

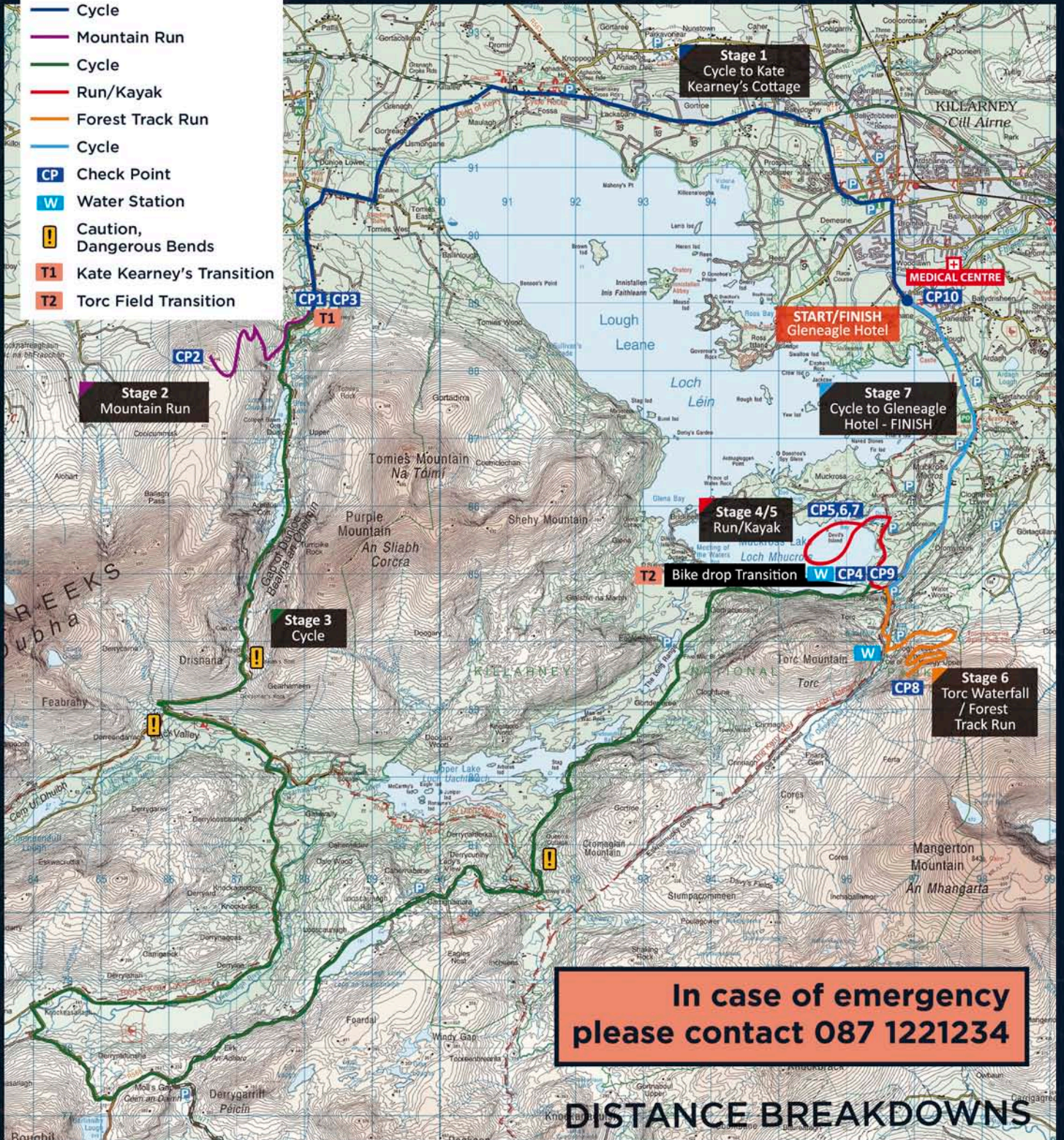


QUEST
KILLARNEY OCTOBER

PRO 73km

RACE LEGEND

- Cycle
- Mountain Run
- Cycle
- Run/Kayak
- Forest Track Run
- Cycle
- CP Check Point
- W Water Station
- ! Caution, Dangerous Bends
- T1 Kate Kearney's Transition
- T2 Torc Field Transition



**In case of emergency
please contact 087 1221234**

DISTANCE BREAKDOWNS

STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	STAGE 7	TOTALS		
Cycle 14k	Run 6.5k	Cycle 36.5k	Run 0.8k	Kayak 1k	Run 9k	Cycle 5.5k	RUN	CYCLE	KAYAK
							16.3k	56k	1k

IMPORTANT COMPETITOR INFORMATION PRO 73K ROUTE

Welcome to Quest Killarney Adventure Race 2019. All the training and hard work is done. All you have left to do is join us in Killarney for a great adventure weekend.

It is vitally important that you read the competitor race information contained in this document before the race.

PLEASE NOTE: THERE IS NO BIKE RACKING THE NIGHT BEFORE THE RACE. PLEASE BRING YOUR BIKE TO THE RACE START LINE AT THE GLENEAGLE HOTEL ON SATURDAY MORNING ONLY.

BEFORE THE RACE

- Wave times will be posted online the week of the event.
- You will receive a text message on Wednesday, 9th October with your race number and wave time.
- All competitors must collect their race pack at the adventure expo in the INEC
 - Friday, 11th October from 17.00-21.00
 - Saturday 12th October from 07.00-10.00
- At the expo you will receive your race pack which contains the following: route map with race information document, timing dibber, bib number, customised top and bike sticker.

MORNING OF THE RACE

- Please arrive at the Gleneagle Hotel 20 minutes before your wave time.
- Arrive at the start line with your bike, ready to race with your bib number attached and timing dibber on your wrist.
- The race briefing will take place 10 mins before each wave start time at the start area.
- **Please note that you will start the race on your bike through Killarney town, with a rolling escorted vehicle lead out.**
- You are not permitted to pass out the escort vehicle until the vehicle moves aside on the main Fossa road approx. 4K from The Gleneagle Hotel. There will be a flag and a horn to signify the end of the rolling start.
- **All mandatory kit will be checked at the start line on Saturday morning. If you do not have the required kit, you will not be allowed to take part.**
- The mandatory kit is required for your safety and may well be needed so please carry it at all times. Please see mandatory kit section for the full kit list.

RACE RULES

- There are no road closures for cycle stages - **competitors must follow road traffic laws and marshal directions** - you need to have your helmet fastened when you are cycling or pushing your bike.
- **TT bikes or bikes fitted with Tri Bars of any type may not be used.**
- All competitors must follow the prescribed route and check into the checkpoints in the correct order.
- Respect the local environment and bring all litter back to the finish line with you.
- No external assistance with pacing, provision of food, drinks or bike repairs etc. is permitted.
- Please assist any fellow competitor who may be in difficulty and report it to the closest race marshal.
- The Race Director's decision is final in the event of any dispute.
- Time outs at the kayak stage will only be used if no kayaks are available.

ELITE COMPETITORS INFORMATION

- If you think you are in with a chance of winning any prize** in any category you must start in the elite wave of that category.
- This allows a fair race for all concerned but all waves will be included in real race time final results.
- There will be 5 single kayaks available on a first come first served basis for the Elite waves in all routes.

**One prize per person.

MANDATORY KIT LIST

It is vital that all competitors on all routes must bring the following mandatory kit with them and carry it at all times from start to finish:

- Basic first aid kit (min: 1 x dressing pad (field dressing), roll bandage, and plasters).
- Map of the route (included in your race pack).
- Survival/foil blanket and whistle.
- Appropriate food and drink. There will be limited water re-fill points on the course.
- Cycle helmet, spare tube, pump/CO2 canister.
- Hat, gloves and waterproof jacket (sleeveless jacket is not acceptable).
- Suitable footwear (trail runners are recommended).

SAFETY

- Competitors undertake Quest Killarney Adventure Race at their own risk.
- Please familiarise yourself with the route map, race briefing document and the areas on the route where care must be taken.
- Please observe warning signs, flags and whistles, race stewards' advice and listen carefully to the race briefing before the race.
- Please note there will be dangerous bends and rough surfaces on the cycle routes.
- **There are no road closures and all roads will be open to the public so you have no right of way.**

WATER STATIONS

- The 2 water stations are highlighted on your route map.
- The water station is refill only. There will be no water bottles given out.
- Competitors must bring sufficient food and water with them to complete the race.

RESPECT THE ENVIRONMENT

- Anyone found littering in any section of the course will be immediately disqualified.
- Feel free to report to our marshals if you see anyone littering. We are lucky to hold this event in the National Park, so please respect this privilege.

PRIZE GIVING

- The prize giving will take place at 4pm in the Backstage Bar at the Gleneagle Hotel followed by music and craic.

CONTACT US - WE ARE HERE TO HELP

Feel free to contact us in the lead up to the big day with any enquiries or questions you have:

- Telephone: 087 602 4621 • Email: info@eliteevents.ie

The Quest Adventure Series Team