

COMPETITOR ESSENTIAL INFO

MANDATORY KIT

Please note that carrying this mandatory kit is for your own safety.

As it is an adventure race 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
- Puncture 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.

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 event.
info@gaelforceevents.com

REGISTRATION

You cannot do the race without registering.

RACE NUMBERS

These will be available on the [Killary Gaelforce website](#) ONLY from 18:00 on Thursday 21st September. Please know your race number before coming to registration.

Friday 22nd September 2017

STEP 1. REGISTRATION

Registration takes place at the [Glen Swilly GAA Club](#) between **17:00 and 22:00**. The busiest times will be between 19:00 and 22:00.

At registration you will collect your registration pack which includes the following:

- Race number + safety pins
- Bike number tag (attached to bottom of race number)
- Timing dibber (lost dibbers will incur a cost of 30 euro each)
- Gaelforce North event t-shirt
- John West goody bag

STEP 2. BIKE DROP

Please note you must register before you go to the bike drop.

Full course

The full course bike drop is at Gartan Lake beside the Glebe Gallery, follow the signs from the GAA club (15 mins drive).

There is EXTREMELY limited parking there so you must have your bike completely ready to go before you get there.

Sprint course

The sprint course bike drop is in the car park of Glenveagh National Park, follow the signs from the GAA club (25 mins drive).

Please note:

- Bikes are racked by race number
- You can leave cycling gear, food and drinks secured to your bike
- The bike drop areas will have security present overnight
- You must take everything with you when you leave the bike transition areas on race day

TRAVEL AND DIRECTIONS

[Click on the map here](#) for locations of and directions for:

- Registration at Glen Swilly GAA Club
- Full course bike drop
- Sprint course bike-drop
- Race Day Bus Pick Up
- Finish Line

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 22:00. If you arrive after this time you must drop the bike yourself.



GAELFORCE NORTH (CONTINUED)

RACE DAY 23 SEPTEMBER 2017

START LINE

The wave time that you chose when you entered online is the time your bus departs from outside the Seaview Hotel in Bunbeg to bring you to the start line.

WAVE 1 - 07:00

WAVE 2 - 07:30

You will be **starting the race 1.5hrs after** that time.

Please have your race number visible when you are getting on the bus.

GETTING DROPPED TO THE START LINE

For those of you being dropped to the start line please be aware that there will be **no opportunity to turn around on this road**. A one-way traffic system will be in place and must be strictly followed. There is also **no parking, it is a drop-off point only**.

Please see map on the last page.

ERRIGAL - IMPORTANT INFORMATION

Important rule for Errigal ascent/descent

For safety reasons we will have a route marked out for you for the ascent and descent of Errigal mountain. All competitors must stay within 10 metres of this marked route. Anyone found to be not following the set route will be disqualified.

Dibbing on Errigal

Full Course: Dib once half way up the hill and then at the summit.

Sprint Course: Dib once at the half way point.

Cut-off time for Mount Errigal

Please note that the cut-off time for reaching Mt. Errigal is now 13:30. If you arrive at the base of the mountain after this time you will have to continue on instead to the next stage of the cycle.

**NOTE: CHANGE TO FINAL CYCLE

On final leg of the cycle into Bunbeg you will stay on the R258 until you get to the T-junction. You will then turn right up through the town towards the finish line.

FINISH LINE LOCATION

The finish line is located on the beach front outside the Ostan Gweedore hotel in Bunbeg.

BIKE COLLECTION

When collecting your bike after the race you must have your race number with you. Bikes must be collected within 1 hour of finishing.

FACILITIES AT THE FINISH LINE

John West will be providing food for all competitors at the finish line. There will also be soup, fruit, tea & coffee.

PRIZE GIVING

We hope to see you afterwards at the prize giving. Time and place TBC. If you are a prize winner, and can't make it to the prize giving, we ask that you arrange for someone to pick your prize up for you.

HAVE A GREAT RACE!

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

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

WWW.GAELFORCEEVENTS.COM



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

PLEASE NOTE that you can only win the race overall or your category if you are in Wave 1.

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.

It is an unsupported race - 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.

Checkpoints 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.

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



INTRODUCING
JOHN WEST
INNOVATIONS!

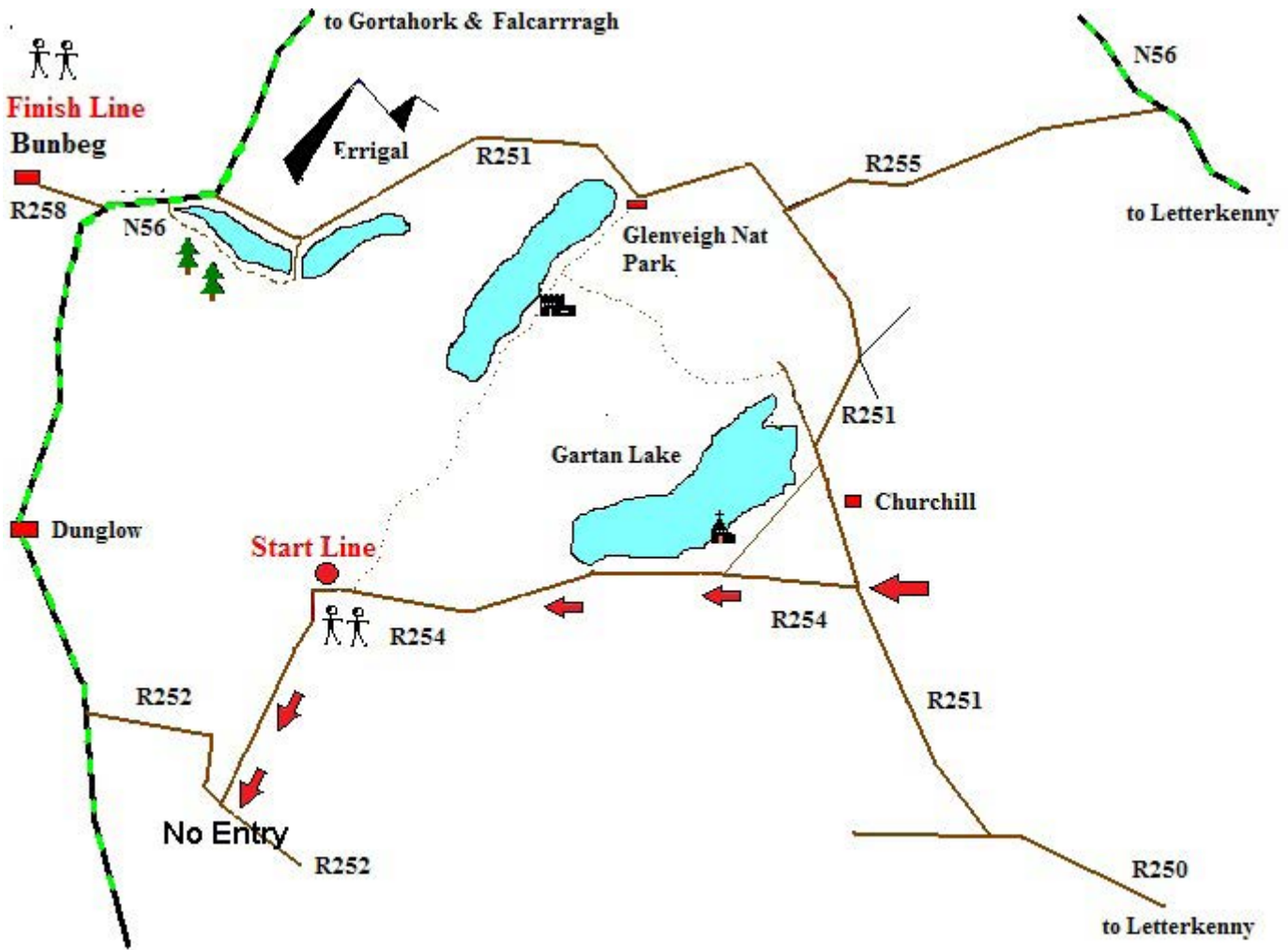
At John West, we listen to our customers and we are responding by bringing to the market innovations that meet their lifestyles and new eating habits. With our exciting new ranges Infusions, Creations, Steam Pot and Fridgepack Spreadables, customers can now enjoy John West fish in a variety of flavours and new product formats, making the category an inspiring shop destination!

john-west.ie

GET THE BEST OUT OF
JOHN WEST
SINCE 1857



START LINE ONE-WAY TRAFFIC SYSTEM



Map not to Scale