

Mizen To Malin cycle

Sat 02nd June ko 6pm



Objectives

1. To cycle from M2M under 24 hours
2. To arrive there safe & sound
3. Ideally in a group of 13
4. And still good friends

There will be a lot of dynamics in the group as we are against the clock and some are stronger than others. To manage all expectations, average speed is 27.5kmph and should the weather and road be generous to us, we can build suitable time.

The Plan

1. Total distance 591 km
2. Stops every 55km
3. 55, 110, 165, 220, 275, 330, 385, 440, 495, 550
4. 10 stops in total, 10 mins each = 100 mins

M2M - 24 Hrs

1. Starting time

Start cycle at 6pm Fri eve

2. Stops (Approx. every 55 km)

10 mins breaks MAX – *good quality food

3. Group

Ave 25.8 kmph on M2M 3 Day

Ave 26.7 kmph on M2M 2 Day

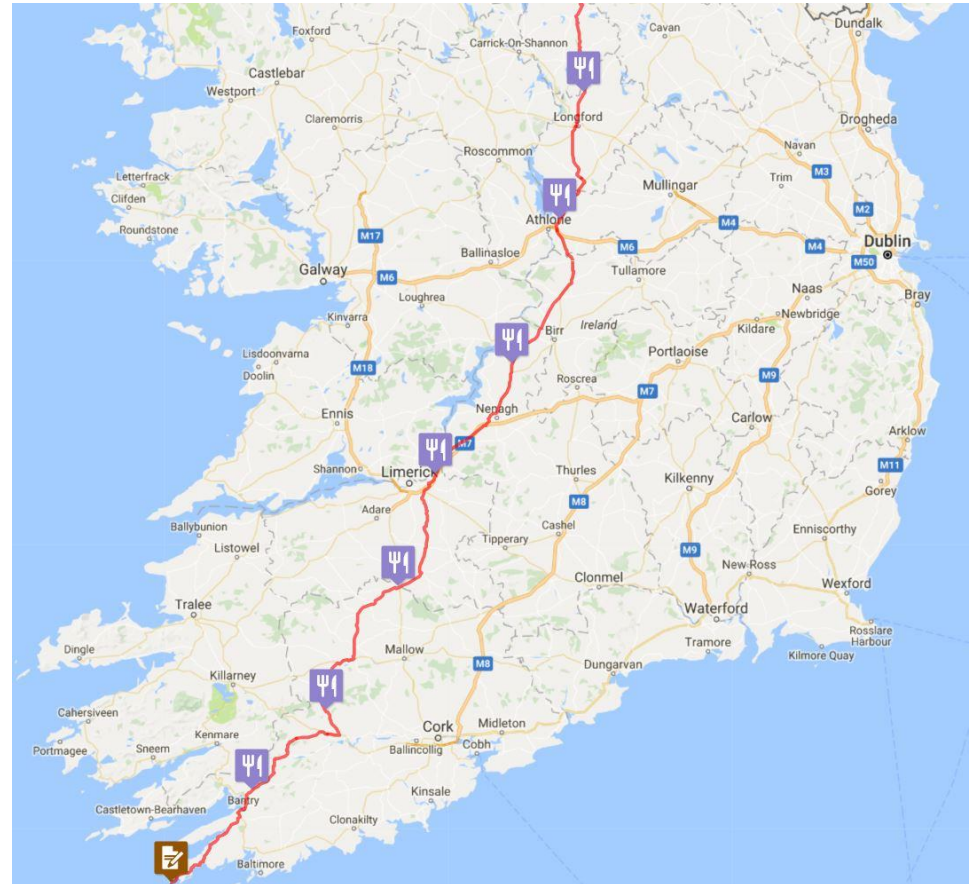
Target **27.5kmph** - see how the body is for 1st 12 hours

Cycling in formation – 2 mins max at front

4. Road captain/Leader

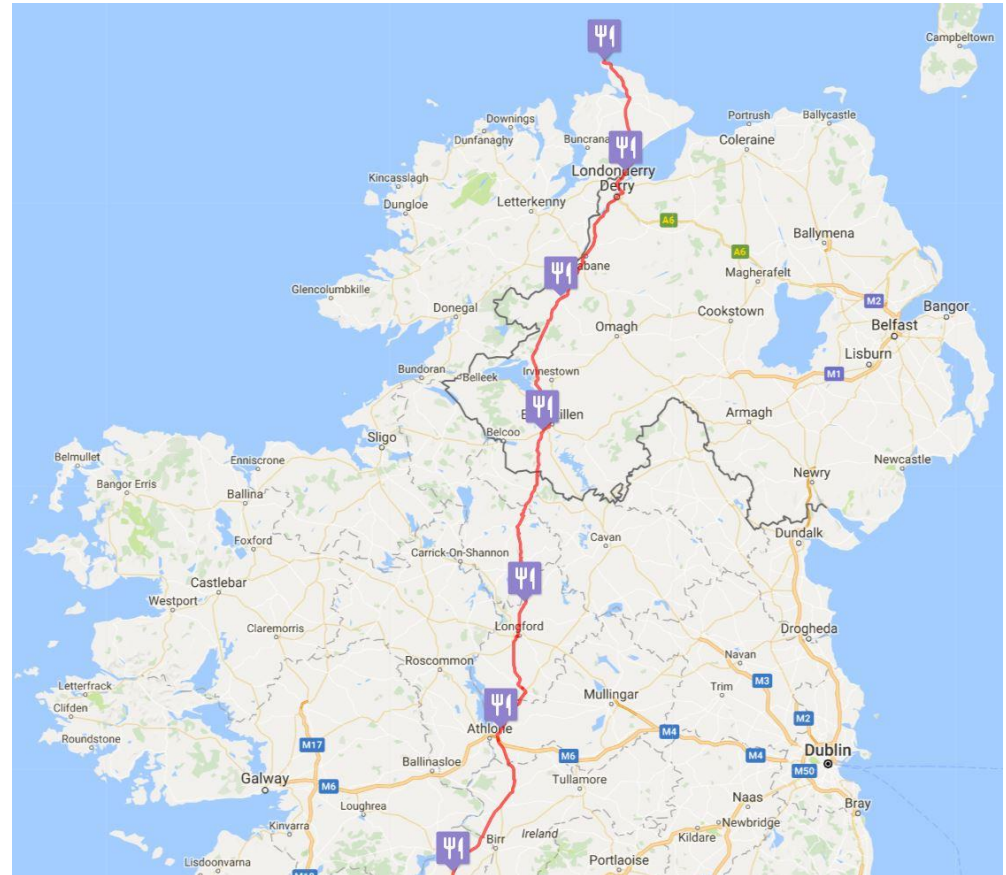
1st Half 314km

Mizen Hd	Charleville
Bantry	Croom
Dunmanway	Patrickswell
Macroom	Anacotty
Millstreet	Birdhill
Banteer	Borrisokane
Kanturk	Ferbane
Freemount	



2nd Half 288km

Athlone	Enniskillen
Glasson	Strabane
Ballymahon	Derry
Longford	Muff
Drumlish	Carndonagh
Ballinamore	Malin Head
Swanlinbar	



Stoppages

No stops planned bar 10 min breaks every 55km

10 min Stops are critical, there will be an appointed Timekeeper to ring bell with 2 mins to go – no heading to the toilet, charging ones phone, just sitting down to eat.

Once off the bike, pee, change clothes, eat and prepare bike drinks & snacks

Toilet stops – the whole group stops and wait till the member(s) are ready to re-join.

Punctures – the whole group continues and the misfortunate gets a lift 2-3 km up the road where he takes his time to sort the problem or get a new bike and re join the group

Equipment

1. Bicycle

- Serviced with good tyres (continentals) and brake blocks
- Spare tubes (2-3 each), tyres (1 each) & wheel
- A few spare bikes (will come in handy)
- Mud guards (rear for rain)
- **Night lights** (front & back) – 2 of each, **need spares !!**
- 2 bottle holders & 4 bottles (2 on bike & 2 at stops - labelled)
- Hand Pump (few track pumps)
- Food & Tool pouch
- Extra batteries & power packs
- Phone, light & Garmin chargers

Equipment

1. Clothing

- Shorts & tops (min of 3) – last time changed 3 times in Cork
- Socks (3 pairs) – same as above
- Overshoes
- Leg & Arm warmers x 2
- Gillet and rain jacket (light weight) x 2
- High Viz jacket x 2
- Caps/hats & Gloves/mitts

Have been advised by many that a fresh change of clothes is very refreshing and energising !!!

2. Medical

- 1st Aid kit x 2 (each Support vehicle)
- Pain killers, heat pads, deep heat, Rennie, Vaseline & sudo cream etc.

Food/Drinks etc.

1. Personal Container

- Names assigned and available at stops
- Energy drinks, electrolytes, snacks & personal stuff
- Change of clothes etc.

Have been advised by many that a fresh change of clothes is very refreshing and energising (every !!!)

2. Communal

- 4 Hot meals – chicken curry, pasta, beef stew & porridge
- Bananas, bread rolls & potatoes (butter & jam)
- Teas, coffees, milk & water (sugar)
- Mi wadi (orange & blackcurrant) & coke
- Apple tarts, jaffa cakes, fig Rolls & Snickers
- Tayto crisps, nuts, raisens & pulses

Food

Food will be pre prepared and ready for serving. All food will be heated and laid out on a table with milk, water, coke, teas/coffee, biscuits/tart, fruit etc. and your *personal box (electrolytes, snacks, energy supplement)**

4 main dishes – to consist of;

- 1. Chicken curry with rice**
- 2. Beef stew & potato**
- 3. Pasta with various sauces**
- 4. Porridge**

***Boiled potatoes, wet pasta/salad and bread rolls available with all meals**

****Everything else (bars, bananas etc.) to be consumed on the bike**

*****Everybody will have their own personal box with individual preferences**

Food

- Hot food- 3 dishes (chicken curry, pasta & beef stew) plus ham and wet potato salads
- Fruit (bananas)
- Confectionary (Fig Rolls, Jaffa cakes etc.)
- Water, Mi Wadi & coke (5L x 10)
- Cereal/chocolate/energy bars/electrolytes - **bring your own**
- Rolls and/or sandwiches at 1st & 6th stop – **bring your own**
- Teas, coffees, sugar, **rice**, **butter**, salt, **porridge** & jam –
- Tayto crisps, nuts, raisins & pulses – **bring you own**
- **Apple tart**

Other items

- Kitchen Roll, wipes, Bin liners etc.
- Cutlery – knives, forks, spoons etc
- Kettle, pots, bowls, pans etc.
- Hob and gas cylinder
- 20L drum of water (washing up)
- Fold up table x 2
- Deck chairs x 8
- Gazebo (3x3m)
- Jerseys, t-shirts & safety signs
- Medical kits x 2 & Plastic containers x 8
- Inverter x 2 & extension leads
- Generator & Cooler
- Beacons x 2

Areas for conflict

1. Ups and over – accelerating & not rolling to the front
 2. Gaps at the front, middle etc.
 3. Surging and accelerating
 4. Half wheeling
 - 5. Not calling potholes, loose gravel, car backs etc.**
 6. Ignoring those behind you at junctions, roundabouts, crest of hills, roadworks etc.
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1. Somebody is flagging momentarily
 2. Somebody is flagging for a while & slowing things down
 - 3. Somebody gets injured and needs 30 min rest**
 4. Somebody gets injured and needs medical attention

What if

1. Somebody is flagging momentarily – **ease up a little and help them get going again**
2. Somebody is flagging for a while & slowing things down – **hope they have the maturity to hop into the support vehicle**
3. Somebody gets injured and needs medical attention – **call an ambulance and continue cycling**
4. The wind is blowing from the east or north – **postpone for a few days or consider in reverse ASAP**
5. Somebody has diarrhoea - **hope they have the maturity to hop into the support vehicle for a while and get medicated**
6. Somebody gets a puncture or has a minor accident – **hop into the support vehicle, get sorted and get dropped out 2-3 km up the road**

Last but not least

Don't forget

Chamois Cream, vaseline & pain killers !!

And sun cream & fly repellent !!!

Plus batteries & power packs

Best of luck !!

