



## WELCOME

to the **Wicklow 200**  
and **Wicklow 100**  
**Challenge** bike rides  
2017.

Here are some **safety**  
**rules** and useful '**stem**  
**guides**' to cut out and  
**stick on your stem or**  
**top tube** detailing the  
principle climbs and  
refreshment stops on  
each of the routes.

Enjoy the ride!

# STEM GUIDES

## Wicklow 200 #W200

KM	CLIMB	L
6.6	<b>OLD LONG HILL</b> M: 11%. A: 5.5%	4.3
31.8	<b>WICKLOW GAP WS</b> M: 9.3% A: 4.9%	6.7
74	<b>BALTINGLASS</b> <b>FEED STATION</b>	
88.7	<b>HACKETSTOWN</b> M: 6.2% A: 4.5%	1.3
106.6	<b>UP MULLAN X</b> M 5.1% A: 4.4%	0.9
115.1	<b>SLIEVE MAAN WS</b> M: 13.0% A: 7.8%	3.3
122.8	<b>DRUMGOFF</b> M: 11.9% A: 8.3%	3.1
140	<b>RATHDRUM</b> <b>FEED STATION</b>	
146.6	<b>MEETING / WATERS</b> M: 10.3% A: 8.6%	0.8
186.7	<b>WINDGATES</b> M: 6.3% A: 5.2%	1.7

#W200

## Wicklow 100 #W200

KM	CLIMB	L
6.6	<b>OLD LONG HILL</b> M: 11%. A: 5.5%	4.3
41	<b>RATHDRUM</b> <b>FEED STATION</b>	
47.4	<b>MEETING / WATERS</b> M: 10.3% A: 8.6%	0.8
87.5	<b>WINDGATES</b> M: 6.3% A: 5.2%	1.7

#W200

## STEM GUIDES KEY

**KM:** Start of Climb

**L:** Length

**M:** Maximum Gradient

**A:** Average Gradient

# #W200

## SAFETY RULES



- Rules of the road apply at ALL times.
- All participants must obey the instructions of Gardai, Red Cross, and marshals
- Please note marshals do NOT have authority to stop traffic
- Not every junction may have marshals so you should approach junctions as if marshals were not there and proceed with caution
- This event takes place on open roads and cyclists must give way to other road users where applicable
- There are fast downhill sections and dangerous bends, please pay attention to signs, flags and whistles.
- Strictly No IPods or Headphones
- Safety is a huge priority and failing to hear instructions or the sound of oncoming traffic can cause serious accidents to you, fellow participants and to the general public.
- All bicycles should be well maintained and in a road worthy condition. Participants are advised to carry a pump, spare tubes and tyre levers.