



Donegal Ultra 555/333 2022 Pre-Race Information

PRE-EVENT

Anyone that is or has been recently unwell or has symptoms of Covid-19 are asked not to attend the event in any shape or form. It is everyone's responsibility to be respectful to those involved in organising or taking part in the event to limit the risk of spreading or contracting Covid-19 infection by adhering to the rules in place and avoiding gathering unnecessarily in crowds or areas you don't need to be.

All crews, riders and event personnel are advised to regularly sanitize hands, wipe any used surfaces and use social distance etiquette throughout the event. Any person travelling in from overseas to take part in the event must adhere to the government rules in relation to the amount of time needed to self-quarantine.

Our normal rules apply, BUT, with the Covid-19 on the rise again, we have had to amend some of those rules for this year again. Please print off from our website, and along with this document and read carefully before competing. Due to the Covid-19 pandemic we are using Rule 3 to make amendments for this year's event. These are:

Rule 8 - Affecting the way crew are involved in the race.

Rule 17- Affecting the way race briefing will take place.

Rule 18 - Affecting the start finish process for teams.

Rule 28 - Affecting the way teams start and finish.

So, the rules are amended to the following process for the 2022 event.
This year's road book will be available online.

Please Note the Text in check point number is 0871869063

555 Text Format e.g: Team no 555 CP6 @ 21.34

333 Text Format e.g: Team no 333 CP6 @ 21.34

All crews must arrange their own and their riders' nutritional needs for the entire event (except the unsupported solo's)

We will allow small and medium vans with a single line of seats as crew or support vehicles this year, factory fitted crew cab vans, Estate cars and cars can all be used this year, PROVIDED that the crew are from the same social bubble with each other and the rider.

All drivers and navigators must have full driving licences so they can share the driving duties.

The main crew car with the race numbers on it must remain in that role for the entire event.

SOLO riders require just one car or vehicle as part of the team. This car will remain with the rider throughout the event with driver and navigator on board. If a change of driver or navigator is needed, the same car with race number must remain and the same contact number and the above rules apply regarding being co-workers or from the same family.

Two person teams and four person teams are advised to use more than one vehicle however the main follow vehicle must stay in place with the race numbers on it and the crew phone number provided must stay in place for the complete race.

All vehicles playing any role as part of the event must have on top of the normal kit to carry in the vehicle as set out in our normal rules, the following items: Alcohol based wipes, hand sanitizing gel or spray, disposable surgical type gloves, face masks, a strong bin bag to collect

and dispose of any rubbish or above items or ppe used during the event.

Teams must nominate a specific person to clean and exchange the tracker package from one rider to the next using the wipes and ppe you have.

Race briefing will be pre-recorded and posted on our social media and website approx. 2 weeks before event.

All teams will be issued with their start time and race number 4 weeks prior to the event.

CREW: All teams are asked to download a form from our website and enter all the crew's details, crew must sign event waiver and do the self-health check declaration and sign that you have read and understand all our rules and regulations, including the extra Covid-19 measures, that must be in place and always adhered to during the event.

A vehicle and equipment check will take place at LK bikes Letterkenny on the evenings of Wednesday Aug 3rd from 5pm to 730pm and Thursday, 4th August from 4pm to 8pm where your main crew vehicle and kit will be checked off. You will be asked to submit your completed forms and get your race numbers for your car. Please observe the one-way system that will be in operation and adhere to social distancing. LK bikes have kindly agreed to be open for anyone needing last minute service or nutritional needs.

RACE DAY

A hand sanitizing station will be set up at the start area to be used for event personnel and teams or crews needing to use it.

We have permission to use toilet facilities in the Mt Errigal Hotel.

Only event personnel are allowed in and around the start area for this year again. We are asking supporters to please do not gather around the start area or the half-way point at the Ozanam Centre in Dunfanaghy, and to please only give your support to your teams out on the course having parked in a safe place off the road.

Normally, we allow whole teams to leave the start ramp. For this year again we ask that you take your own pre-race team photo for us away from the event, and that only the first rider leaves the start ramp. You may take a group photo at the finish.

On the morning of the event crew cars are asked to park up , away from the start finish area , close by, there is sizeable parking at the Ballyraine school and some space at the upper side of the Mt Errigal Hotel, Only enter the Restex Bedding car park approx. 10 minutes before start time where we can rack around 3 to 4 cars only ,Enter by the small entrance next to the Screwfix centre , follow marshals directions to park and send your rider to our Primal Tracking station next to the start ramp for your tracker to be activated , rider will proceed on to the ramp when directed to , crew vehicle will be exiting behind your rider at the Restex side of car park and on to the course.

At the compulsory check in at the Ozanam Centre, marshals will be in place. Team cars will NOT enter the car park and only the rider checking in is permitted into the car park and building. A one-way system will be in place in the building and a 555 official will log your name, team number and time in there for you. You can proceed back out and on to the course again. Again, NO vehicles will enter the car park. Team cars will be guided to wait on the left side of the road and will wait for their rider to exit on to the road again. The crew then re-joins behind the rider. If crew or team members need restroom or medical facilities, they can park up at a separate parking place and enter the building. We are asking that only people that need to enter this area do so, but toilet facilities will be available.

There will be a few moto referees out on the course this year, these referees have the right to report any infringement to race management, they have the right to check in with teams and to check that the tracker is always on the rider.

They will be checking that riders are wearing high vis between 7pm and 7 am and that crew are always wearing high vis vests during the event.

Riders finish time is ended ON THE MAIN ROAD between the start ramp and the Mount Errigal Hotel, basically directly in front of the Hotel, please note that your time is recorded only to this point and not up onto the finish ramp.

The Donegal Atlantic Way Ultra will run under the Rules of the Road, Cycling Ireland rules, our own event and updated Covid rules, and government and HSE guidance that is being advised at the time of the event.

POST EVENT

There is no afterparty planned unfortunately again this year. If Possible, we will have a distanced presentation of winner's prizes if the results can be verified and approved on time, sometimes route files and submissions have to be double checked before we can post final results, the first published results are provisional until all process are complete. Where we cannot present prizes, we will post them to you the following week.

Please have a safe and enjoyable event.