

CONNEMARA ADVENTURE CHALLENGE

COMPETITOR ESSENTIAL INFO

REGISTRATION

You cannot do the race without registering. Race numbers will be available online on the [Killary Gaelforce website](#) ONLY, from 6.30pm on Friday 5th May. Please know your race number before coming to registration

STEP 1. REGISTRATION

Registration will take place at on Saturday 6th May from 08:00 - 10:00am at [Killary Adventure Centre](#).

Note there will be no registration on the Friday evening

Your registration pack will include the following:

- Race number + safety pins
- Bike number tag (attached to bottom of race number)
- Timing dibber (lost dibbers will incur a cost of E30 each)
- Event t-shirt
- John West goody bag

STEP 2. BIKE DROP

The bike drop is located approx. 2km from Killary Adventure Centre. You will need to put your bike number tag on your bike and cycle it there after registering. There will be marshals there to help you.

You can leave any cycle gear and extra food or water securely tied to the bike. This area will be secured.

There will be a mini bus shuttling people back to the Killary Centre but be prepared to wait or to start walking. No cars are allowed on the road to the bike transition.

BIKE TRANSFER BY KILLARY GAELFORCE

If you chose this service when you entered online:

1. Bring along your bike transfer disclaimer form signed by you. Pick up your registration pack.
2. Put your number tag on your bike
3. Attach any other equipment you need securely to your bike - water, repair kit, etc
4. Leave it with the designated staff member

Bike Transfer Disclaimer form [Click Here](#)

The cut-off time to avail of this service is 10.00am. if you arrive after this time you will have to drop the bike yourself.

RACE DAY 6 MAY 2017

MANDATORY KIT

Please note that carrying this mandatory kit throughout the race is for your own safety. There are parts of the course that are off road so it may take a while for medical aid to reach you.

- Survival blanket and whistle
- Cycle helmet
- Windproof/waterproof top
- Basic Bike Repair kit

Although the following is not mandatory kit, it is recommended to bring:

- Suitable cycling shoes and gloves
- Sturdy walking/running shoes
- Waterproof leggings
- Course map
- Energy food and drink.

Water is provided for refilling vessels at transition points. We do not give out water bottles along the route.

MEDICAL INFORMATION

If you have a medical condition that we need to be aware of please drop us an email on the address below, in advance of the events.

info@gaelforceevents.com

START AND FINISH LINES

The start and finish lines are located at [Killary Adventure Centre](#).

START TIME

Race start time: 11:30am

Safety briefing: At the start line 15 mins before the start of the race

BIKE TRANSITIONS

On race day it is essential that you leave nothing behind in the bike transition area.

BIKE COLLECTION

When collecting your bike after the race you must have your race number with you in order to get your bike.

CUT-OFF TIME

The course will be closed at 4pm.





CONNEMARA
ADVENTURE CHALLENGE

CONNEMARA ADVENTURE CHALLENGE (CONTINUED)

FINISH LINE REFRESHMENTS

Competitor food at the finish line will be supplied by John West.

PRIZE GIVING

Prize giving will be directly after the event.
Time TBA.

HAVE A GREAT RACE!

**KILLARY GAELFORCE,
LEENANE, CO. GALWAY.**

**E: INFO@GAELFORCEEVENTS.COM
T: 095 - 42006**

WWW.GAELFORCEEVENTS.COM





CONNEMARA ADVENTURE CHALLENGE

EVENT RULES

For reasons of fairness, safety and responsibility people are expected to abide by the following simple rules.

Rules and/or the course may need to be modified in order to deal with unforeseen circumstances at the discretion of the race organisers.

RACE RULES

On entering, competitors agree to a declaration to waive liability, confirm acceptance of the rules & agree to the release of personal images to the media and for event promotion purposes.

International competitors must have the appropriate travel documents, visas & comprehensive medical insurance in place for this event.

We do advise that competitors organise their own personal insurance.

This is an unsupported race. This means that you are not allowed to be handed any food, drink or other equipment from spectators or helpers along the way. Neither are you allowed to receive technical support such as bike repairs anywhere on the course.

You can only use one bike for the cycle.

Follow the Road Traffic Laws. Cycle on the left on all roads and keep tight into the left especially on main roads.

Do not trespass or cut corners - follow the event instructions.

Check points must be visited in the prescribed order/way.

Do not litter. We are very lucky to have access to this stunning route. It is essential that no littering happens anywhere on the course including at transition areas. Anyone seen to be littering will be disqualified immediately, with no exceptions.

Do not leave anything in the bike transition when you collect your bike during the race.

Respect the environment & local inhabitants.

Assist any persons who are in difficulty (e.g. injury) as appropriate.

MP3, Ipods etc are not allowed.

The Race Director's decision is final



CONNEMARA VENTURE CHALLENGE

IN CASE OF AN EMERGENCY
CALL 087 9892651 OR 087 9891613.
WEEKEND AND HOLIDAY ONLY.

KILLARY
HARBOUR

CONNEMARA
LOOP

LOUGH
FEE

CONNEMARA
LOOP

N59

N59

N59

LEENANE

WESTERN WAY









WESTERN WAY

N59

N59

R334

HEIGHT
(324M)

-  SPECTATOR POINT
-  WATER STATION
-  FIRST AID
-  KAYAK
-  RUN
-  CYCLE
-  START/FINISH
-  TRANSITION

