



Paul Martin  
13th June, 2021



In June of this year, we lost a giant of a gentleman, a dedicated dad, dear friend, and colleague. As a dedicated family man, a passionate GAA community member, and a cornerstone to his colleagues all over the world, we have decided to pay tribute to Paul and his legacy by peddling around Ireland, relay-style, covering over 1000 km, while **raising funds for The Irish Cancer Society, Crumlin Children's Hospital, Pieta House, and the Irish Foster Care Association.** These charities were carefully chosen by Paul's wife Rita and their three children, Josh 22, Ben 17, and Grace 13, as they hold a special place in the hearts of the Martin family.



**Pedal 4 Paul** is divided into 11 days from the 2nd-12th September 2021, where teams will take it in their turns to pedal around our beautiful island of Ireland, beginning and ending across different cities and towns each day, before reaching our final destination in Dublin. We'd love it if you could pedal with us, as we remember Paul and his legacy – simply choose the day and location that work best for you to take part and we will support your whole journey. This cycling event will cater to all abilities with professional cycling support at every step of the way as well as a number of distances to choose from.

**Join us – Pedal 4 Paul and help us honour his legacy, while raising funds for several charities.**

For any help with signing up,  
please email [support@giv2go.com](mailto:support@giv2go.com)



## Route Info

This route is divided up into several different distances to accommodate all riders. You can choose a full day, 2 days or a half day or the entire 11 days depending on your ability! This ride will be fully supported by a professional cycling team with support vehicles, mechanics, cycle guides and first aid to make sure you all get to the finish line feeling great!

Day 1 - 2nd September: Portarlinton - Ballymount - Wicklow (123 km)

1. Portarlinton - Ballymount (67.4 km)
2. Ballymount - Wicklow (56.3 km)

Day 2 - 3rd September: Wicklow - Bunclody (66.8 km)

1. Wicklow - Bunclody (66.8 km)

Day 3 - 4th September: Bunclody - New Ross - Dungarvan (109.5 km)

1. Bunclody - New Ross (42.3 km)
2. New Ross - Dungarvan (67.2 km)

Day 4 - 5th September: Dungarvan - Cork (97.2 km)

1. Dungarvan - Lunch (halfway)
2. Lunch - Cork

Day 5 - 6th September: Cork - Mitchelstown - Limerick (110.7)

1. Cork - Mitchelstown (56.2 km)
2. Mitchelstown - Limerick (54.5 km)

Day 6 - 7th September: Limerick - Galway (125km)

1. Limerick - Lunch (halfway)
2. Lunch - Galway

Day 7 - 8th September: Galway - Ballyhaunis (81.4 km)

1. Galway - Lunch (halfway)
2. Lunch - Ballyhaunis

Day 8 - 9th September: Ballyhaunis - Sligo (70.3 km)

1. Ballyhaunis - Lunch (halfway)
2. Lunch - Sligo

Day 9 - 10th September: Sligo - Enniskillen (78.7 km)

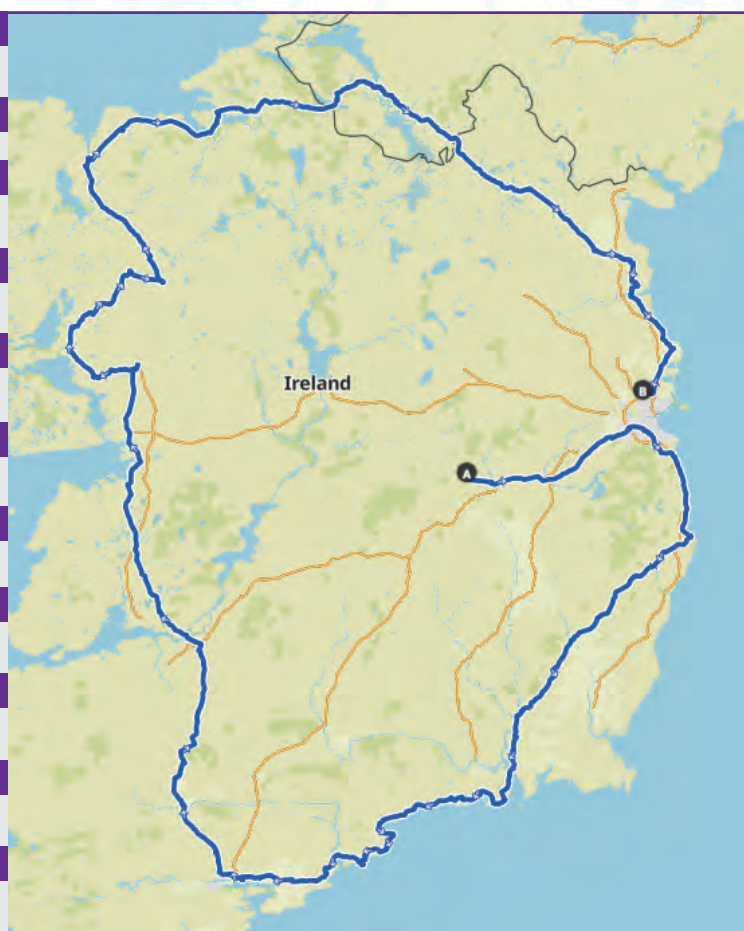
1. Sligo - Lunch (halfway)
2. Lunch - Enniskillen

Day 10 - 11th September: Enniskillen - Ardee (106 km)

1. Enniskillen - Lunch (halfway)
2. Lunch - Ardee

Day 11 - 12th September: Ardee - Dublin (101 km)

1. Ardee - Lunch (halfway)
2. Lunch - Dublin



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couriers

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## Signing Up - How it works...

### 1. Find your Team Page:

- There will be 9 regional team pages so be sure to sign up to the one relevant to your team on this page [HERE](#)
- You are encouraged to fund raise with your regional team, but you can partake in the cycle your preferred part of the route.

### 2. Create a Giv2Go Account

Before registering, you will be prompted first to create a giv2go account using your email and a password of your choice. Once your account is created, you will be ready to register for your event

### 3. Selecting your ticket type

Select what you prefer from the below ticket types:

- **Official Participants €150:** Join us for one or two days of cycling for the maximum fundraising challenge. Includes a full cycling kit, lunch and transfer back to the start point of that day. You can fundraise further on top of this amount!
- **Casual participants €50:** Join us for a half day of cycling to show your support. Includes a t-shirt & transfer to the start point of that day at the end of that day.
- **Volunteers €0.50:** If you can't cycle and still want to help out or raise funds, you can do this with volunteer registration

### 4. Selecting where you are joining on the route

There will be recommended parts of the route for your region in your registration form but you can also choose to join elsewhere.

- These fields must be filled out prior to entering the cycle.
- Important note: Participants who show up on the day for a route without prior notice will not be permitted to join the cycle - you can write to us at [support@giv2go.com](mailto:support@giv2go.com) with any requests to change routes.
- There is an additional field where you can opt for a route outside your region. If this is something you are interested in, please provide detail.



### Packing Essentials:

Bike in good condition - Preferably road bike for long distances - if your bike is unsafe to ride you will not be permitted to ride

- Helmet (riders will not be permitted to cycle without)
- Refillable water bottle - We'll bring the water to top you up
- Padded Cycling Shorts If you are a casual participant and haven't signed up for the full branded gear these will make your journey a lot more comfortable.
- Light rain jacket - essential
- Sunscreen

### Additional:

- Cycling Gloves - for comfort
- Hat, Gilet
- Additional Sustenance/snacks
- Medication if needed

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