



**WOMEN'S
ADVENTURE RACE**

WOMEN'S ADVENTURE RACE & ADVENTURE DUATHLON - GALWAY 22/07/2017

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
- 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 the transition point (front of Killary Adventure Centre). 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

REGISTRATION

STEP 1. REGISTRATION

You cannot do the race without registering. Race Numbers will be available online on the [Killary Gaelforce website](#) ONLY, from 18:00 on Friday 21st July. We ask that you know your race number when you arrive at Registration.

Registration: [Killary Adventure Centre](#) 10:00 - 12:00 Saturday 22 July 2017.

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 30euro each)
- Tech t-shirt
- John West Goody Bag

STEP 2. BIKE DROP

After registering you will leave your bike with bike number attached at the bike transition area at the front of Killary Adventure Centre

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

RACE DAY 22 JULY 2017

START & FINISH LINES

They are both located at Killary Adventure Centre.

Safety briefing: 15 mins before start time at the start line

Start time: 13:00

BIKE REPAIRS

It is also advisable to know the basics of fixing your bike (changing a tube, fixing the chain) and have the necessary 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

DUATHLON

The duathlon finishes after you finish the cycling stage. Drop your bike and run across the finish line!!

FINISH LINE FACILITIES

Hot food will be provided for all competitors when they have crossed the line.

Showers and changing facilities are also available although these are limited for space so you may need to be patient!

PRIZE GIVING

The prize giving will take place at the finish line.

HAVE A GREAT RACE!

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

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T: 095 - 42006
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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 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.

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.

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

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JOHN WEST
SINCE 1857

WOMEN'S ADVENTURE RACE

IN CASE OF AN EMERGENCY
CALL 087 9892651 OR 087 9891613.
FOR RACE DAY ONLY.

KILLARY HARBOUR

R335

N59

N59

N59

N59

LEENANE

CONNEMARA LOOP

LOUGH FEE

CONNEMARA LOOP

N59









WESTERN WAY

WESTERN WAY

N59

R334

HEIGHT
(324M)

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

