

How long is the Wexford Cycle?

Peter McVerry Trust Annual Cycle offers 2 route distances, 145km and 100km. All cyclists start in UCD and finish in Whites Hotel, Wexford town. Those taking part in the 100km will be transported along some of the route before re-joining the cycle to cross the finish line at Whites.

What route does the Wexford Cycle take?

See the full route here. Please note that those taking part in the 100km event will leave the course at the lunch stop in Arklow, and receive bus transport to **Point B** where they will re-join the route to cycle the final XX km and cross the finish line at Whites. *insert map here*

How long does it take?

This depends on the fitness of each cyclist and the distance option you choose. The average time to complete the full course is between 6-7 hours. Some cyclists will take longer as they may stop at official rest stops and lunch stop for slightly longer.

Is the Wexford Cycle a race?

It is not a race. It is a fundraising charity cycle which is completed at your own pace.

What time does it start?

07.30am SHARP.

Do I need to register?

Yes, registration is required for all cyclists wishing to participate. Online registration will close at 5pm on Wednesday 14th September, and we will accept in person registrations on the morning of the event.

How do I register for the Cycle?

You can register [for the event here](#). For group registrations of 5 or more people, please contact us at +353 (0)1 823 0776 or email fundraising@pmvtrust.ie

How much Sponsorship money do I need to raise?

We ask cyclists to raise €300 in addition to a non-refundable registration fee. In the last number of years, the average amount raised per cyclist is over €500.

Are there any sponsorship discounts for students, under 21s etc?

We would ask that students and unemployed cyclists raise a total of €150 in addition to the registration fee. This is a 50% reduction on the target for other cyclists.

How can I raise funds?

We recommend setting up a fundraising page online **via iDonate** under our Peter McVerry Trust Annual Cycle Page. Through this page your family, friends and colleagues can sponsor your efforts, and all the funds you raise will be transferred to Peter McVerry Trust directly. We will be able to see exactly what you have raised. This means that you don't need to worry about collecting cash and keeping it safe. If you would prefer a sponsorship card, we can send you on one of those too. Please let us know if you need one by email fundraising@pmvtrust.ie or call +353 (0)1 823 0776.

What about sponsorship cheques?

All cheques should be made payable to **Peter McVerry Trust**, and you can send them to us at 29 Mountjoy Square, Dublin 1, D01 C2N4.

Are there any age restrictions?

You **must be over 16 years** old and anyone under the age of 18 must be accompanied throughout the Cycle by an adult.

What about if I get asked can a friend or work colleague do the cycle too?

YES – Everyone is welcome to take part. The more the merrier! Please do encourage your friends, family and work colleagues to sign up. For group registrations, please contact us directly by calling +353 (0)1 823 0776 or email us at fundraising@pmvtrust.ie

If you know someone who doesn't want to cycle on the day, we have lots of opportunities to help in the run up to the event, as well as on the day with marshalling, lunch & support stops, registration & finish line support.

Do I need to train?

We highly recommend training and preparing for the cycle. The route itself has a number of climbs in the first half of the course, and we would recommend training on hills to ensure you are ready. From an enjoyment and safety point of view, it is always safer to cycle with others.

We have set up a profile on Strava – join the group/profile here and share your cycle. You may even know some other cyclists who are training in your area that you can join.

What about equipment?

A cycling helmet is compulsory kit on the day. You will not be permitted to take part without one.

Your bike must be roadworthy to take part and our Bike Mechanics will be doing random checks on September 17th. If your bike is not suitable/safe, you will not be permitted to take part.

Other equipment that is advised for the event includes; cycling shorts/pants, a rain & windproof jacket that folds up into the pocket of your jersey, a puncture repair kit and pump, water bottle, snacks (there will be lots of rest stops along the way) and a fully charged phone in case you need to call for mechanical support.

How might I get a better bike/equipment than the one I have?

If you are employed talk to your employer about [the cycle to work scheme](#);

How do I get my bag to the finish line?

There will be a bag drop area at the start in UCD. Your bags will be transported to the finish line in Wexford and will be there waiting for you when you cross the finish line.

How do I get back to Dublin?

There are coaches returning from Wexford on Saturday evening, and Sunday morning. All coaches depart from White's Hotel & return to UCD and are included in your registration fee.

How do I get my bike back to Dublin?

We take it back for you. After you finish the Wexford Cycle we take your bike, load it onto one of our trucks and return it to Dublin for collection on Sunday between 11.30am and 1pm.

Collection point is at the **Cranford Centre across the Stillorgan Road** from the main entrance to UCD.

What about punctures/repairs along the route?

There will be two mechanical support vans along the route should you have difficulty. However, it is advised that you have your own puncture repair kit or spare tyres with you, and the skills to change your own wheel. Due to the number of people who take part in the event each year, there can sometimes be delays if the mechanical support team are working with other cyclists.

What about food & drink throughout the day?

Refreshments will be provided at a number of rest stops along the route. There will be drinks, bananas, bars and more provided. There is also an official Lunch stop at Arklow, approximately at the 70km point.

There is also a celebration BBQ on arrival at the finish at White's Hotel. Be sure to sign up and pay for the BBQ when registering.

Please do let us know if you have specific dietary conditions/food allergies that we need to be mindful of.

Where is the Start area in Belfield?

The Start area is at **The Pavilion at The Belfield Bowl** on the Clonskeagh side of the campus. It will be clearly signposted and stewarded on the morning of the Wexford Cycle. You can enter Belfield via the main entrance on the Stillorgan Road or via the Clonskeagh entrance at AIB on the Clonskeagh Road.

Parking is available in designated areas. Please follow the instruction of the stewards to parking areas. If you park elsewhere, you may be clamped or towed.

Where is the Finish Area?

The Finish is located outside Whites of Wexford Hotel on Abbey Street in Wexford Town.

What about showering, changing etc after the Cycle?

All cyclists have access to the facilities (pool, showers, changing rooms) at the Leisure Centre at White's Hotel, before the BBQ. We would ask you to consider other hotel guests when using hotel facilities.

What happens after the Cycle?

Every year there is a well-attended post-cycle BBQ event, this is an integral part of the Wexford Cycle every year. The Wexford Cycle is not just about cycling, nor is it just about fundraising, it is about friendship. We would be delighted if you could join us.

You can book the BBQ Trust website when registering for the cycle.

What time do coaches leave on Saturday night and Sunday morning?

There will be one set of coaches leaving on Saturday evening after the BBQ and one at 10am on Sunday morning. Coach times will be confirmed in your pre-event email which you will receive in the week before the cycle. Coaches on Sunday go to Cranford Centre near Belfield for bike collection.

What other sponsorship ideas can you suggest?

Tell people you are doing the Cycle to raise money for Peter McVerry Trust and explain why you're doing it. Remember – you are doing something that will transform people's lives. Every donation helps and the appreciation/encouragement is mutual. Any contribution no matter how big or small will make a difference. Get your message out, in person, on social media, by email, by telephone or post.... you decide!

Once you have got that message out then your preferred fundraising method is up to you; but here are a few ideas....

- (i) Does your employer have a matched funding programme? Some companies will match the amount you have raised (or give a percentage) which could double your fundraising.
- (ii) Pizza Party/Wine and Cheese Night/Summer BBQ/Picnic/Games Night/Come Dine With Me; invite friends and instead of them bringing a gift, they make a donation.
- (iii) The tried and tested....Bake-off/Cake Sale; All Ireland/World Cup/Wimbledon Sweepstake [an entry fee, names from a hat before the event starts; whoever has the winning name at the end of the sporting event takes half of the entry money]; Quiz; Skip the Snacks/Lunch Out, or Sponsored Pledges at work [Ask

your colleagues to join you giving up something for a few days, week or a month, in exchange for sponsorship]; Swear Jar Week followed by Buzzword Jar Week.

Before finishing up on fundraising, a word of caution; someone with independent means might ask you (or us) about the Revenue's CHY4 Cert; please understand that under Revenue rules we cannot claim tax paid/refunded on a donation from you or a person connected with you if you have received or will receive a benefit from Peter McVerry Trust (such as cycle participation), so this will not count towards your Sponsorship. We are willing to accept entirely separate donations which must be totally separate and unconnected with your Sponsorship/Cycle Fundraising; but to be appropriately tax structured and revenue compliant such donation(s) are not, cannot and will not be considered or treated as part of your sponsorship/fundraising efforts.

What else might I do....?

- A. Encourage a Friend, or Group of Friends, to join you on the cycle;
- B. Encourage Business/Work Colleagues, to join you on the cycle;
- C. Go back to the homepage www.pmvtrust.ie; sign up to our newsletter, like us on Facebook, follow us on Twitter, follow us on LinkedIn; **"Like"/"Share"/"Retweet"** and raise awareness;
- D. Once you have signed up for the cycle, consider other events, it is not all challenges, walks, cycles and running events on pmvtrust.ie; how about arranging a group for the Annual Ball in November, or Christmas Carol Service in December....check out www.pmvtrust.ie/get-involved/special-events/ you may even want to arrange a social get together with friends you met on the cycle in September.