



# FORT 2 FORT

## CHARITY CYCLE SPORTIF

# Sunday 29<sup>th</sup> March

## A UNIQUE CHALLENGE FOR ALL LEVELS OF CYCLING ENTHUSIASTS!

### FACILITIES AND REFRESHMENTS

**Trabolgan Holiday Village:** Coffee and breakfast (at standard Trabolgan prices). Costa Coffee outlet is also open from 9.00am. There will be ample toilet facilities.

**Barryscourt Castle:** Tea/Coffee, energy bars, water - (complimentary) - toilet facilities available.

**Ferry Carrigaloe:** Water available.

**Fort Camden Meagher:** Food stop - toilet facilities available, bike storage racks available.

**Whitegate (finish):** Tea/Coffee voucher for Day's Eurospar supermarket, energy bars.

### SAFETY

The following equipment is required by each participant before they can take part in Fort2Fort:

1. Good quality hard shell cycling helmet (compulsory) - no helmet, no cycle!
2. Your bike - ensure that it is in sound mechanical/working condition together with good brakes, good tyres.
3. Spare tubes
4. Pump
5. Rain jacket

**Recommended:** Set of arm/leg warmers, Gilet, Food and drink (there are food and water stations on the route but it is always safer to bring some of your own just in case you may need it!) Also don't forget to bring a sense of fun!

### PARKING

We recommend our 125km riders to consider parking in Whitegate village and cycling 1km to Registration/Start at Trabolgan Holiday Village. Please note that Trabolgan Holiday Village are charging a parking fee of €3 this year. There is an alternative free public car park 1km away at Whitebay which stewards can direct you to as you arrive to Trabolgan main gates.

### START TIMES

- The 125km Ultimate will start at 10.00am from Trabolgan holiday village.
- The 85km Challenge will start at 10.15am from Trabolgan holiday village.
- The 60km Tour will start at 10.30am from Trabolgan holiday village.

### FINISH TIMES

In the interest of safety for the riders on the return leg of the 125km Ultimate and with due consideration for our volunteer road stewards, the following cut-off arrival times will be set:

- Ferry (Carrigaloe) - 3.30pm (remainder of route distance to Whitegate 30km).
- T-junction turn at entrance to Fota Island Hotel & Spa - 3.45pm (remainder of route distance to Whitegate 23km).
- Lakeview Roundabout Midleton - 4.15pm (remainder of route distance to Whitegate 13km).
- The 125km Ultimate finishes at 5pm (latest) in Whitegate village.

Failure to meet any of the above cut-off times will place the rider under the Fort2Fort Road Management of the Broom Wagon and Chief Steward.