



Donegal Ultra 555 / 333 2023 Pre-Race Information

PRE-EVENT

Anyone who has been recently unwell or has symptoms of Covid-19 is asked not to attend the event; thank you.

Thankfully C19 has been well eradicated, but there are still cases around, so, we ADVISE All crews, riders, and event personnel to regularly sanitize hands, wipe any used surfaces and use good practice throughout the event.

Our standard rules apply, BUT We will use Rule 3 to make amendments for this year's event. These are:

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

Rule 18 - Affecting the start and finish process for teams.

Rule 28 - Affecting the way teams start and finish.

ROADBOOK

This year's roadbook will be available online.

CHECKPOINTS

Please Note that the Text in checkpoint number is 0871869063.

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

NUTRITION

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

VEHICLES & DRIVERS

We allow small and medium vans as crew or support vehicles this year; factory-fitted crew cab vans, Estate cars, and cars can all be used this year.

All drivers and navigators must have full driving licenses to share their driving duties.

The primary 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 the driver and navigator on board. If a change of driver or navigator is needed, the SAME CAR with race number and the SAME CONTACT number must remain.

Two-person teams and four-person teams can use more than one vehicle; however, the primary 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 are advised to have on top of the standard kit to carry in the vehicle as set out in our standard rules, the following items: Alcohol-based wipes, hand sanitizing gel or spray, a strong bin bag to collect and dispose of any rubbish used during the event.

RACE BRIEFING

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

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

PRE-EVENT CHECKS

All teams are asked to download the form from our website and enter all the crews' details, crew must sign the event waiver and do the self-health check declaration, and sign that they have read and understand all our rules and regulations.

A vehicle and equipment check will take place at LK Bikes Letterkenny on the evenings of Wednesday, Aug 9th from 5 pm to 7:30pm and Thursday, 10th August, from 4 pm to 7:30pm, where your primary 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 in operation and adhere to the Marshal's instructions. LK Bikes have kindly agreed to have their fantastic newly expanded shop open for anyone needing last-minute service or nutritional needs.

Unsupported Riders: You all must also attend the check-in along with your Bikes and equipment, we will issue you with your Helmet numbers and give you your event goodie bag. We can collect your prepacked bags for us to take to the Ozanam Centre if you wish for us to have it there for you. Your race number will also be placed on your bag.



RACE DAY

We have permission to use toilet facilities in the Mt Errigal Hotel and will also have a mobile toilet on site at the start.

Only event personnel are allowed in and around the start Ramp area in the morning sequence of the event. Supporters Can gather outside of the designated start area; please give your support to your teams out on the course as well, having parked in a safe place off the road.

We no longer allow whole teams to leave the start ramp as this is a busy time of the event, and our priority is to get teams and crews out onto the roadway safe and efficiently as possible. Again, this year, we ask that you take your 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, away from the start and 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/ Start Finish Area car park approx. Ten 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 the marshal's directions to park, and send your rider to our Primal Tracking station next to the start ramp for your tracker to be activated, the rider will proceed on to the ramp when directed to, crew vehicle will be exiting behind your rider at the Restex side of the car park and on to the course.

At the compulsory check-in at the Ozanam Centre, marshals will be in place to guide the active rider into the centre, Team cars will NOT enter the car park and only the rider checking in is permitted into the car park and building. The rider checking in MUST have the tracking device on them, and we will be checking this for every team; a severe time penalty will be applied if this is not adhered to as this is part of the timed event; a Donegal Ultra Official will guide you into the Centre to 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 onto the road again. The crew then re-joins behind the rider.

Teams are Not allowed to use this area as a changeover point for 200mtrs on either side of the Ozanam Centre, if crew or team members need a restroom or medical facilities, they can park at a separate parking place and enter the building. We ask that only people who need to enter this area do so, but toilet facilities will be available.



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

They will be checking that riders are wearing high vis between 7 pm and 7 am and that crew is always wearing high vis vests during the entire event. Unsupported riders Must wear high always viz/stand out colours on their torso for safety.

Rider's 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 event, and the Latest Covid guidelines that are being advised at the time of the event.



POST-EVENT

We are currently organising post-race plans to have a hospitality tent at the Finish so Riders and crew, no matter what time of day or night you come "HOME" can enjoy post-race refreshments and soak up the atmosphere of their achievements!

We also hope to have an afterparty presentation this year if there is enough interest!! It's not finalised at this point, but we will publish details closer to event day. If any prize winners know at the finish ramp that they cannot make the afterparty presentation, please let us know at the finish line., if the results can be verified and approved on time, sometimes route files and submissions have to be double-checked before we can post the final results; the first published results are provisional until all processes are complete, but we will try and verify and present prizes to anyone leaving Letterkenny before the afterparty, where we cannot present prizes, or we have to verify close time results, we will post them to you the following week.

If we get it organised the After Party will be on at approximately 9PM sat 12th August in Mount Errigal Hotel.

Please have a safe and enjoyable event.