

Introducing the



Mondello 24

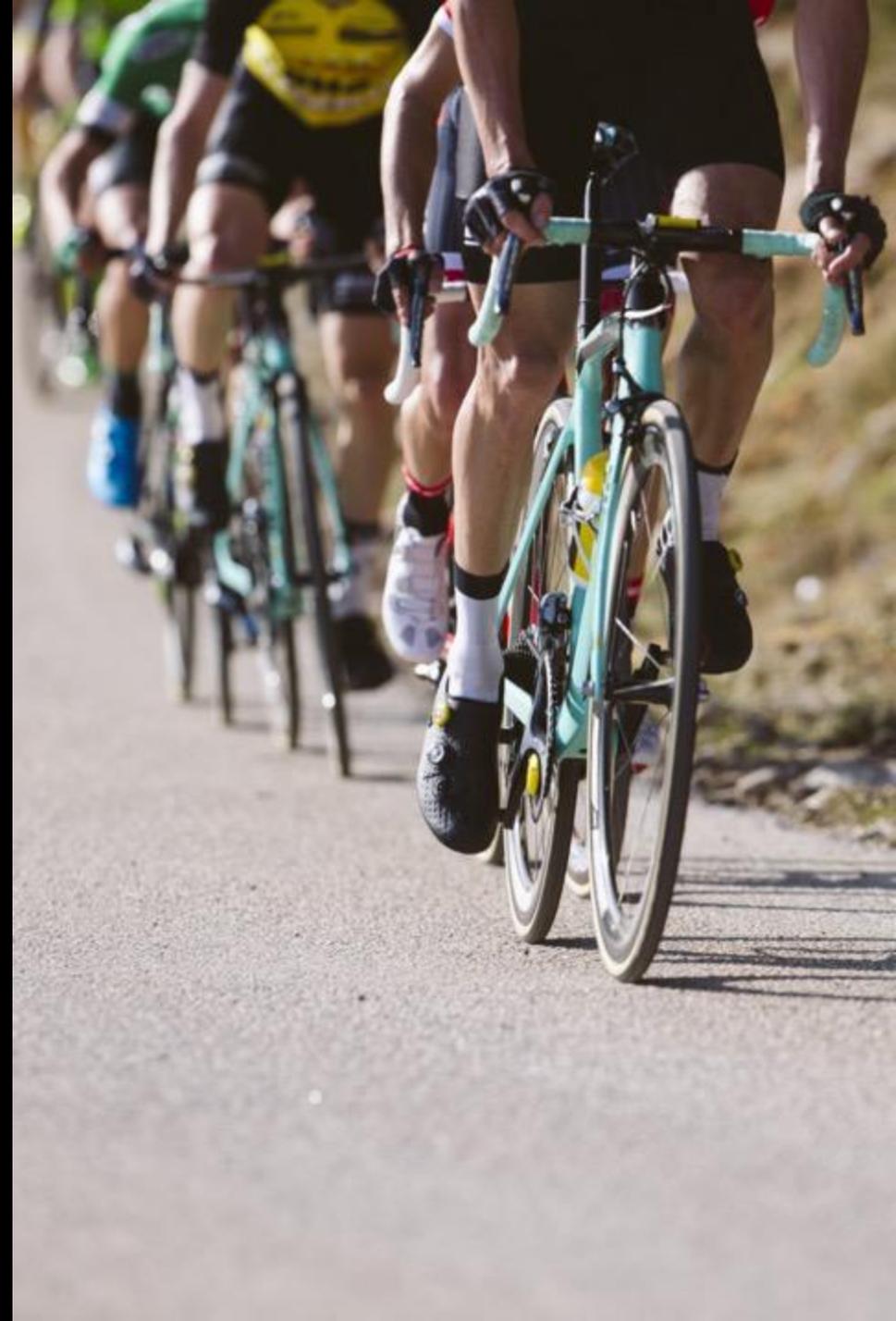
||||||| CYCLE

24hr Endurance Cycle

16th October 2021

 Mondello Park

A Weekend of Teamwork, Speed and Power



Welcome

Combining the incredible experience
of ultra distance cycling
and the atmosphere of motorsport.





100 acres of green-field space in the countryside, minutes from the M7 and just 25 minutes from Dublin.

Mondello Park has been the home of Irish motorsport since 1968 and is Irelands only FIA licensed racetrack.

In recent years, the Park has diversified and lent itself to play host to a more elaborate calendar of events including drive-in cinemas, music festivals and events for up to 20,000 people.



The Track

Distance
3.47km

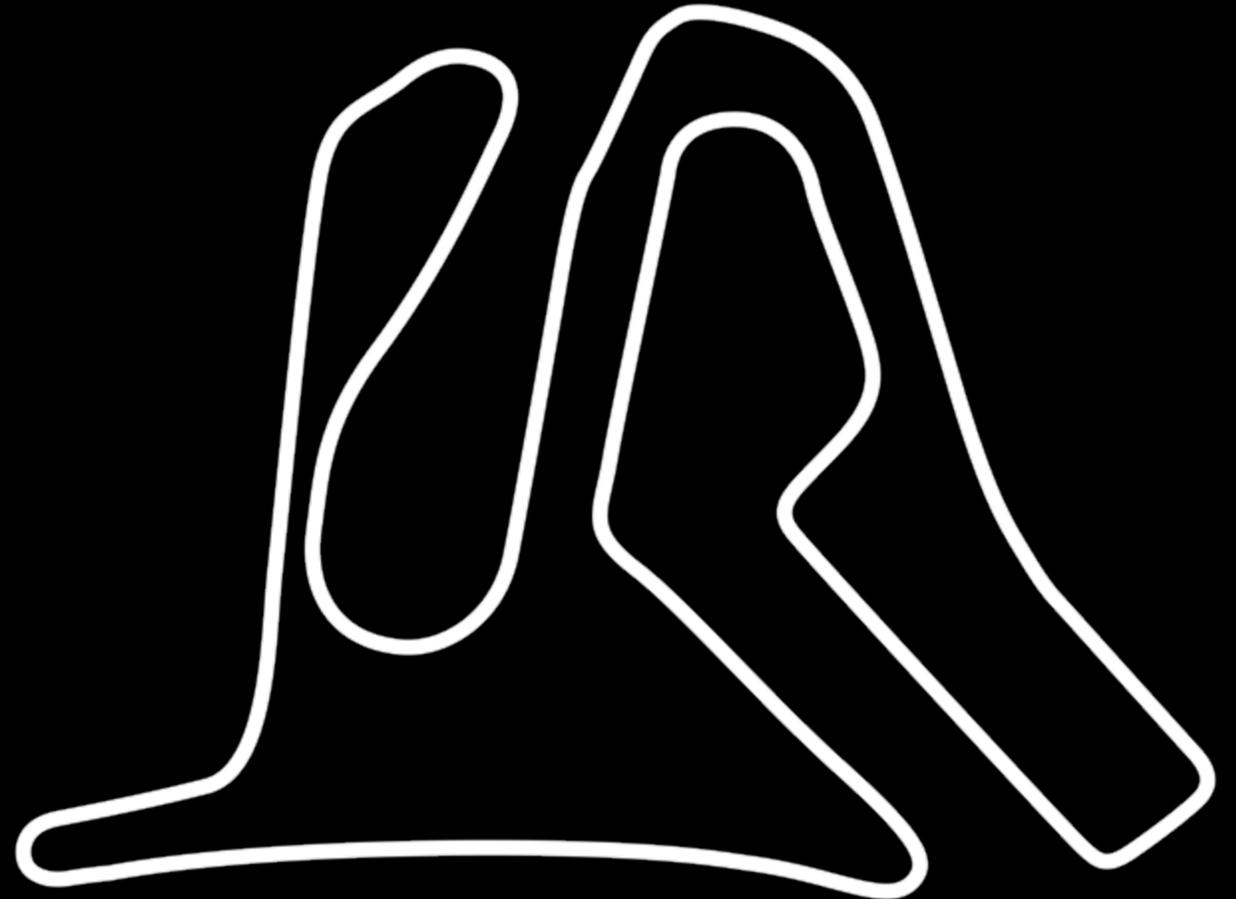
Avg Grade
0.0%

Lowest Elev
82m

Highest Elev
87m

Elev Difference
5m

The International track boasts 3.5km which pays homage to motor racing is the perfect mix of distance and elevation, perfect for a cycling event.



Getting Started

Enter up to 8 riders

Build a crew to help them go faster

Decide on your strategy

Ride for a charity of your choice (optional)



Raise money for a cause

The Mondello24 is a way for your employees to take part in a fun and challenging experience whilst also raising funds for a charity of your choice.

We will promote your chosen charity throughout this campaign online maximising exposure.



Picking your team

Pick up to 8 riders and a crew of up to 10

Riders will relay for 24 hours with the aim to cover as much distance as possible.

Ahead of race day, discussions will turn towards the logistics of event; food, kit, spares, weather, sleep, tactics.

We have devised two workshops for you and your team to attend which will prove invaluable for this challenge.





Building your team

We believe that teams can do amazing things when they come together with shared goals, a clear strategy and a growth mindset that brings out the best in its members both individually and collectively.

Our experts can help you build a winning team both on track and in the office.

We have created two workshops to prepare you for the event and instill a high-performance team mindset that employees will apply to their work long after the event.



Workshop 1

Preparing for the

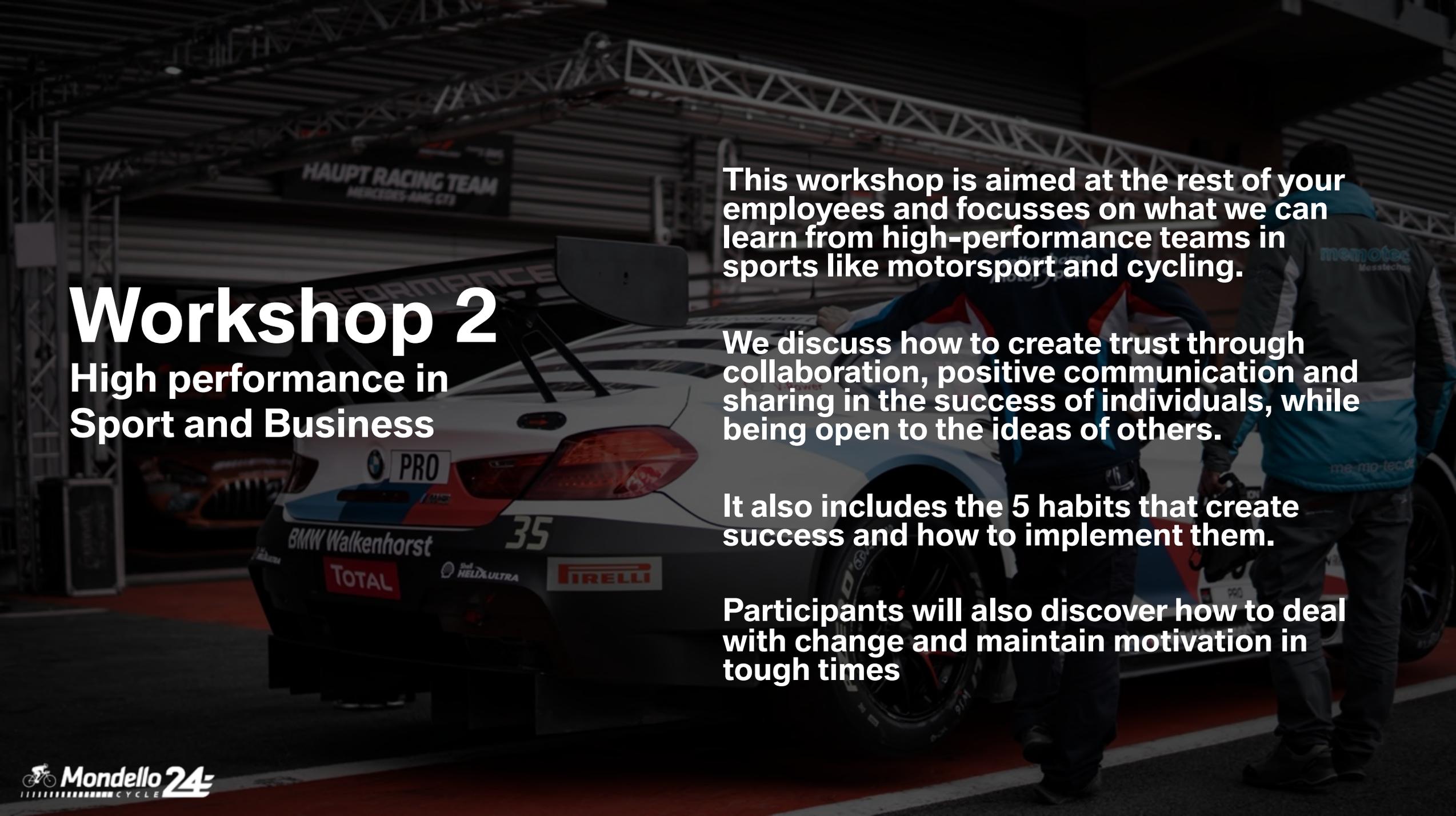
 **Mondello 24**
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In this workshop your team of cyclists and crew will learn what the best strategy is for completing an event like the Mondello 24 Cycle.

Riders will receive advice on training with some sample plans that they can easily implement into their lives as well as strategies for sleep and recovery.

We will discuss the role of nutrition and energy management and how to apply a simple nutrition plan for optimum performance and health.

Crew will discover how they can be supportive to the riders and have some fun.



Workshop 2

High performance in Sport and Business

This workshop is aimed at the rest of your employees and focusses on what we can learn from high-performance teams in sports like motorsport and cycling.

We discuss how to create trust through collaboration, positive communication and sharing in the success of individuals, while being open to the ideas of others.

It also includes the 5 habits that create success and how to implement them.

Participants will also discover how to deal with change and maintain motivation in tough times

Alan Heary

Your high-performance coach who will be delivering both workshops

Alan Heary is a high-performance coach who specialises in equipping individuals and teams with skills and habits to realise and exceed their potential. He holds a bachelor of science in sports science and health, a diploma clinical hypnotherapy and he is a master in neuro-linguistic programming.

Recently, Alan has been working with Katelynn Phelan who has held the WBC youth female and WIBA welterweight boxing titles since October 2020. He has also worked with world champion boxers including Steve Collins, former WBO Super middleweight Champion of the world and Johnny Ruiz, former WBA world heavyweight champion.

He has also worked with organisations including the Irish motorsport rally academy, FAI world cup training, Irish Olympic teams and the Australian institute of sport.

As a cyclist, he has competed in some of the world's toughest ultra endurance events including race across America.

Building on his 25 years of experience working with Olympic athletes and world champions, Alan has created a system that he teaches to entrepreneurs and corporate clients including Microsoft and Heineken to help people thrive and perform at their peak.



Package includes

Event entry for up to 8 riders

24-hour mechanical assistance

Energy food at event

Event Goodie Bag

Workshop 1 – Preparing for the Mondello24 cycle

Workshop 2 – High performance in sport and business

Use of private campervan for you and your team for event

Cost: €2,995





Contact us today for more information
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