

The Wild Mayo Ultra cycling challenge events

Rules & Regulations

www.raceface.ie

Safety is of paramount importance for everyone involved – Riders, Crew, Staff, Spectators and all others using the roads the event travels on.

Please Pay Attention to Safety at all times.

The following list of rules and regulations, which are non-exhaustive, MUST be adhered to at ALL times during the race.

General Regulations:

1. On entering, participants and support crew agree to a declaration to waive liability, confirm Acceptance of the rules & agree to the release of personal images to the media and for event promotions.
2. International competitors must have the appropriate travel documents, visas and comprehensive Medical insurance in place for this event. We do advise that competitors organise their own personal insurance.
3. You must immediately and respectfully comply with any direction or decision of the Event Organisers and the medical support staff. Any failure to do so may result in disqualification.
4. There will be enforced cut-off times to ensure competitor safety. This decision lies with the Event Director.
5. Compulsory safety equipment such as bike helmet, front and rear lights, high vis reflective tape on front, back and side tubes of bike, High Vis Vests and ideally high vis clothing, at all times while on the bike.
6. Participants must have front and back lights ON and fitted to the bike during **all stages** of the race. Ideally attach a rear light to your helmet that is bright and visible
7. Assistance can only be provided by support crew or event personnel. Any failure to comply may result in disqualification
8. Participants must observe all Road Traffic Laws at all times.
9. Participants must follow the course as laid out in the route book and GPS link Any short-cuts will result in a time penalty or disqualification.
10. Checkpoints must be visited in the prescribed order, mandatory signs in are compulsory unless otherwise stated.
11. No litter of any kind, including for example water bottles, caps from water bottles, energy bar wrappers or toilet paper shall be left on the course. If you are found to have littered the course you will be heavily penalized or disqualified.
12. All litter is to be carried to the closest checkpoint for disposal, or disposed of in a correct manner by the rider or support crew.
13. Respect the environment & local inhabitants.
14. MP3, iPods etc are not permitted to be used during the event.
15. Inform an event official immediately after withdrawing from the event.
16. Drafting from another athlete or motor vehicle is forbidden. Participants must reject attempts by others to draft, this is an ULTRA event not a bunch event.
17. The responsibility of remaining on the course rests with the Participant. Any participant, who appears to Technical or Medical Officials as presenting a danger to themselves or others, may be removed from the event.
18. The Event Director's decision is final.

2. Liability

All persons who participate in the Event do so entirely at their own risk. When registering for the event, therefore, each participant must sign and turn in the Participant Release of Liability Form, which releases the event organizer and its staff from any and all legal claims. Since the event organizer accepts no responsibility for personal injury to participants or for the loss of or damage to the personal property of participants, insurance coverage (for accidents, illnesses, theft, and liability, for example) is the sole responsibility of each participant.

3. Rule Changes/Modifications

Event Management reserves the right to create new rules and/or modify existing rules whenever they deem it necessary, especially since safety is the number one priority.

Whenever event Management creates new rules and/or modifies existing rules, such rules become valid for all participants. However, whenever event Management notifies a cyclist's/team's crew directly of any rule changes and/or modifications, such rule changes/modifications take immediate effect.

4. Fairness

The importance of fair play on the part of all event participants cannot be stressed enough by event Management. As such, any action of a cyclist or crewmember that leads to an unfair advantage or disadvantage for a cyclist will result in a penalty.

5. Official Route

Every cyclist must follow the route printed in the Official Road Book. The directions and maps printed in the Official Road Book represents the only official documentation of the race route. In case of any discrepancy, the instruction in the Official Road Book takes precedence over any GPX or other route files made available. Cyclists who cycle away from the route for whatever reason **must return to the route in the same place where they exit it**. The Rider may be taken back to the point they went wrong by the Support vehicle and re start on the correct route. Please note all Teams routes are completely recorded and reviewed by the GPS tracker company at the end of the event, any deviations not corrected will incur time penalties, this may happen after all the data is reviewed and verified. Event Organizers reserve the right to apply penalties and or disqualifications and apply to the final results even after the event is over, an explanation for same will be emailed to any affected teams. An appeal can be given but must be accompanied by evidence to support the appeal.

6. Unforeseen Events

If a cyclist/crew cannot continue along the official route due to an unforeseen event (such as a road block, bad weather, a construction site, a route diversion, a hazard, or an emergency), the cyclist/crew must inform event Management immediately. Event Management will tell the cyclist/head crew of a new route. If the cyclist/head crew cannot contact the event Management (example: no phone-coverage, etc), cyclist/head crew can take a new road. Event Management reserves the right to evaluate the cyclist/head crew decision.

7. Cyclists

- Except as noted in Rule “Unforeseen Events” in general cyclists may only leave the route when looking for or going to a place to eat or sleep.
- Cyclists may not be pushed forward, either by people or by vehicles.
- **Remember that drafting is not allowed**, and that the cyclists must normally be at least 100 meters behind any vehicle or another cyclist.
- At stop signs or red lights, cyclists are not allowed to hold on to vehicles or people in order to keep their balance.
- Cyclists must cycle in the far-left lane whenever possible.
- If cyclists are given support from someone in the Support car, that person must be seated on the passenger side.
- Whenever a bicycle path is present, cyclists can, but are not required to, use it (except as noted in the Official Route Book) during the day (without Pace Car). Cyclists must wear some form of high vison during daylight hours , we will insist on high vis reflective tape on the front and rear stays and ideally a flashing rear helmet light, Cyclists MUST wear Full torso high vis at night time hrs 7PM To 7AM
- Lights on from 7pm to 7am
- **Crew must wear Hi Vis for the full duration of the race.**

Unsupported riders

The following rules apply to those who have selected to enter the Unsupported category. Anyone looking to enter MUST send via email an application and verifiable details of their past Unsupported races/events of equal or more in either 24hrs+ or distance greater than 500 kms. If selected for a slot, All responsibility will lie with you to be totally self-sufficient for the entire event, NO roadside assistance or anyone supplying food or rest bite is allowed and immediate disqualification will be applied if these rules are broken, you must plan your own stops/at shops or cafe's ,and have the capacity to carry enough food etc to see you through the night. Depending on the C19 situation we hope to provide the Unsupported riders with change facilities and a food pack at the compulsory check in point at Achill Sound. A bag drop will be facilitated for Unsupported riders to here so you can forward plan a change of clothes for yourselves etc.

All riders will be required to carry a GPS tracker which will enable friends and family to track you and will for your own safety allow the Organizers to follow you and use this to validate your time, splits and Route. You are responsible for the safe keeping and condition of the tracker. All event rules except for those relating to riders with crew apply also to the unsupported riders eg, No littering, Drafting of any form, rules of the road etc, It is your responsibility to read all of the current rules and to understand them as per this document.

You WIL NOT be required to send in a text at the various check points, this rule is only for supported riders.

8. Crew

Each cyclist/team must have at least two adults with driving license as crew members. If a cyclist/team has more than one support vehicle, each support vehicle must have at least **two** crew members with a driving license.

Race Radios: it is not compulsory for crew to have radio communication with the cyclist. It is up to each individual/team to obtain radios, if desired – Radios will not be provided. The strict guidelines on night time riding means the cyclist is never alone at night.

It is mandatory for all crew members to wear high-vis from the start and throughout the race.

9. Littering

Littering by a cyclist or crewmember is strictly prohibited and will lead to a penalty. The Gardai will also be notified of any instances of littering.

10. Bike and Helmet

E Bikes are **Not** permitted at any time.

All bikes (including reserve bikes) **MUST** have specifications that meet the rules of the UCI. All bikes must be equipped according to the road traffic regulations of Ireland. Event Management must approve any deviations from the rules prior to the start of the Event. Furthermore, all bikes (including reserve bikes) must have fitted:

- At least one front light and one red rear light;
- Reflective stickers on the back, front and inside the chain stays of their bike.
- In reserve in the crew vehicle; A spare front and back light

Whenever riding their bikes during the Event, all cyclists **MUST** wear a helmet and the helmet's chinstrap **MUST** be securely fastened. Cyclists on teams also **MUST** wear their helmets whenever they are warming up.

11. Traffic Regulations and the Garda Siochana

All Event participants must obey all traffic regulations.

All violations of the law will result in a penalty. Event Management reserves the right to report such violations to an Garda Siochana.

Please note the following:

- Running red lights at intersections, pedestrian crossings, construction sites, etc., is not allowed.
- Participants who are asked to leave the Event route by An Garda must immediately comply with such a request and must inform Event Management of that occurrence as soon as possible.
- If An Garda Siochana stop a cyclist even though that cyclist has not violated any event rules or traffic regulations, event Management reserves the right to assign a time credit to the cyclist.
- Directing traffic, such as to enable a vehicle to exit a driveway or cross an intersection is strictly forbidden.

12. Officials

All event Officials are authorized to monitor the event and to give penalties in case of any rules or traffic violations.

Event Officials are authorized to stop cyclists, if necessary, to check that the Tracker box is on the rider and in order to issue penalties.

Event Officials are also authorized to stop cyclists in order to explain rules or safety regulations to them. In such cases, cyclists will not be credited with any time lost.

Event Officials are also authorized to disqualify a participant in case of a severe rules violation

13. Penalty

Event Officials and event Management may issue penalties to cyclists who violate rules of the event or traffic regulations.

- A breach of the rules committed by a cyclist's crew, escort vehicle(s), or media car(s) will count as a penalty against the cyclist.
- event Management reserves the right to modify the amount of time per penalty depending on the severity of an offense.
- Event Management also reserves the right to issue penalties after a video or photo analysis.
- Drafting of any sort is **NOT ALLOWED** and any attempt to gain an unfair advantage will result in penalty.

Minor Breach of Rules:

- 1st penalty 15 mins
- 2nd penalty 1 hour

Breach of Drafting Rules – Drafting of any sort is NOT ALLOWED:

- 1st penalty 2 hours
- 2nd penalty DISQUALIFICATION

14. Time Credits

Only Event Management is authorized to issue time credits. Cyclists may receive a time credit whenever an unforeseen event hinders their progress along the route or if the police stop a cyclist even though that cyclist has not violated any event rules or traffic regulations.

15. Publishing of Penalties and Time Credits

Where possible, The cyclist/team in question will also be notified via SMS of any penalties or time credits received. Event management reserve the right to issue time penalties after the race is over when all of the data collected is analyzed in full or when spy data or information of rule breaches are reviewed.

Initial results are Provisional for Ev presentation purposes but can be subject to change if new information deems it necessary.

Disqualification

The following are considered severe rules violations and will be punished with immediate disqualification:

- Consumption of alcohol by the cyclist
- Completing part of the Event in a vehicle
- Accompanying the cyclist in an uninsured vehicle or in a vehicle that does not comply with the road safety regulations
- Stopping next to a moving (motorised or non-motorised) vehicle
- Refusing to take a sleeping break when ordered to do so by a Event Official or Event Management
- Behaviour on the part of the crew or cyclist that severely endangers the safety of the cyclist, Event Officials and marshals or anyone else using the roads
- Harassment of other cyclists
- Behaviour which puts the Event in a bad light
- Being issued more than two penalties

If a cyclist is disqualified from the Event, the cyclist will be banned from the Event for life. . Event Organizers reserve the right to apply penalties and or disqualifications and apply to the final results even after the event is over, an explanation for same will be emailed to any affected teams. An appeal can be given but must be accompanied by evidence to support the appeal.

16. Challenging a Decision that has been made during the event and relayed to the team.

Official protests must be submitted in written form to event Management at the arrival line. Official protests must include a reason why a decision should be reversed. Evidence may include a written statement from a witness, photos, a video, or any other record of the incident in question.

17. Pre-Event Requirements

All cyclists and crewmembers are required to take part in the pre-event meeting and must fulfil all other pre-event obligations according to the schedule they receive when they check in. Also, all cyclists and crew members must sign and turn in their Participant Release of Liability Form the night prior to the event start in Westport.

Violation of these requirements will lead to a one-hour penalty.

18. Rules for the Start and Finish of the Event

It is desired that all cyclists must depart from the starting ramp. In other words, a team of two starts with both cyclists and a team of four starts with all four cyclists. All members of a team must ride together until they reach the outskirts of the town (Will be announced at the start). For the rest of the event, only one cyclist per team is required to be on the route at any particular time.

The Event timing ends at the Tennis courts on the Newport road but all cyclist must cross the official finish line outside the Mariner Hotel Mill St, Westport

19. Sponsors

Event Management may require that the name or logo of a sponsor be placed on support cars, auxiliary vehicles, and/or media cars.

20. Mobile Phones

All crews are required to submit a phone number to event Management at sign on, at least one domestic mobile phone numbers that they can be reached at during the event, this number must remain with the team support car at all times for the full duration of the event..

Crew and cyclists are required to input event director and doctor phone numbers onto their devices prior to event start.

21. Mandatory Reporting

Event Management must be contacted by phone if:

- There is a change of crewmembers (unless the names of the new members are known to Event Management);
- A cyclist encounters a road block, bad weather, a construction site, a route diversion, a hazard, an emergency, or any other unforeseen event;
- A second Support car is put into use or takes over from support car 1;
- A cyclist retires from the Event.

Should phone coverage be unavailable, then this information should be sent at the soonest possible time.

22. Web Tracking and Time Stations

The position of all cyclists will be monitored through Web live tracking.

In order to ensure accurate timing, cyclists must be escorted by their support car whenever they pass a time station. The arrival time at all time stations must also be noted in the Official Route Book, and the crew MUST contact the supplied mobile number via text with the team number, station they are at, and the time they are at it. Eg. Team 24 T.S 5 17.36

23. Escort Vehicles or shuttle vehicles (Non Crew Vehicles)

Definition; an Escort or shuttle vehicle is a vehicle that can ferry cyclists to a changeover point, or away from a changeover point for rest bite or for rotating crew members, If crew are being rotated, the team contact number given at Registration Must remain the same regardless of changeovers.

These vehicles must NOT be used as Support crew vehicles and should never be in a cavalcade or causing traffic build up.

There is no maximum number of escort vehicles allowed per cyclist / team. All escort vehicles must move at normal traffic speed when travelling along the course.

Whenever a crew vehicle, or an escort vehicle stops, it must avoid disrupting traffic and be FULLY pulled in off the road, it must be done in a safe place, failure to do this will result in a severe time penalty.

24. Support/Crew Vehicle

- Each cyclist/team can be accompanied by a support crew vehicle.
- The support vehicle is the only vehicle that is allowed to follow directly behind the cyclist.
- **During the day, the support vehicle can, but is not required to, follow directly behind the cyclist. At night, however, the support vehicle must follow directly behind the cyclist at all times.**
- Support crew vehicles pulling in for any reason eg/changeovers or servicing, Must be completely off the carriageway, failure to adhere to this WILL result in a time penalty.
- Support vehicles must be equipped with the following:
 - oStickers/ Rear : “Caution Bicycles Ahead” sign
 - oStickers/both sides: “Race Number”

Support Vehicle Lighting: Support Vehicles must have at LEAST one Orange flashing light attached to the roof of the vehicle. Each vehicle MUST carry a reserve orange flashing light. The Orange light should be visible from the rear only - tape off the front facing part of the light if necessary. When a support vehicle is following behind the cyclist, the Orange flashing light/s and Hazards must be ON to warn other road users that you are a slow-moving vehicle. When not supporting the cyclist, these warning lights must be switched off. Additional spot lights can be fitted to the support vehicles as long as they conform to law.

- Throughout the event, only one specific vehicle can be designated to act as the support vehicle. Should an emergency arise, however, a second car may be used as the support vehicle. (Things like stopping to refuel, use the toilet, or rest do NOT count as emergencies.) If a second support crew car is going to be put into use, Extra official crew numbers must be purchased at registration. Event Management must be informed of the change, when it happens, as soon as possible.
- If three or more vehicles (public Vehicles) are following directly behind the support vehicle, the support vehicle must let those vehicles pass as soon as possible (by pulling off the road into a side road, for example), unless the safety of the cyclist is more important than the flow of traffic (such as when the cyclist is cycling through a technical portion of the event) or if its night time Hours.
- Support vehicles are not allowed to pull trailers.

You will be penalized if you hold up traffic or form a caravan with one or more other escort vehicles.

Please respect the normal commuter traffic and rules of the road.

*Support Vehicle Specifications; The Responsibility for the road worthiness and adequate insurance of all vehicles and drivers involved in your event team, is the responsibility of the crew chief and the team, not with the Mayo Ultra organizers. The inspection of vehicles at registration is solely to ensure that all vehicles meet the requirements set out in these rules.

1. The Support Vehicle must be no more than 2 metres (80 inches) in width, (Measured at 1 metre [3.3 feet] from the ground.) The width of the vehicle, does not include side mirrors. 2. The Support Vehicle itself must not be more than 2.6 metres, in height. Measurements are of the vehicle only and not racks, lights, or other attachments. 3. The Support Vehicle itself must not be more than 6.2 metres [244 inches] in length.

Measurements are of the vehicle only and not racks, lights, or other attachments. 4. People carriers are recommended because most are less than 1.8 metre [72 inches] wide. Large passenger vans are allowed as long as they meet the width requirement. 5. Support Vehicles cannot be a conversion campervan, and cannot be a step van (e.g. commercial delivery truck). 6. Vehicles following a Racer cannot tow any kind of vehicle, trailer, motorcycle, or motor scooter.

25. Stickers

When you check in, you are issued several event stickers. They must be attached to all vehicles as follows:

Name/Number stickers:

- One (1) must be attached to the left side door;
- One (1) must be attached to the right side door.
- “Caution Bicycles Ahead” sticker (1) on the rear of the vehicle.

Note that the windshield of the pace car, as well as both the driver-side and passenger-side windows, must be kept free in order to ensure good visibility, and you must limit the amount of obstruction to the driver’s view out the rear of the vehicle.

26. Process of Overtaking

Whenever a cyclist (cyclist B) who is accompanied by his support car (support car B) passes another cyclist (cyclist A) who is accompanied by his pace car (pace car A), the process of overtaking should proceed as follows:

Support car A should slow down to let cyclist B pass on the passenger side. Once cyclist B is safely past support car A (or, if the overtaking manoeuvre takes place at night, within the headlight beams of support car A), support car A should let support car B pass on the driver side. As support car B accelerates to pass support car A, support car A and cyclist A should slow down together so that support car B can safely pull back over to the left behind cyclist B. Cyclist A must then allow support car B to move at least 100 meters ahead or risk being penalized for illegal drafting. This process of overtaking should be done as quickly as possible and only when the traffic situation allows for such a manoeuvre to take place safely.

27. Night time Driving/Cycling

Night time is considered to be between the hours of 7:00 p.m. (19:00) and 7:00 a.m. (07:00).

During this time period, the support vehicle must accompany the cyclist whenever the cyclist is cycling along the Race route. Therefore, whenever the support vehicle stops, the cyclist must stop and whenever the cyclist stops, the support vehicle must stop. Whenever the cyclist is cycling along the Race route at night, the cyclist must remain within the light beam of the support vehicle And have a full torso High vis vest on.

Flying exchanges are only permitted during daylight hours.

The night time rules also apply whenever there is poor visibility, such as when there is heavy fog.

Remember, Crew members must wear reflective High Vis vests at all times, Cyclists must wear reflective ware of some form during daylight but MUST wear full torso High vis vest during night time hrs.

Failure on this will result in time penalties being applied.

28. Additional Rules for Team Cyclists

Except for at the very beginning of the event and at the end of the event, teams must have only one cyclist on the course at any given time. The cyclist can be changed any time during the event, in accordance with event rules.

29. Exchanging Team Cyclists

We request that all cyclists do a stopped exchange. Stop the bike then hand over the tracker before moving off. This is for 2 reasons. 1 the riders safety and 2 if the tracker falls it might stop transmitting making us unable to confirm the teams time.

30. MTB

- . Mountain bike spec shall be minimum wheel size of 27in with min Tyre width of 45mm.
- . The same time allowances and Rules apply to this category.
- . Bar Ends Must be plugged, No Drop Handlebars or TT clip on bars or modifications.
- . 2 and 4 person team categories only .
- . No E Bikes !

31. Cut off Times

Time Allowance for All Categories in the event, is your start time plus allocated time allowance. There will be at least one other check point on the course that you must meet to be allowed to continue on your event distance.

650k is start time plus 40hrs, must make the Ballina Check point(301k) before the 20hr mark

500k is start time plus 32hrs, must make the Ballina check point (221K) before the 11hr mark

300k is start time plus 20hrs must make the Achill sound check point (187K) before the 9.5hr mark

200k is start time plus 12hrs, must make the Achill sound check point (164K) before the 8hr mark

32 Race Entry Cancellations

If an Individual/Team withdraws prior to the event, the following options apply:

You can also defer Race entry to the following year if notified by the 12th April of event year.

This will be subject to a small surcharge. Deferring only applies once and If an

Individual/Team is unable to compete the following year, there will be no further refund option.

If you cancel your entry after this date unfortunately, we cannot offer a refund or transfer date.

Covid 19 or some other unforeseen circumstance comes into play that forces us to postpone or cancel the event, we will automatically transfer your entry to the following year.

Please Enjoy the event.

Be safe, have fun and Take in the experience of Wild Mayo.

These rules were adapted from The Race Around Ireland Rule Book