



# WOMEN'S ADVENTURE RACE

## WOMEN'S ADVENTURE RACE - WICKLOW 19/08/2017

### 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

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.

This is a self-supported race which means that you need to bring with you from the start what you need for the race.

#### 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](mailto:info@gaelforceevents.com)

#### REGISTRATION

You cannot do the race without registering. Race Numbers will be available online on the [Killary Gaelforce website](#) from 6pm on Friday 18th August. We ask that you know your race number when you arrive at Registration on Saturday 19th August.

#### STEP 1 REGISTRATION

Registration: [Roundwood AFC](#) Saturday 19th August from 09:30 - 11:00.

[\(See map here\)](#)

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 30 euro each)
- Race clothing

#### STEP 2 BIKE DROP

Once you have registered you will then bring your bike with bike number tag attached to the bike transition area which is at the Upper Dam on the Upper Reservoir.

You can also leave helmet, cycle shoes, repair kit, extra food and water securely tied to your bike if you wish.

### RACE DAY 19 AUGUST 2017

#### START LINE & FINISH LINE

Start line location: The bike drop is also the location of the start line so when you bring your bike to the bike transition area please be ready for the race start as you will not be going back to the car park.

Finish line location: Roundwood AFC

Safety briefing: 15 mins before the race start time

**Race start time: 11:30**

It will take approximately 10 mins to cycle to the bike transition/start line from Roundwood AFC (distance is approx. 2km). No cars can be brought to the start line/bike transition area. Limited toilet facilities will be available here.

#### WATER STATION

Water will be available at the bike area and at the finish line. You do need to bring your own bottle though as bottles will not be supplied.

#### BIKE REPAIRS

It is also advisable to know the basics of fixing your bike (changing a tube, fixing the chain) and have the basic tools with you as there will be no one to help you with this out on the course.

#### TIMING

You will "dib" at each transition to record your time. We will have marshalls at each transition location to show you how to do this if you have not done it before

#### FINISH LINE FACILITIES

John West will be providing food for all competitors when they cross the finish line.

No showers or changing facilities are available at Roundwood AFC but toilets will be available.

#### BIKE COLLECTION

We ask that you collect your bike within a half hour of finishing the race to avoid congestion.

#### PRIZE GIVING

The prize-giving will take place as the winners cross the line at Roundwood AFC.

#### HAVE A GREAT RACE!

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

**E: [INFO@GAELFORCEEVENTS.COM](mailto:info@gaelforceevents.com)  
T: 095 - 42006  
[WWW.GAELFORCEEVENTS.COM](http://WWW.GAELFORCEEVENTS.COM)**





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## WOMEN'S ADVENTURE RACE APPENDIX 1

### 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.

Mandatory Kit must be worn or carried as appropriate and as specified.

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 supports 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.

**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

