



IMPORTANT NOTICES FOR THE 2018 EVENT

Please take note of the following changes for Sea2Summit 2018.

- 1.** Race start times are split this year. The Supreme event begins at 08:00am and the Spirit event begins at 9am. **Placing yourself in the incorrect category or wave will result in an incorrect time for you.**
- 2.** **Bike pick-up times in 2018 will be strictly enforced.** We ask you to respect your fellow competitors and not arrive at pick-up before 2.30pm. Please remember that our marshals are volunteering their time for YOUR safety. Any verbal or physical abuse towards any event staff will be reported to the Race Director and may result in exclusion from participating in future Sea2Summit events.
- 3.** Attached to your registration this year is a white band with your race number, please wear this band as you will be asked to show this band with your race number when you are collecting your bike at 2.30pm.
- 4.** Sea2Summit is a self-sufficient race and competitor support vehicles are NOT allowed on the course. Failure to comply will result in heavy time penalties and/or disqualification.
- 5.** No Support Vehicles are allowed on the Maum.
- 6.** The Road from Kilsallagh Junction to Drummin will be closed from 9.30am to 12 Noon. There will be local access only.

7. Please ask family & friends NOT to follow you to the Reek as the extra volume of traffic on the road last year lead to some near accidents.
8. Matthew from Republic of Fitness will be with us at the start line to do a fun warm up with our Spirit Beginners.
9. The use of IPODs and/or headphones during the event is **strictly forbidden** and the wearing of same will result in **immediate disqualification**. Marshals will be instructed to note race numbers of any competitor who does not retire upon instruction.
10. For safety reasons, we highly recommend the wearing **of your bike helmet for the Croagh Patrick stage** as this could help prevent a serious injury.
11. Motorbike marshals will be instructed to remove any competitor from the race who is in breach of the **Rules of the Road**. Please ensure you are fully conversant with these before the event.
12. Please note that there will be **a €75.00 charge** for any bikes that are not collected from Transition Area 1 after Westport Sea2Summit.