





Frequently Asked Questions





When is the event?
 Saturday 20th July



2. What time does the event start?

The Event Village will open at 09:00am, with the car park opening its doors at 08:30am. The 100km cycle start time is 10:00am, and the 50km start time is 10:30am.

3. What time does it finish?

The event will finish once all of the cyclists are safely back. There is food served after the cycle.



4. Where do the routes start and finish.

Both cycle routes will start at the Event Village located at Murphy Surveys' headoffice in Kilcullen.

Murphy Surveys Global House, Kilcullen Business Campus Kilcullen, Co. Kildare R56 K376

Strava Routes:

50km route www.strava.com/routes/18011266
100km route www.strava.com/routes/18011266



5. How do I register?

Registration is easy. Simply complete the form on our online registration form that can be found at the following link.

https://register.primoevents.com/ps/event/MurphySurveysCycleforCrumlin2019

We recommend all riders register for the event in advance. If there are places still available we will be accepting registrations on the day.



6. How do I donate?

If you're not able to take part in the cycle event you can still donate to the CMRF Crumlin. All funds are greatly appreciated and will help us reach our target! The donation link can be found on our <u>registration link</u>.



7. How else can I get involved?

We're looking for volunteers and marshals to help run the event. There is no experience necessary, just a willingness to support. Full training will be given. To express your interest in volunteering email Event Manager Anita Murphy on amurphy@murphysurveys.ie or call 045 484 040.



8. Where do I park my car?

We have ample car parking located at the Event Village in Kilcullen Business Campus.



9. What levels are the courses?

The event is open to all abilities.

We recommend the 100km route for the more experienced cyclists. The 50km route is suited to a beginner level with a good level of fitness.

Strava Routes:

50km route www.strava.com/routes/18011266
100km route www.strava.com/routes/18011266



10. Do I need to wear a helmet?

All riders need to wear a helmet at all times during the cycle ride.



11. I can't make the event, will I get a refund?

As per the terms and conditions of the race entry, we are unable to offer refunds. 100% of the registration fee goes to the CMRF Crumlin.

12. Can I transfer my place?

If you are unable to ride and would like to transfer your place, you are allowed to do so. Please inform our Event Manager Anita Murphy on amurphy@murphysurveys.ie or call 045 484 040.



13. What do I bring with me?

- Bike
- Suitable attire including waterproof clothing and footwear
- Helmet
- Sunscreen
- Puncher repair kit (just in case)



14. What happens if it's raining?

We'll keep our fingers crossed for great weather, but just in case please ensure you are appropriately dressed and prepared for all weather conditions.



15. Do I have to fundraise?

100% of your registration fee will go to the CMRF Crumlin. But in order to reach our target we would love for our riders to raise some sponsorship money using the donation link via the registration page.



16. How can I pay my fundraising money?

Your fundraising efforts can be donated online via the registration page.



17. What happens if I have an injury on the ride?

We have an emergency number that all riders will have prior to the event. We'll also have first aiders available just in case.



18. Do I need insurance?

All riders will need a valid Cycling Ireland membership / licence to take part in this event. If you don't hold a valid licence you can simply purchase one when you register online at a cost of €5. Any participant who does not hold licence will not be allowed to ride.



19. How can I share my photo's?

Please connect with us on social media as tag us in your pictures, simply search 'Cycle for Crumlin' on Facebook or follow this <u>link</u>.

Please note that photographs and footage will be taken throughout the Cycle for Crumlin. These will be used for marketing and publicity. Please contact the event organiser if you have any concerns or if you wish to be exempted from this.

For more information contact: Anita Murphy, Event Manager amurphy@murphysurveys.ie 045 484 040