



The Calcutta Cycle Sportive

Saturday 20th May 2017

Participant Information Booklet

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EVENT TIMETABLE

Time	Activity
07:30	Sign-on opens at Blackhall Place, Dublin 7
08:30	Sign-on closes
08:30	Participants assemble for Safety Briefing
09:00	Mass start of all riders
11:00	Calcutta 5k/10k run starts
12:00	Finish Line Festival opens, including BBQ and bar, for Participants, family and friends.
12:00	First riders finish (approx.)
13:30	Last riders finish (approx.)



Dear Participant,

We are delighted to welcome you to the Calcutta Cycle Sportive!

Together, the Calcutta Cycle and the Calcutta Run (which is now in its 19th year!), are the annual charitable fundraising events for the legal profession in Ireland.

Please read this Participant Information Booklet carefully – it should tell you everything you need to know to have a safe and enjoyable event. Please note in particular that you must sign-in at Blackhall Place on the morning of the event between 7.30 and 8.30 am, ahead of a safety briefing and prompt start at 9 o'clock.

And please do make a big effort to raise much needed funds for our designated charities – Peter McVerry Trust in Dublin and the HOPE foundation working in Calcutta.

If you have any questions not answered in this booklet, please contact Hilary@calcuttarun.com or call 01-672 4939.

**Stuart Gilhooly, President
The Law Society**

**Charles Coase, Chairman
The Calcutta Cycle Committee**



DOs and DON'Ts

Please DO:

- **Read this Participant Information Booklet** carefully and follow the directions and advice provided – it's intended to ensure that everyone has a safe and enjoyable event.
- **Sign-on** at The Law Society, Blackhall Place, Dublin 7 on Saturday 20th May, between 7.30 and 8.30am, and be ready for the safety briefing at 8.30am ahead of a prompt "mass start" departure at 9 o'clock.
- **Follow the Rules of the Road** at all times – this is a non-competitive event and all roads are open at all times to other road users.
- **Show consideration and respect** for your fellow participants, the marshals and other volunteers and for all other road users. Unsporting behaviour will result in you being removed from the Event.
- **Fix the event logo on your bike** – it's required to identify you as a participant to fellow riders and to Event marshals.
- **Wear a cycling helmet** at all times whilst riding in the Event.
- **Carry a mobile phone** and load up the Event non-emergency medical support number (087 115 1142) and the mechanical/other support number (087 057 3191) (for use on the day of the Event only).
- **Read the Terms and Conditions** set out at the end of this Booklet. By riding in the Event you are deemed to have accepted these Terms and Conditions.

Please DON'T

- **Cross the centre line** of the road at any time.
- **Ride more than two abreast** at any time after the first 4km, and please do ride in single file where the road width demands.
- **Drop any litter** on the course – carry wrappers and banana skins with you and deposit them in the bins provided at stops or the finish.
- **Wear headphones** whilst riding in the event.
- **No "tri-bars"** on bikes please.



EVENT INFO

On Saturday 20th May 2017, the inaugural Calcutta Cycle will set out from The Law Society, Blackhall Place, Dublin 7. We want this to be a safe and enjoyable event – so please read this Booklet carefully and follow the advice provided.

CHARITABLE FUNDRAISING

The purpose of the event, besides the enjoyment of the participants, is to raise much needed funds for the two designated charities – Peter McVerry Trust working with people experiencing homelessness in Dublin and the HOPE Foundation, doing similar work in Calcutta.

We are asking every participant in the Cycle to raise at least a further €50, in addition to your registration fee of €50. Many people raise far more – so please make the effort on this. Check out the fundraising page at www.calcuttarun.com/fundraising/ for hints and tips. Bring any cash or cheques (made payable to The Calcutta Run) with you to hand in on the day of the Cycle.

TRAINING

As with starting on any exercise programme, it is always best to consult your GP for a medical first to ensure that you are healthy enough to take on this challenge.

If you have not been riding regularly through the winter, you should certainly train for this event – build up your distance gradually and ensure you complete a few longer rides (e.g. 50km) at a steady pace before you attempt the Calcutta Cycle.



ROUTE

The route starts and finishes at the premises of the Law Society in Blackhall Place, Dublin 7 and takes an anti-clockwise loop North up the R135 (Old Ashbourne Road) to the “Nine Milestone Roundabout”, then heads West along the R125 through Ratoath and Dunshaughlin, heading then South on the R125 before turning back towards Dublin on the R156 to the Dunboynne bypass and returning to Blackhall Place via the Phoenix Park.

The route overview is shown below:



A detailed route map is available at <https://www.strava.com/routes/7818509>.



For a short video of the route on Google Earth, see <https://www.relive.cc/view/898511808>.

For those participants using a GPS unit, a .gpx file will be included in a pre-event email that will be sent to you approximately one week before the event.

The first half of the route rises gently to the high point at 40km (see elevation profile above), with the second half gently descending. The total climbing on the route is 476m.

There is a Participant Support Stop in Dunshaughlin, located at 32 km. Illustrative distance and time splits are as follows:

Split Point		First Part	Second Part
Dunshaughlin Stop	Distance	40%	60%
	Time	43%	57%
Mid-Point/Highest Point	Distance	50%	50%
	Time	55%	45%

CAR PARKING

No parking is available at the Law Society and is limited in the immediate area. However, ample car parking is available, on a first come first served basis, nearby, including in particular the “Parkrite” multi-storey car park in Queen Street, which will open at 7am on the day of the Event. Don’t drive in with your bike on a roof-rack!

BIKE PARK AND BAGGAGE AREA

On the day of the Event, there will be a bike park and bag drop available at the Law Society. After the event, bikes can be left in the bike park with a “check in/check out” facility, operated by Security staff.



Both before and after the Event, bikes and baggage are left at the owner's risk.

EVENT JERSEYS

An Event cycling jersey will be sent in advance to the first 100 Participants to register. (The jerseys are a significant cost – and given the uncertainty on numbers for this the inaugural event, we have set a limit on the number of jerseys). We will do our best to ensure that the size of the jersey matches the size you provided when registering – but this cannot be guaranteed. Participants who receive a jersey are encouraged to wear it for the Event.

REGISTRATION AND SIGN-ON

All Participants must have registered in advance on the website at www.calcuttarun.com/calcutta-cycle-sportive. Registration will close on Wednesday 17th May (unless the maximum number of Participants, 200, is reached before that date).

No participants will be allowed to register for the Event on the day. On the day of the Event, Saturday 20th May, all Participants must “sign-on” at the Law Society, Blackhall Place, Dublin 7. Sign-on will be open from 07.30 to 08.30 am. Please enter the Law Society grounds through the “Out” gate, the first gate on Blackhall Place when approaching from the Quays. A bike park is available and sign-on will take place in the Education Centre to your left.

At sign on you will receive an Event logo/number and cable ties – to be attached to the front of your bike (on the handlebars). You will not be allowed to start the Event without your properly affixed and positioned



number. Those who bring at least €50 additional charitable contribution will also receive a ticket for some free food at the BBQ.

START ARRANGEMENTS

All Participants must have signed on by 08.30 and be ready for a Safety Briefing prior to a “mass-start” departure at 09.00.

For the first 4km of the route, the whole field of riders must ride together and travel at a slow pace (max 20kph), staying behind the “lead car”. This is to ensure that we can exit the city safely. We will be assisted by the Gardaí for this part of the route – but please note that the lead car will stop at red traffic lights. However, once the lead car/peloton has started to pass a green traffic light, the Gardaí will ensure that the whole group passes through the junction as one group. Please be especially alert at this stage of the route and follow the directions of the Gardaí.

Please do not start the Event ahead of the official start time/group.

ROUTE SIGNAGE

Please familiarise yourself with the route in advance. There will be plenty of route signage throughout the course. It will be clearly visible, as shown below:



In addition, there will be marshals at major junctions to ensure you take the correct route.



FEED STATIONS

Most participants will need only one stop on the route – and the main stop is at Dunshaughlin. Certain additional stops are available on the route if required, as set out below.

Location	Distance from the Start (km)	Distance to the Finish (km)	Facilities
Start	-	79.0	<ul style="list-style-type: none"> • Toilets • Mechanical support • Medical support
Marshal's car on R135 opposite "The White House"	13.0	66.0	<ul style="list-style-type: none"> • Water and bananas
Main Stop: Dunshaughlin Community Centre	32.4	46.6	<ul style="list-style-type: none"> • Tea/coffee/water • Sandwiches/cake/bananas • Toilets • Mechanical support
Marshal's car on R156 opposite "The Hatchet Inn"	45.5	33.5	<ul style="list-style-type: none"> • Water and bananas
Marshal's car in graveyard Car Park opposite the Confey GAA club	61.4	17.6	<ul style="list-style-type: none"> • Water and bananas
Finish	79.0	-	<ul style="list-style-type: none"> • Bike Park • Finish Line Festival, including Bar and BBQ • Toilets



Participants are encouraged to carry your own food and must carry at least one 500ml bottle of water. Carry a second bottle if it is a hot day.

ACCESSING STOPS

All the stops will be signed well in advance. If you wish to stop, please follow the directions of the marshals, otherwise you can continue on the route. Always check over your shoulder before moving/stopping and signal to other riders e.g. if you're turning /stopping.

PARTICULAR CARE – OTHER EVENT

Another event, the “*Cycle for Inspiration*”, is taking place in parallel with the Calcutta Cycle on certain roads in Meath. However, different timings mean that there should be little if any cross-over. However, particular care is needed in the following two areas:

- In the centre of Ratoath, Calcutta participants go straight through towards Dunshaughlin. Inspiration cyclists may be crossing our route from left to right.
- Both Calcutta and Inspiration cyclists will be using the R156 towards Dunboyne. Calcutta participants turn right at the Dunboyne bypass whereas Inspiration participants go straight on into Dunboyne.

‘BROOM WAGON’ AND RETIREMENTS

All Participants are required to ride the route at a minimum average speed of 20 kph. In addition, all Participants must leave the stop in Dunshaughlin not later than 11.15.

A ‘Broom Wagon’ (a minibus) will travel behind Participants and be available to transport to the Finish in Blackhall Place those who cannot complete the course or who wish to retire from the event.



If you wish to retire please move to the left hand side of the road, dismount and stand on the verge away from blind corners. Make yourself known to the 'Broom Wagon' by simply waving it down – or call the Mechanical/Other Support number provided below.

AFTER THE RIDE

On returning to Blackhall Place, please re-enter the grounds of the Law Society through the "Out" gate, the first gate when approaching from the Quays. Care is required, since participants in the Calcutta Run will be approaching from the opposite direction and entering the Law Society through the "In" gate.

Participants may leave bikes in the Bike Park and are encouraged to head to the Finish Line Festival Bar and BBQ.

WEATHER

Please pay attention to the weather forecast. The Event will take place as planned except in the unlikely scenario of a forecast of exceptionally bad weather, in which case notice of cancellation will be published on the website at www.calcuttarun.com and an email sent to all registered Participants.

Come equipped for the likely weather conditions, e.g. if rain is forecast!

MECHANICAL SUPPORT

Participants are expected to carry and know how to use spare tubes, tyre levers and pump – so that you can fix your own punctures.

However, we are delighted to have mechanical support available on the Event, kindly provided by **City Cycles**. They will station mechanics at the



Start, to help resolve simple last-minute issues and will provide a mobile mechanical support out on the route. The number to call for mechanical support during the event only is 087 057 3191; please do NOT use this number at any other time.

You should use this number also for any other non-medical issues.

Mechanical/Other Support Number: 087 057 3191

MEDICAL SUPPORT

The Event Organisers have taken all reasonable precautions to ensure the safety of all Participants in and volunteers assisting at the Event.

In the event of an emergency, such as a heart attack or a serious road traffic accident, **Participants and/or Marshalls should call the public Emergency Services by dialling 999**. Once this has been done, the Event Safety Officer must also be informed by telephone to the Medical Support Number, 087 115 1142. This number will operate during the Event only; please do NOT use this number at any other time.

If a Participant suffers a less serious incident and needs medical assistance, there will be one ambulance and one motorbike paramedic travelling along the route in support of the Event. Assistance may be requested by calling the Medical Support Number, 087 115 1142. Please identify your location, e.g. by providing the distance from the start (which many riders will have available on their GPS devices).

Emergency Medical Support Number: 999
Non-Emergency Medical Support Number: 087 115 1142



MEDICAL CONDITIONS

If you are taking medication please bring it with you, including inhalers. If you have an underlying medical concern, please ensure that you cycle with a 'buddy' who is aware of your condition and can impart that information to medical staff if required. Please remain with your 'buddy' throughout the event. You are also advised to notify the organisers of any medical conditions that may be relevant by completing the box on registration or emailing Hilary@calcuttarun.com.

INSURANCE

All Participants in the Event will be covered for public liability and personal accident insurance through Cycling Ireland. For details of the insurance cover, please review the summary of insurance cover at: www.cyclingireland.ie/page/events/how-to-organise-a-cycling-ireland-event/insurance-documents2

LOST & FOUND

Lost items which have been handed in can be collected from the Law Society reception during the week after the Event. Please call 01 672 4800 to ascertain whether your item has been handed in.

SOCIAL MEDIA

The Calcutta Run and the Calcutta Cycle are raising funds for people experiencing homelessness in both Dublin and Calcutta. Your support is very much appreciated.

We encourage all Participants to "spread the word" through social media, using the contact details on the following page.



Handles/Hashtags/Urls

Twitter: <https://twitter.com/CalcuttaRun>

Facebook: <https://www.facebook.com/CalcuttaRun/>

Email: Hilary@calcuttarun.com



SAFETY

The safety of all Participants, marshals and other volunteers supporting the Event and all other road users is of paramount importance. Please play your part in ensuring that this is a safe, as well as an enjoyable, event.

In particular, please note:

- **There are no closed roads for this Event. All Rules of the Road apply at all times and must be adhered to.**
- **This is not a race** – it is a social event. Aggressive riding, racing or any other unsporting behaviour will result in you being disqualified from the event.
- **Respect your fellow riders.** Be aware that the ability and bike handling skills of those taking part will vary, so please be helpful to those less able than yourself. If you are a slower rider and find yourself being passed, please try to stick to the left hand side and allow faster cyclists to pass on the right. Conversely, if you find yourself behind a slower cyclist, a polite “On your Right” will be a helpful warning.
- **Pay attention to the Marshals** – they are there to help you! The marshals, who will all be wearing Hi-Viz vests, are there to provide you with route directions and to warn you and/or other road users of hazards. Give a quick “thank you” as you pass by.
- **Follow the route!** There will be plenty of signage at all junctions on the route and marshals at major junctions, so you should not get lost. Travel only in the direction of the Event – never go against the flow, since this can be extremely dangerous. If a friend has a mechanical problem, wait at the side of the road and have them walk to you if they need your assistance.



- **Be considerate of local residents.** Their normal Saturday activities may be disrupted by your participation in the event and it is important that we acknowledge the impact the event will have on residents.
- **Do not litter.** The Event passes through a number of towns and villages, as well as out in the country areas and our reputation as an Event is at stake if we drop litter. Please keep used bar wrappers and banana skins¹ in your jersey pockets until you reach a designated stop or the finish of the Event, where rubbish bins are provided. Anyone who is seen littering will have their numbers recorded.
- **Use the toilets provided.** These are located at the start/finish and at the main stop in Dunshaughlin. Additional facilities may be available en route if required, e.g. at petrol stations or cafes – but please be respectful and ask if it is ok to use them.
- **Learn how to cycle in groups.** It saves considerable energy if you can cycle in a group. The information below should help with the basics, but try to ride with friends before the Event and practise these techniques, calls and hand signals.

RIDING IN GROUPS

Riding in groups is as much about communication as it is about technique. Please follow this guidance:

- Ride in single file unless it is clear that the road can accommodate two-abreast (e.g. there is a hard shoulder). Never ride more than two-abreast (after the first 4km of this Event).
- Always have your front wheel a safe distance behind and slightly to the side of the rider in front of you to avoid rubbing wheels.

¹ It takes two years for a banana skin to biodegrade!



- Ride smoothly and don't make any erratic manoeuvres. Before making any lateral move, you should look over your shoulder to ensure that no-one is overlapping or overtaking. Don't forget to look over your opposite shoulder before retaking your position in the peloton. Give a hand signal before you change direction.
- Avoid braking without warning. Call out, loudly, "Slowing!" or "Stopping!" and repeat that call down the line to make sure others behind you have heard it.
- Give warnings to others of approaching cars ("Car down!") or cars over-taking from behind ("Car up!"). If a car is stuck behind a group riding two-abreast, then it may be appropriate to call "Single out" to get the group to move into single file.
- Look ahead, not at the wheel of the rider in front of you, and observe what is happening so that you have time to react to any situation that arises. Allow time for braking, avoiding parked cars, potholes etc. Call out or signal to those behind you to warn of hazards.
- Do not ride with both hands off the bars.
- Find your own rhythm and keep to a pace you find comfortable and sustainable. Do not start off too fast. You may need to "surf" between groups to reach this level.
- Take your turn in the wind. You won't be thanked for latching onto a group and not making the effort to do some of the hard work on the front (although of course, if you are not strong enough to do so, your fellow Participants will be happy to "pull" you to the finish!).



The Calcutta Cycle 2017

TERMS AND CONDITIONS OF ENTRY

Please read these Terms and Conditions carefully. It is a condition of entry to the Event that a Participant accepts these Terms and Conditions. If you cannot accept or do not agree with any of the Terms and Conditions you must NOT participate in the Event. You are deemed to have accepted these Terms and Conditions by commencing the Event.

1. RISK

- a. All persons (“Participants” or “you”) taking part in The Calcutta Cycle 2017 (“the Event”) do so at their own risk and accept that the Law Society of Ireland, The Cycle Committee and VC Beechwood (together, “the Organiser”, which expression includes all directors, employees, representatives and all persons, volunteers or otherwise, involved in organising or assisting in the Event in any manner) has no legal liability in any regard, save as otherwise provided in these Terms and Conditions.
- b. All Participants acknowledge that you have adequate experience of cycling, acknowledge that there is a risk of injury associated with cycling and that you participate in the Event in full acceptance of that risk.
- c. Participants should ensure you have adequate insurance cover for yourself and your bike.
- d. Participants agree to abide by any rules and regulations specified in the Participant Information Booklet as amended up to and including the day of the Event.

2. FITNESS & MEDICAL CONDITIONS

- a. It is in your own interest that you are fit and well on the day of the Event and have trained for the Event. Please check with your doctor if you have any doubts about your fitness as the responsibility rests with you.
- b. If you suffer from any medical conditions such as asthma, diabetes, epilepsy or any other conditions that medics would need to be aware of in an emergency, please inform the Organiser in advance. Should you encounter



any difficulty during the Event, please stay on the route, contact the emergency number that will be provided to you and await the arrival of assistance.

- c. If during the Event you are not sure that you can complete the route, or if you are worried about stressing yourself, please ensure that you drop out of the Event at a sensible time. The best place for this is at the organised stop. Ensure that you inform an Event Marshall, who will seek to arrange transport for you to the finish of the route.
- d. All Participants must be aged 18 years or over.

3. LIABILITY AND LOSS

- a. The Organiser does not accept any liability for loss or theft of belongings. Participants in the Event do so at their own risk and without any liability whatsoever on the part of the Organiser in respect of any injury, loss or damage suffered unless caused by the negligence of the Organiser.
- b. The Organiser does not accept any liability for loss or damage to bikes or equipment except that caused by the Organiser
- c. The Organiser does not accept liability for any changes made to the route for safety reasons or for reasons that are beyond its control

4. SAFETY

- a. The route will not be closed to traffic during the Event. All participants must obey the rules of the road at all times. Behaviour and conduct must be responsible at all times: all Participants must show consideration for other road users, not least so that future events are not jeopardised.
- b. Except where the road is manifestly suitable (e.g., there is a hard shoulder), An Garda Síochána recommend that you ride in single file.
- c. All Participants must ensure and warrant that your cycles are in a roadworthy condition. There will be no bike inspection conducted by the Organiser at the Event and as such you agree that it is your sole responsibility to ensure that your bike is suitable. Riders are advised to ensure that brakes and gears work correctly and that tyres are in good condition - no cuts or bulges. Pump up



tyres to the manufacturer's recommended pressure. Whilst some technical support will be available, riders should be able to fix simple issues such as punctures: carry a pump, tyre levers and a spare inner tube – and know how to use them!

- d. Event marshals, where stationed, will give route directions and provide warnings of or to other road users. You accept that any directions and warnings given by Event marshals are purely advisory and you must decide if any manoeuvre you make is safe and do so entirely at your own risk.
- e. The route is 80km long: riders are advised to carry some food and drink with them.
- f. Safety helmets must be worn at all times whilst participating in the Event.
- g. Riders may not wear headphones at any time whilst participating in the Event.
- h. If you see or are involved in an accident, please report it to an Event marshal or other representative of the Organiser as soon as possible. If it is a serious accident and a rider is injured, divert others round the scene and seek medical assistance by dialling 999 or 112. Make sure the injured rider is not left alone. Do not move the injured rider unless you have had appropriate first aid or medical training. Do not give food, drink, or medication.

5. INDEMNITY

- a. Participation in the Event is at the Participant's own risk. The Participant irrevocably agrees to hold harmless, indemnify and reimburse the Organiser from and for any sum, cost and expense (including legal and professional fees) incurred, payable or paid by the Organiser to any person (including the Participant and/or the Participant's insurer) in connection with any accident, loss, damage or injury (including death) arising out of the Participant's attendance at and participation in the Event or any part thereof (except where any such injury or death is caused by the negligence of the Organiser).

6. REGISTRATION

- a. Participants agree that through your completion and submission of the online entry form, you are committing to paying your Event fee entry via the means as instructed on the Website.
- b. The entry purchased by you is non-transferable and non-refundable.



- c. All Participants must “sign on” prior to the start of the Event.
- d. You are responsible for ensuring that your Event number is attached to your bike. You further agree that you will use only the Event number given to you by the Organiser and will not (i) authorise or permit any third party to use this number or (ii) sell, transfer or give any other person the right to participate in the Event.

7. MATTERS OUTSIDE OF OUR CONTROL

- a. The Organiser will not be liable or responsible for any failure to perform, or delay in performance of, any of its obligations under these Terms and Conditions that is caused by events outside its reasonable control (a “Force Majeure Event”). A Force Majeure Event includes any act, event, non-happening, omission or accident beyond its reasonable control and includes in particular (without limitation) the following: strikes, lock-outs or other industrial action; civil commotion, riot, invasion, terrorist attack or threat of terrorist attack; fire, explosion, storm, flood, earthquake, subsidence, epidemic or other natural disaster; impossibility of the use of public or private telecommunications networks; sabotage of the Event or deliberate vandalism of the Event resources and infrastructure; or the acts, decrees, legislation, regulations or restrictions of any government.

8. ADDITIONAL TERMS

- a. You irrevocably consent to your appearance in any media format, in relation to the publicity of the Event, and in future publicity and advertising by the Organiser, Event sponsors or supporting organisations; provided that such use does not imply your direct endorsement of any official sponsor or supplier of the Event.
- b. You accept that all decisions and rulings by the Organiser are final.
- c. The Organiser reserves the right to vary the Event. Variations will be published on the Website or on the Event notice board located at the HQ at the Event. The Organiser warrants that, save as provided in these Terms and Conditions, the Event will be delivered broadly in line with the details published at the time of entry.



- d. The Organiser reserves the right to vary these Terms, effective immediately upon posting on the Website.
- e. If at any time the Organiser discovers you have breached of any of the Terms and Conditions, this shall lead to your immediate disqualification from the Event. Such disqualification shall be at the sole discretion of the Organiser without compensation.

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