



# GAELFORCE WEST

11/09/2021



THE ORIGINAL  
ADVENTURE RACE  
**RAW. WILD.**  
**GAELFORCE WEST.**



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Last UPDATED - 3trd September 2021

# COMPETITOR IMPORTANT INFO

## PLEASE NOTE:

Roads are not closed for this race. They are busy, narrow and very steep. Although it is a race you **MUST CYCLE WITH CARE** for yourself and other road users.

## COURSE PROFILE

Please click [HERE](#)

## EVENT LOCATIONS

Please visit our [Gaelforce West Event Map](#) on google maps to find out about all relevant locations. Click [HERE](#).

## CONTENTS: CLICK AND GO

### EVENT SCHEDULE

IMPORTANT EVENT DATES & TIMES

#### SECTION 1

REGISTRATION, BIKE DROP/TRANSFER  
BIKE TRANSFER BY GAELFORCE

#### SECTION 2

COVID, LOST & FOUND, MANDATORY KIT  
& MEDICAL INFO

#### SECTION 3

RACE DAY: START LINE, LEFT CLOTHING, CUT OFF  
TIMES, FINISH LINE, BIKE COLLECTION, FACILITIES,  
PRIZE GIVING

#### SECTION 4

60KM COURSE INFO

#### SECTION 5

EVENT & RACE RULES



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# EVENT SCHEDULE

## IMPORTANT EVENT DATES & TIMES

DATE	ACTIVITY		
Fri 3rd Sept 2021	Race Packs get send off		
Thu 9th Sept 2021	Please check if your race pack has arrived in the post (If not, find detailed info in SECTION 1 of this document)		
FRIDAY 10th Sept 2021			
TIME	ACTIVITY	LOCATION	
14:00 - 22:30	<b>Bike Drop / Killary Adventure Centre</b>	Killary Adventure centre	
15:00 - 22:00	<b>Bike Drop / Westport (PRE-BOOKED SERVICE ONLY!)</b>	Westport beside skate park	
SATURDAY 11th Sept 2021			
	TIME	ACTIVITY	LOCATION
<b>Wave 1-5</b>	6:15am	Arrival & Parking	Leenane Village
	7:00am	Bus to start line	Leenane Village
	<b>8:00am</b>	<b>START</b>	<b>Start line Glassilaun</b>
<b>Wave 6-10</b>	7:45am	Arrival & Parking	Killary Adventure Centre
	8:30am	Bus to start line	Killary Adventure Centre
	<b>9:10am</b>	<b>START</b>	<b>Start line Glassilaun</b>
<b>Wave 11-16</b>	9:00am	Arrival & Parking	Killary Adventure Centre
	9:40am	Bus to start line	Killary Adventure Centre
	<b>10:20am</b>	<b>START</b>	<b>Start line Glassilaun</b>
<b>FINISH LINE</b>		Receiving Finishers bag	Killary Adventure Centre (Inside)
<b>PRIZES</b>		Prize Collection	At reception in the Centre
	15:30	Cut Off Time	Base of mountain
<b>BIKE COLLECTION FROM BIKE TRANSITION</b>	18:30 (latest time)	Pick up your bike	Bike transition at Killary Adventure Centre
<b>LEAVING</b>		Return to your car with your bike	Killary Adventure Centre car park / Leenane Village



# SECTION 1

## REGISTRATION, BIKE DROP/TRANSFER, BIKE TRANSFER BY GAELFORCE

### REGISTRATION

Registration packs will be posted to you before the event. **RACE PACKS ARE POSTED OUT 8 DAYS BEFORE THE EVENT TAKES PLACE.**

Please know your wave and your start time before coming to the event. You will receive a text message with this information on Friday the 10th September 2021.

#### Your postal reg pack will include:

- Race Number
- Safety Pins
- Bike tag (attached to bottom of race number)
- Information leaflet

#### DATES AND TIMES AS PER EVENT SCHEDULE

**THERE IS NO REGISTRATION AVAILABLE ON RACE DAY. PLEASE DO NOT COME IF YOU DIDN'T BOOK AN ENTRY BEFOREHAND.**

If you didn't receive your race pack in the post **BY THURSDAY THE 9TH OF SEPTEMBER 2021**, please send an email to [info@gaelforceevents.com](mailto:info@gaelforceevents.com). We will provide a new race number for you when you're dropping your bike off.

### BIKE PREPARATION

**IT IS VERY IMPORTANT THAT YOUR BIKE IS READY BEFORE YOU ARRIVE AT THE BIKE DROP!**

You can leave all cycling equipment, extra food and drinks securely attached to your bike.

**Please Note:** Aerobars are not allowed and need to be taken off for the event.

**YOU NEED TO BRING YOUR RACE NUMBER WITH YOU TO THE BIKE DROP!!**

**You also need to attach your bike number tag to the crossbar of your bike. (You find this tag attached to the bottom of your race number)**

THE BIKE TAG HAS THE SAME NUMBER AS YOUR RACE NUMBER AND IS FOR SECURITY PURPOSES ONLY!



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**Our staff at the bike drop will provide you with two bike locator stickers. One will be stuck to your bike, the other to your race number.**

**THIS STICKERS HAVE A NUMBER ON THEM AS WELL AND ARE USED FOR LOCATING YOUR BIKE ON THE BIKE RACKS.**

### BIKE DROP IN THE BIKE TRANSITION IN THE KILLARY ADVENTURE CENTRE

Bike Drop starts at 14:00 on Friday 10th September. Your bike MUST be in the bike transition in the Killary Adventure Centre by 22:30.

When you get to the bike transition you will receive your two bike locator stickers and be directed to the bike racks and you will leave your bike at the space marked with the number on your stickers (NOT YOUR RACE NUMBER!) The area is secured overnight.

### PRE-BOOKED BIKE TRANSFER FROM WESTPORT

Bike Drop starts at 15:00 on Friday 10th September. Your bike MUST be in the bike transfer location in Westport beside the Skate Park by 22:00\*\*.

You will receive your two bike locator stickers and be directed by staff to the designated area to deposit your bike. You must sign a Bike Transfer Waiver before your bike will be accepted. You will prepare your bike before handing it over.

Download Bike Transfer Waiver form [HERE](#)

**\*\*Note: Last transfer departing Westport at 22:00 sharp. If you are late and miss this time you will have to drop off your bike to the bike transition at Killary Adventure Centre yourself.**

**Please note, that the bike transfer service is not available for booking at this stage.**

<< BACK TO CONTENTS >>

# SECTION 2

## COVID, LOST & FOUND, MANDATORY KIT & MEDICAL INFO

### COVID

Please read and understand your timings BEFORE you arrive.

KNOW YOUR WAVE, KNOW YOUR START TIME!

Do not come if you feel in anyway sick. As per regulations please wear a mask when indoors.

### SOCIAL DISTANCING

We have set this up so that 2 metre distancing should be possible at all times, Please make sure you help us on this.

### FINISH LINE REFRESHMENTS

This is a collection point only, Your refreshments; medal, t-shirt etc will all be together in one bag.

### DETAILS

Please read detailed information on the following pages carefully to avoid uncertainties on event day.

### LOST & FOUND

Any item that does not have a race number tag visible will be placed in the lost & found area at the bike transition. Those availing of the bike transfer service MUST ensure that all their equipment is securely fastened to their bike and has their race number visible.

If you cannot finish the race for any reason we will bring your bike to the finish line for you. It will be secured until 18:30 sharp - we will not be responsible for any items left after this time.

### MANDATORY KIT

PLEASE NOTE THAT CARRYING THIS MANDATORY KIT FROM THE START IS FOR YOUR OWN SAFETY.

This is an adventure race and 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**
- **Windproof/waterproof top**
- **Cycle helmet** (can be left with your bike at transition area)
- **Spare bicycle tube/puncture repair kit**

ALTHOUGH THE FOLLOWING IS NOT MANDATORY KIT, IT IS RECOMMENDED:

- **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 e-mail on the address below, in advance of the event. [info@gaelforceevents.com](mailto:info@gaelforceevents.com)



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<< BACK TO CONTENTS >>

# SECTION 3

## RACE DAY: START LINE, CUT OFF TIMES, FINISH LINE, BIKE COLLECTION, FACILITIES, PRIZE GIVING, RESULTS & PICTURES

### PARKING

You will be allocated on one of 2 locations based on your starting wave.

**Location 1:** Leenane village

**Location 2:** Killary Adventure Centre car parks

**Wave 1-5:**

Leenane Village (arrive at 6:15)

**Wave 6-10:**

Killary Adventure Centre (arrive at 7:45)

**Wave 11-16:**

Killary Adventure Centre (arrive at 9:00)

**NOTE: PARKING MIGHT NEED UP TO 20MINS!**

### BUS TRANSFER TO START LINE

You will be collected from your allocated parking location and transferred to the start line by bus. Please have your race number visible when you are getting on the bus.

**Wave 1-5:**

Leenane Village (bus leaves at 7:00)

**Wave 6-10:**

Killary Adventure Centre (bus leaves at 8:30)

**Wave 11-16:**

Killary Adventure Centre (bus leaves at 9:40)

**EVERYONE MUST WEAR A FACE MASK AT ALL TIMES ON THE BUS.**

### START LINE / START TIMES

The start line is located at GLASSILAUN.

START TIMES AS PER  
EVENT SCHEDULE

### CLOTHING AT THE START LINE

Any clothing left at the start line will be donated to charity. We will not be transporting these items to the finish line so wear old gear.



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### CUT OFF TIMES

15:30 at the base of the mountain.

### FINISH LINE / LOCATION

The finish line is located at the KILLARY ADVENTURE CENTRE.

After taking your breath, please move on from the finish line gantry to avoid crowding and pick up your Finishers Bag in the Centre.

### FACILITIES / FINISH LINE

Your refreshments, medal, t-shirt etc will all be together in one bag, which you can pick up in the Centre. Walk pass reception to the back of the building. (Please wear a mask when indoors)

### PRIZE GIVING

There will be no prize giving this year. Winners will be announced after the Elite wave finishes and will receive their prizes at reception in the Killary Adventure Centre.

### BIKE COLLECTION

When collecting your bike after the race you must have your race number with you in order to get your bike. All bikes must be picked up within 1 hour of finishing the race. If you do not have your race number photo id will be required. 18:30 is the final closing time. You will have to cycle your bike back to your car. (Leenane village is a short cycle downhill from the finish line)

**There is no bike transfer service or bus back to Westport. Please make sure you arrive and leave the event by car.**

### RESULTS & PICTURE GALLERY

We will publish the link to the results at around 21:00 on race day in a post on our Facebook page and on our website. Our photographer Martin will edit all pictures taken on the day and they will get published on our Facebook page during the week after the race.

<< BACK TO CONTENTS >>

# SECTION 4

## 60KM COURSE:

**1. RUN/WALK: 24KM APPROX**

**2. CYCLING: 35KM APPROX**

**3. KAYAKING: 1KM MAX**

### STAGE 1: BEACH, TRAIL AND ROAD RUN (13.5km)

Start line located at Glassilaun beach in Connemara. Continue by road around Little Killary Harbour and then over the hillside into Killary Fjord. Make your way along the old Famine gre-enway (muddy and uneven underfoot) to the shore below Killary Adventure Centre and the kayak transition area.

### STAGE 2: KAYAKING ACROSS KILLARY FJORD (1km)

Kayak a looped course from the southern shore of Killary Fjord in a two-man sit-on-top with the next competitor to you. Buoyancy Aids will be provided.

### STAGE 3: TRAIL AND ROAD RUN (1km)

Leaving the kayak transition you will have a short 1km run to the bike transition located at the front of the Killary Adventure centre building.

### STAGE 4: CYCLING (35km)

Leaving the bike transition you will head south with the Fjord to your right and the Maumturk mountains to your left. You will follow the Wild Atlantic Way route south hugging the rugged coastline in the direction of Tullycross. The views from this coastal route are spectacular as you look over the islands and Atlantic ocean. The route bring you to Letterfrack where you will rejoin the N59 for your return journey passing Kylemore Abbey and the 12 Ben mountain range. You will be returning to the bike transition at Killary Adventure centre.

The cycle route for Gaelforce West 2021 is all sealed roads so a road bike or hybrid is best.

### STAGE 5: TRAIL RUN/WALK (3km)

Leaving the bike transition you will head across the Connemara bog to meet the Western Way walking trail. Turning left you will run downhill (!) in the direction of leenane along this trail.

### STAGE 6: MOUNTAIN (7KM)

You will now begin the climb up the mountain. There is no trail, it is open mountain, and you will have an ascent of 450m to conquer at this stage. Once you reach the top you will follow the fence line as you descend with the expanse of the Killary Fjord and Mweelrea mountain in front of you.

This is the last stage of the race and will see you cross the finish line of Gaelforce West 2021 at the end!

### COURSE PROFILE

Please click [HERE](#)



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[BACK TO CONTENTS >>](#)

# SECTION 5

## EVENT RULES AND RACE RULES

### 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

**All competitors MUST social distance at all times.**

**In order to win or be placed in your category you must be in WAVE 1/ELITE and you may not take a time out at the kayak section.**

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.

Aerobars are not allowed and need to be taken off for the 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.



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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.

Earphones are not allowed. Be aware of your oncoming traffic, other competitors, marshals instructions, etc.

THE RACE  
DIRECTOR'S  
DECISION  
IS FINAL.  
**HAVE A GREAT RACE!**

Killary GAELFORCE,  
Leenane, Co. Galway.

E: [info@gaelforceevents.com](mailto:info@gaelforceevents.com)  
[www.gaelforceevents.com](http://www.gaelforceevents.com)

**<< BACK TO CONTENTS**