Corkscrew Hill, sure you just love that hill!. After the Corkscrew we head for Lisdoonvara for more optional refreshments before a rolling spin home by the beautiful Coast Road.

Fr. Ted's Day out 162km

Leaving Ballyvaughan via the coast road and around by Black Head, the first climb comes here at the left turn before the pub in Fanore - a climb of 4.5km with varying gradients where you can actually see the top all the way up if you look at the house on the skyline. With a very fast descent, what local cyclists call the "Fanore D'heuz", we are back on track for Doolin. A small climb of 2.5km just before the turn down to the village, a reminder of what's to come. Castle Hill - short at 1km but a 16% gradient will test those legs for a few hundred meters, taking a right turn at the top and a small 2.5km climb to the Cliffs of Moher. After a welcome descent into Lisconnor, we take a left at the edge of the village and back up Doonagore - not very steep, but at 5km, it is long and steady. After another descent into Lisdoonvarna and we are ready for a welcome food stop. All of this with only 63km done!

So then we head for Kilfenora, a left turn towards Lemenagh Castle. 6km later at Kilnaboy we turn 90 degrees left. After a few kilometers the view to the left will be Mullaghmore Mountain and on the right, it has to be Craggy Island!! After an optional cup of tea we pedal to the next junction where we turn left and roll into the bottom of what we call the Mini Corkscrew but known to others as Glann Hill (we introduced this hill last year and brought it back due to popular demand). After a fast and furious 3km descent into Carron, past the Dolmen, to the bottom of the Corkscrew Hill, sure we couldn't leave it out, and onwards to Lisdoonvarna. Here we stop for an optional break, rolling home by the Coast Road. Phew!

Whilst en Route

Service vehicles will patrol all the routes and offer assistance where required. Remember, it is not a breakdown service and all participants will be expected to perform their own minor repairs. More serious breakdowns will be assisted where possible. Repairs - Tubes and tyres will incur a cost. Please carry some cash to facilitate this. **This is not a Free Service.** Directional signs will be obvious to all and major junctions and hazards will be manned by stewards.

Keep Clare Clean

You will be cycling through some of the world's most unique and spectacular scenery so please keep it that way and don't litter. Remember; please leave it as you would like to find it.

Weather Conditions

This is mid summer in the West so pleasant weather should be the order of the day. However, as we are well accustomed to wind and rain in this part of the country participants are advised to bring some wet weather gear.

First Aid

First-Aid and a broom wagon will be provided on the day. Due to the vast nature of the course it is difficult for the organisers to guarantee transport back to Ballyvaughan for every cyclist who gets into trouble. However, if you do get in to difficulty, please inform event personnel immediately and we will endeavour to remedy each individual situation.

Finish Area

All 4 routes will finish at the Pier, Ballyvaughan Here you will receive your specially designed finisher's certificate, Tour de Burren merchandise. Refreshments, changing facilities & toilet facilities are all available here. All participants requested to be finished the route by 6.30pm. The organizing committee will not be responsible for participants after this time"

Remember: No sign on, no insurance! - No helmet, no cycle!

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

For further Information:

Tel: +353 (0)65 6865434

info@claresportspartnership.ie

www.burrencyclingclub.com

*The Blackhead Battle 66 km ~ Burnin Burren 108km
Fr. Ted's Day Out 162km*

Entry Form

PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

Note: One Cyclist per form only. Please enclose correct fee for your chosen event. Please send your completed form & cheque / postal order to: An Post Tour de Burren, Clare Sports Partnership, Unit 1, Westgate Business Park, Ennis, Co. Clare. CLOSING DATE FOR RECEIPT OF ENTRIES IS Wed. 15th June, 2012

Name: _____ Address: _____ Tel: _____ DOB _____ M/F _____

Email: _____

Signature of Parent/Guardian: _____

Please select route:

*The Blackhead Battle
66km*

*Burnin Burren
108km*

*Fr. Ted's Day Out
162km*

Fee Enclosed € _____ Cheque Postal Order Other _____

Cycling Ireland Club Membership Number:

How did you hear about An Post Cycle Series? (please tick one or more)

Newspaper Promotional Flyer Other: _____
Radio Word of Mouth _____
Internet Cycling Ireland _____

Please tick this box if you would like to receive further information

from Clare Sports Partnership, on similar events.

Are you a member of a cycling club? Yes No

If yes, please provide club name: _____

Entry Fee is non refundable

OR

Aillwee Cave Family Loop Entry Form

12Km Aillwee Cave Family Loop | PLEASE COMPLETE THIS FORM CLEARLY IN BLOCK CAPITALS |

Note: One family per form only. Fee €2 per participant.

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 _____

• Entry fees are non refundable.

How did you hear about An Post Cycle Series? (please tick one or more)

Newspaper Promotional Flyer Other: _____
Radio Word of Mouth _____
Internet Cycling Ireland _____

Please tick this box if you would like to receive further information

from Clare Sports Partnership, on similar events.

Are you a member of a cycling club? Yes No

If yes, please provide club name: _____

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 in the 66km and 108km must be aged 12 or over on 23/06/2012
- All participants in the 162km be aged 16 or over on 23/06/2012
- All participants under the age of 18 must be accompanied by an adult at all times
- No Tri Bars allowed on bikes and no ear phones to be worn by cyclists
- 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 high level of fitness is required for the Fr Ted's Day Out and to a lesser extent for the Burnin Burren and Black Head Battle events. 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.
- Participants are advised to take out separate insurance for all personal equipment such as bicycles, computers etc these are not covered under the event policy
- Refreshments will be provided en-route and at the finish area but participants are advised to carry their own food and drinks
- Cycling Ireland membership card must be presented at sign in to validate discount. No card - no discount
- Photographs/video footage will be taken for publicity purposes

Registration & Start Times will be as follows:

Event	Sign In	Start Time
Aillwee Cave Family Loop 12 km	Fri. 22nd 4pm to 10pm Sat. 23rd 7.30am to 11.30am	Saturday 23rd June at 11.30 am
Blackhead Battle 66 km	Fri. 22nd 4.00pm to 10.00pm Sat. 23rd 7.30am to 10.30am	Saturday 23rd June at 11.00 am
Burnin Burren 108 km	Fri. 22nd 4pm to 10pm Sat. 23rd 7.30am to 10.30am	Saturday 23rd June at 11.00 am
Fr. Ted's Day Out 162 km	Fri. 22nd 4pm to 10pm Sat. 23rd 7.30am to 9am	Saturday 23rd June at 9.30 am

**Participants should allow plenty of time to sign on prior to your event start.
Participants are asked not to litter and please keep County Clare 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 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 23rd June 2012)

***Please send your completed entry forms and fees to:
An Post Tour de Burren, Clare Sports Partnership, Unit 1, Westgate Business Park, Ennis, Co. Clare***

Online Entry Closing Wednesday 20th June or when 2500 capacity is reached.