

WOMEN'S ADVENTURE RACE



WOMEN'S ADVENTURE RACE WICKLOW 19/08/2017

COMPETITOR ESSENTIAL INFO

Congratulations on entering the Women's Adventure Race Wicklow. Please read the information on this document so that you come to the event well prepared and get the ultimate enjoyment out of this fantastic event.

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.

- Cycle helmet
- Windproof/waterproof top

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

- Survival blanket and whistle
- Suitable cycling shoes and gloves
- Sturdy walking/running shoes
- Waterproof leggings
- Course map
- Energy food and drink. Water is provided for refilling drinking 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 all the items you need with you from the start.

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 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

**New Location 2017

Registration: **An Tochar GAA Club, Roundwood** on Saturday 19th August from 09:30 - 11:00.

[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 t-shirt

STEP 2 BIKE DROP

Once you have registered you will then bring your bike with bike number tag attached to the bike drop area which is located outside the GAA Club.

You can leave helmet, cycle shoes, repair kit, extra food and water securely tied to your bike at transitions.

RACE DAY 19 AUGUST 2017

START LINE & FINISH LINE

**Note new locations

Start line location: An Tochar GAA Club
Finish line location: An Tochar GAA Club

Safety briefing: 15 minutes before the race start time

Race start time:11:30

THE COURSE

Please note there is a change to the course for 2017.

You will now start with a 3km cycle before you run. Full the course details can be found on the website. [See link here](#)

There are no distance markers on the route. Roads will not be closed so rules of the road must be obeyed.



WOMEN'S ADVENTURE RACE

WOMEN'S ADVENTURE RACE (CONTINUED)

WATER STATION

Water will be available at the bike transition 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 marshals 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.

Limited showers, toilets and changing facilities are available.

BIKE COLLECTION

We ask that you collect your bike within a half hour of finishing the race to avoid congestion. Please ensure you bring all your belongings with you.

PRIZE GIVING

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

HAVE A GREAT RACE!

Read on below for Event Rules



WOMEN'S ADVENTURE RACE (COURSE MAP)



WOMEN'S ADVENTURE RACE

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 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.

Listening to headphones is not allowed.

The Race Director's decision is final

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

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