

FAQS



Registration

When will registration open for 2022?

Registration is now open. Places will be restricted for safety reasons.

How do I register?

The link to register will be available on <https://rmhc.enthuse.com/cf/cycle-the-lakes>

How much to register?

The registration fee for 2022 is €50.00 with a minimum of €200 fundraising. A virtual cycle registration is €40 with a minimum of €200 fundraising.

How many places are open for registration?

There will be 200 spaces available through the online registration system.

When will the online registration end?

Registration will close when all spaces have been allocated.

What information do I need to register?

Registration is simple, we will need your name address and contact details. Importantly we will need a name and telephone for an emergency contact. Don't forget your credit card.

Is there an age restriction to register?

All cyclists must be over 18 or accompanied by a guardian. We actively encourage families to cycle the 25km route

What are Wave Times?

Wave times are in place to reduce the congestion and ensure that every participant gets to enjoy the fantastic scenery. The 100km participants start our event at 9:00a.m. followed by the 25k and then 50k at 10:00am.

Can I make a group booking at the same time or must each person individually go through the booking process?

You may create a team and inform colleagues and friends to join your team. Each person must register individually.

How can I fundraise?

As part of registration a fundraising page will automatically be set up, this can easily be shared on social media which we encourage you to do. Having an appealing concise story will help you reap rewards when it comes to fundraising. Remember we ask you to raise €200 per rider.

The Cycle

When is the cycle?

The Cycle is Saturday May 14th come rain or shine

What time is the official start?

The official start times will be staggered according to the distance you have registered to compete in. We will be onsite from 8:00am to help with any questions

Is there a time limit for the cycle?

All our event support finish at 4pm. This is plenty of time for all to participate.

I would like to be a volunteer, who do I contact?

We are always looking for volunteers for this or other events. This event will require over 50 volunteers please contact jo.pretsell@rmhc.ie

Where are the food stations?

There is one pit stop at Barraclogh hall. The 100km route also has a pit stop at Lara Brokagh centre

Do I need to bring food and water with me?

If you have certain food requirements, as well as those cyclists in the 100km, may be accustomed to cycling with certain snacks, feel free to bring them but please take your litter home. There will be drinks and snacks along the route as well as the free post cycle BBQ.

What do I do if I encounter a medical emergency?**Phone**

086 239 3686 or 087 435 2700

What do I do if I have a problem with my bike?

Everybody is expected to bring the basics with them on the day i.e. Puncture repair kit, spare tube, pump and bike levers.

It is strongly advised that you know how to fix a simple puncture as this could save you a lot of waiting time on the day. If you encounter a problem that you are unable to sort yourself, please phone

086 239 3686

087 435 2700

who will organise to despatch the mobile unit . Please give clear and precise information on the nature of the problem, where you are located and give your contact number. The coordinator will then advise you what to do.

It is strongly advised that you have a full service carried out on your bike before the event.

Will there be mechanical backup?

Yes. A mobile unit will follow the last cyclists

What happens if my bike or person need to return

Mobile unit will be dispatched after calling - 087 435 2700 or 086 239 3686

How can I get an official RMHC cycling jersey?

As part of the registration process you will be asked to select your jersey size. This will be sent to you in time for the event.

Can I get additional RMHC cycling Jerseys?

You can purchase additional jerseys at €40 you will need to contact jo.pretsell@rmhc.ie

Where can I park?

Important information on parking will be posted before the cycle. There is limited parking at Avon Ri and we secure places locally for our participants. Marshalls and plenty of signage on the day will make it easy for you.

Where does the event start?

The event starts at Avon Ri Resort.

Will there be somewhere to leave my possessions?

We suggest you bring the minimum you need that could be taken with you as unfortunately we will not be responsible for valuables and suggest you leave them hidden and securely out of sight in your vehicle.

What is the fastest time that the event has been done in?

We have never recorded the times this is not a race but perhaps this can be a personal challenge for small teams or you're a returning getting a PB. We want you to have fun, safely!