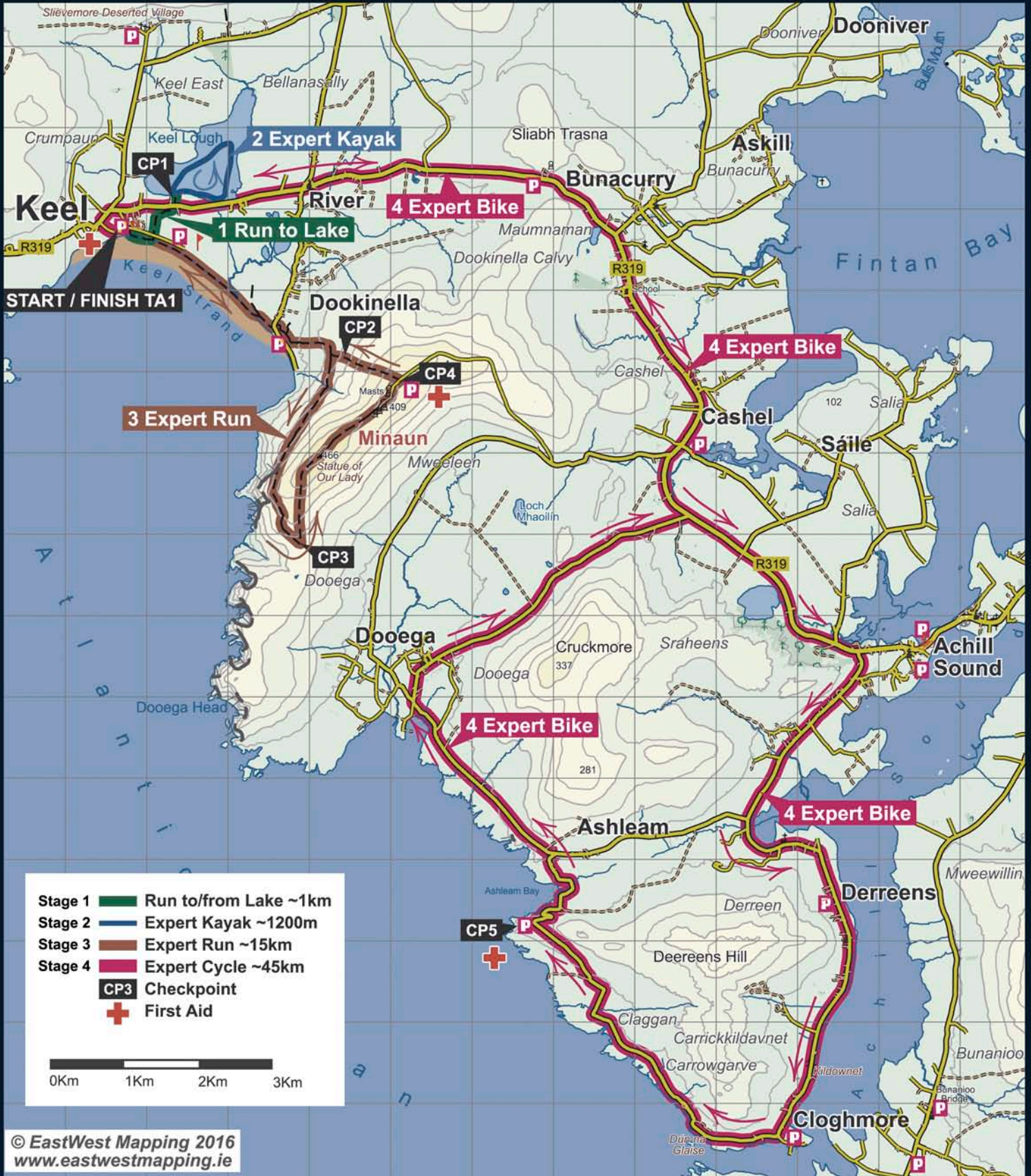




QUEST

ACHILL 08 09 2018

EXPERT ROUTE 63km



- Stage 1 Run to/from Lake ~1km
- Stage 2 Expert Kayak ~1200m
- Stage 3 Expert Run ~15km
- Stage 4 Expert Cycle ~45km
- CP3 Checkpoint
- First Aid



Welcome to Quest Achill Adventure Race. All the training and hard work is done & at this stage all you have left to do is enjoy your adventure weekend in Achill Island.

BEFORE THE RACE

- Wave times will be emailed to competitors and posted online the week of the event.
- Please make yourself familiar with the route map and precautions along the routes.
- All competitors must collect their race pack at registration at the following times and places only:

Friday, 7th September from 5pm-10pm

- Gielty's Bar & Restaurant, Main St., Dooagh, Achill Island

Saturday, 8th September from 8am-9.30am

- Race packs must be collected a minimum of 1 hour before your wave start time.

- Gielty's Bar & Restaurant, Main St., Dooagh, Achill Island.

Please note: registration is located 3km from start area.

- At registration please present the text message containing your race number which you will receive the Wednesday before race day.
- Your race pack includes bib number, bike sticker, timing dibber and route information map.
- Please attach your bike sticker to your bike and have your timing dibber attached to your wrist before you get to the start area.
- **There is a €20 charge for not returning your timing chip, so please ensure you look after it.**

START/FINISH

- The race will start and finish at Keel Beach, Keel, Achill Island.

PARKING

- All race parking is close to the start line - follow signs and marshal directions.

RACE RULES

- Arrive at the start line early and ready to race with your bib number attached and timing dibber on your wrist.
- Race briefing will take place 10 mins before each wave start time at the start area.
- 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.
If you do not have the mandatory kit, you will not be allowed to take part or, for minor omissions, a significant "Standing time" penalty may be applied.
- 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.
- You must use the sit on top kayaks provided by race organisers.
- 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.

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.
- Time outs at the kayak stage will only be used if no kayaks are available.

**One prize per person

AFTER PARTY AND PRIZE GIVING

- The prize giving is at 9pm at Gielty's Bar & Restaurant, Main St., Dooagh, Achill Island.
- Once again, this year we will have fancy dress prizes at the after party so please dress up/down and join in the fun!

MANDATORY KIT LIST

It is vital that all competitors must bring the following mandatory kit list 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.
- Cycle helmet, spare tube, and pump/CO2 canister.
- Hat or buff, gloves and waterproof jacket (sleeveless jacket is not acceptable).
- Suitable footwear (trail runners are recommended).

All mandatory kit will be checked before the race.

SAFETY

- Competitors undertake Quest Achill Adventure Race at their own risk.
- Please familiarise yourself with the route maps, race briefing document and the areas on the route where care must be taken.
- Please observe warning signs, flags and whistles, race marshal's advice and listen carefully to the race briefing before the race.
- When dismounting please be aware of cyclists coming from behind you. Please cycle on the left hand side at all times.
- Please note there will be dangerous bends and rough surface on the cycle routes. **There are no road closures & all roads will be open to the public so you have no right of way.**

ROUTE MAPS

Please see attached map and take time to understand your route. Detailed route maps will be included in your race pack that you will receive at registration.

Detailed route maps are also available at: <http://www.questadventureseries.com/race/quest-achill/route-information/>

FACILITIES ON THE COURSE

- Portaloos will be available in the transition area.
- Competitors must bring sufficient food and water with them to complete the race.
- Water is available at the start / finish area - you should ensure you are prepared with enough drinks and food for the duration of the race.

Please note that you go straight from the kayak stage to the run and do not pass through the transition area.

This means that you need to bring all your mandatory kit and sufficient food and drink for the run stage with you from the start.

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 on this beautiful island, so please respect this privilege.

CONTACT US - WE ARE HERE TO HELP

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

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

The Quest Adventure Series Team