

Co-operation Ireland Bike Ride Saturday 14 & Sunday 15 June 2008



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The Event

To celebrate 25 years of cycling with Co-operation Ireland, a new two-day bike ride has been organised over the weekend of 14 & 15 June 2008 starting and finishing at the Dundalk Institute of Technology (DKIT). Following a 245 km route through the beautiful Counties of Louth, Monaghan, Armagh and Down, the weekend will incorporate the Cooley Mourne Challenge a first day tough ride featuring the Cooley and Mourne Mountains and Carlingford Lough, with the Oriel Recovery Spin, an easier, flatter second day ride. Cyclists of a lesser ability wishing to take part can undertake the one-day Beginners Challenge on the second day.

Route

Day 1 – The Cooley Mourne Challenge – Saturday 14 June 2008

Cyclists leave Dundalk along a challenging 150 km route through Faughart, Forkhill, Loughbrickland, Rathfriland, Rostrevor, Warrenpoint, Newry and Carlingford to finish in Dundalk.

Day 2 – The Oriel Recovery Spin & Beginners Challenge Sunday 15 June 2008

Cyclists leave Dundalk along a 95 km route through Castlebellingham, Carrickmacross, Castleblayney and Crossmaglen to finish in Dundalk.

Starting times

Staggered starts of approximately 100 cyclists between 09.00-10.00 on both days.

Entry Options

Option 1 – Entry on Both Days, Evening Meal and Entertainment on Saturday, Lunch on Both Days, Complimentary T-Shirt and Finishers Medal. Raise £75 or €100 minimum sponsorship or donation.

Option 2 – Entry on Both Days, Accommodation, Evening Meal and Entertainment on Saturday, Lunch on Both Days, Complimentary T-Shirt and Finishers Medal. Raise £135 or €180 minimum sponsorship or donation.

Option 3 – Entry on Both Days, Two Nights Accommodation (Friday and Saturday), Evening Meal and Entertainment on Saturday, Lunch on Both Days, Complimentary T-Shirt and Finishers Medal. Raise £190 or €250 minimum sponsorship or donation.

Option 4 – The Beginners Challenge – Entry for Sunday only, Lunch, Complimentary T-Shirt and Finishers Medal. Raise £56 or €75 minimum sponsorship or donation.

Evening Meal and Entertainment in Dundalk

To celebrate 25 years of cycling together, a buffet evening meal, bar facilities and entertainment will be available at the Fairways Hotel, Dundalk, close to the start and finish site at the Dundalk Institute of Technology. The meal will be served from 17.00-20.00 hrs, with entertainment to midnight.



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Accommodation

Cyclists who choose Entry Option 2 or 3 to include either one or two nights accommodation will be accommodated at the Fairways Hotel, the Crowne Plaza Hotel, the Park Inn, the Carrickdale Hotel and the Canal Court Hotel, Newry. Due to limited availability, the majority of the accommodation is on a twin share basis and entries must be received before 30 April 2008. Some single rooms are available at the Carrickdale Hotel for a single supplement of £26 or €35. Accommodation also includes breakfast on Sunday morning. Once your entry is received you will be contacted directly regarding the accommodation.

Booking Your Own Accommodation

For information on accommodation in Dundalk, Carlingford, Newry, Warrenpoint, Rathfriland, Carrickmacross, Castleblayney and surrounding areas, please contact the tourist offices.

Dundalk Tourist Office
Tel: +353 (0) 42 933 5484
Email: dundalktouristoffice@eircom.net
www.loutholidays.com

Newry Tourist Office
Tel: +44 (0) 28 3031 3170
Email: newry@newryandmourne.gov.uk
www.newryandmourne.com

Carlingford Tourist Office
Tel: +353 (0) 42 937 3033
Email: info@carlingford.ie
www.carlingford.ie

Banbridge Tourist Office
Tel: +44 (0) 28 4062 3322
Email: tic@banbridge.gov.uk
www.banbridge.gov.uk

Monaghan Tourist Office
Tel: +353 (0) 47 71818
Email: info@monaghantourism.com
www.monaghantourism.com

Warrenpoint Tourist Office
Tel: +44 (0) 28 4175 2256

Fundraising for Other Charities

Choose one of the entry options and if you raise over the minimum amount of sponsorship required, you can donate 50% of the additional funds raised to a charity of your choice.

Training Schedule

The bike ride is a good physical challenge and we would advise that you follow a training programme before taking part. A training schedule can be downloaded.

Services and Facilities

A network of back-up services is available throughout the event. First aid, motorcycle marshals, repair and radio services are provided. A number of rest stops each day will be available on route providing refreshments and toilets. Lunches (tea and sandwiches) are available on both days. The Garda, PSNI and Civil Defence marshal the route. Car parking, bike park and limited showers, toilets and catering facilities are available at the start/finish site at the Dundalk Institute of Technology (DKIT).

A 'Ride 'n' Bike Pack' giving full details of the event including rest stops and mileage guide will be posted to all entrants approximately 2 weeks prior to the event.



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Insurance

Co-operation Ireland has taken out a small personal injury policy on all participants but you are strongly advised to take out your own personal injury and public liability insurance to provide cover while training and taking part in the bike ride.

Useful Contacts:

Cycling Ireland Tel +353 (0) 1 8551522 Email info@cyclingleireland.ie
Website www.cyclingleireland.ie

Northern Ireland Cycling Federation
Website www.nicyclingfederation.com

CTC National Office
Tel : 0870 873 0060 Email cycling@ctc.org.uk Website www.ctc.org.uk

Sponsors of the Event

Co-operation Ireland would like to thank Louth County Council, Newry & Mourne District Council, Banbridge District Council, Monaghan County Council, the Dundalk Institute of Technology, Sport Northern Ireland, Banbridge Chronicle, The Argus, Newry Reporter and the Northern Standard for supporting the Co-operation Ireland Bike Ride.

How to Enter

Please complete the application form and forward to Co-operation Ireland Bike Ride, Glendinning House, 6 Murray Street, Belfast BT1 6DN or from 1 March 2008 to Unit 5, Weavers Court Business Park, Linfield Road, Belfast BT12 5GH with the appropriate sponsorship in either Sterling or Euro before the closing date of Friday 23 May 2008. Please photocopy the application form if you require extra copies for friends or colleagues.

Contact Details

Tel +44 (0) 28 9032 1462
Email events@cooperationireland.org

Gift Aid UK Taxpayers

Co-operation Ireland can claim back the tax element of donations made to our charity by PAYE tax payers which amounts to an extra 28% at no cost to them. Should you wish our charity to reclaim the tax back on donations made, simply tick the Gift Aid box on the booking form.

Republic of Ireland Tax Payers

Tax paid on donations of €250 or more made directly to Co-operation Ireland by PAYE taxpayers who are not directly related to the participant or to the participant's spouse, can be reclaimed by our charity. The additional amount reclaimed by Co-operation Ireland will vary according to the tax band of the donor (eg 20% or 42%). Should the donor wish our charity to reclaim the tax back on donations made, tick the box on the booking form and Co-operation Ireland will forward the relevant form to the donor for completion.

