

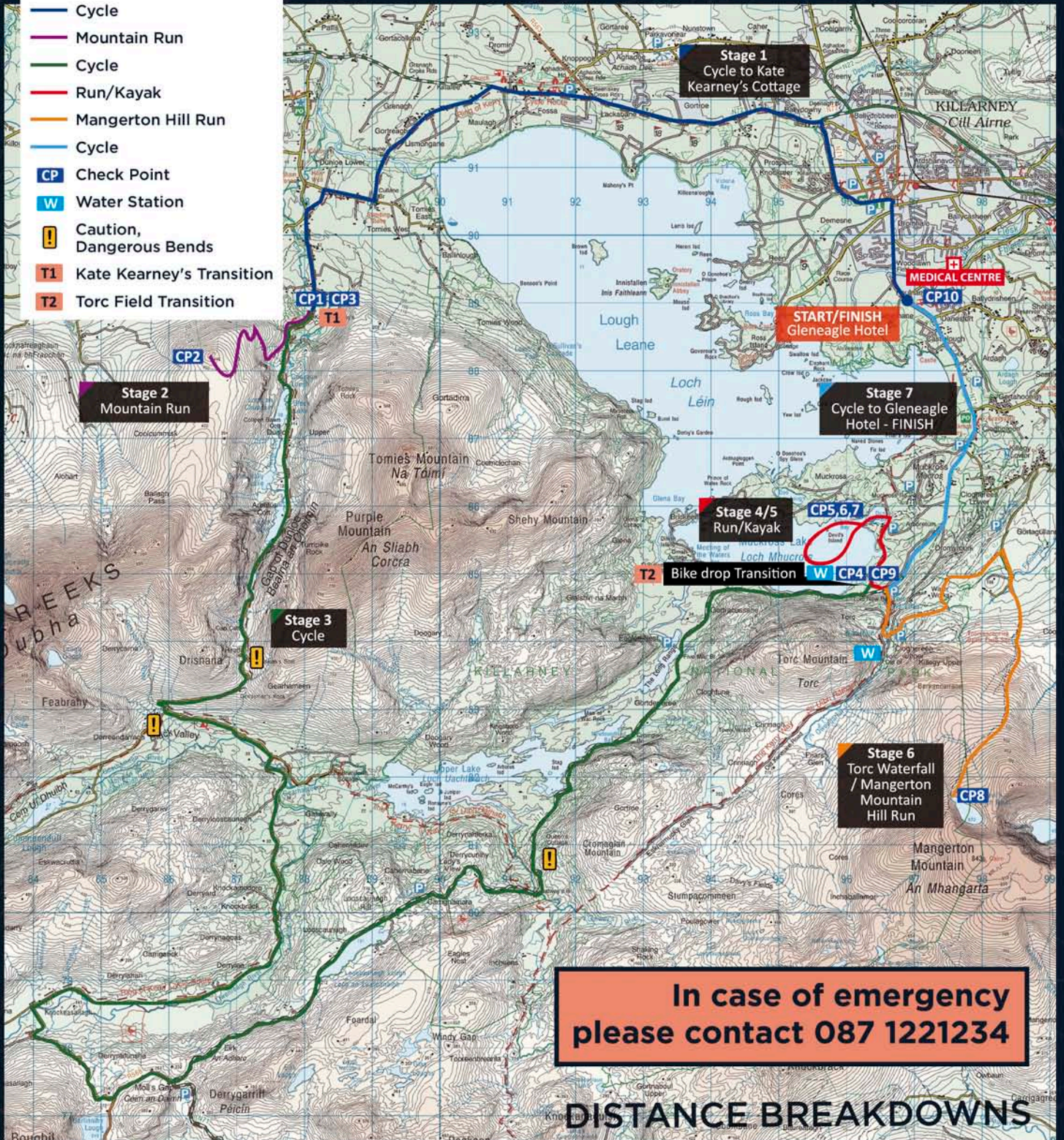


**QUEST**  
KILLARNEY OCTOBER

**EXPERT 83km**

**RACE LEGEND**

- Cycle
- Mountain Run
- Cycle
- Run/Kayak
- Mangerton Hill 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 18.8k	Cycle 5.5k	RUN	CYCLE	KAYAK
							26.1k	56k	1k

## IMPORTANT COMPETITOR INFORMATION

### EXPERT 83K ROUTE

Welcome to Quest Killarney Adventure Race 2018. 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, 3rd October with your race number and wave time.
- All competitors must collect their race pack at the adventure expo in the INEC
  - Friday, 5th of October from 5pm-9pm
  - Saturday 6th October from 7am-10am
- 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](mailto:info@eliteevents.ie)

The Quest Adventure Series Team