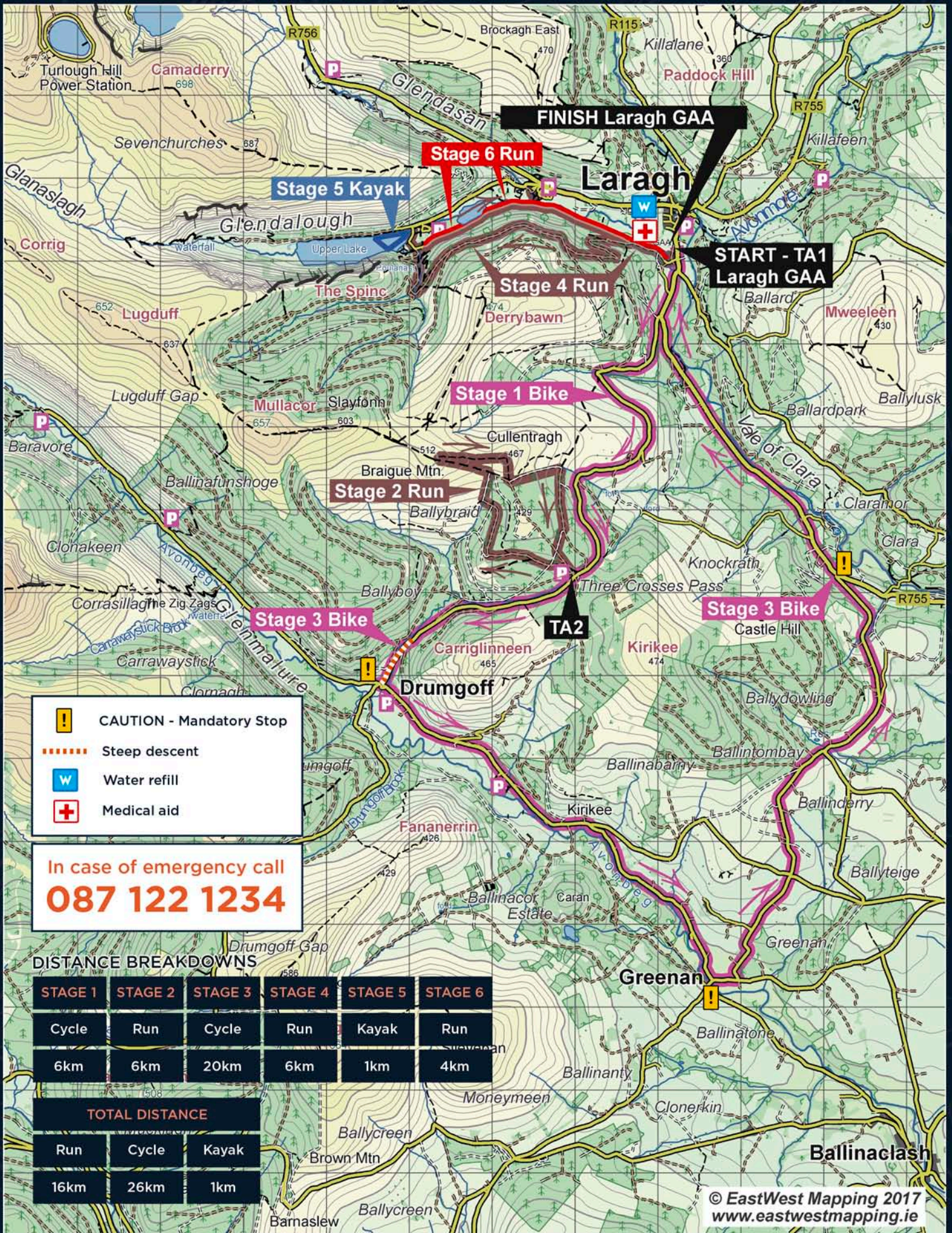




QUEST
GLEN DALOUGH

SPORT 43km



FINISH Laragh GAA

Stage 6 Run

Stage 5 Kayak

Laragh

**START - TA1
Laragh GAA**

Stage 4 Run

Stage 1 Bike

Stage 2 Run

Stage 3 Bike

Stage 3 Bike

TA2

Drumgoff

Greenan

Ballinaclesh

- CAUTION - Mandatory Stop
- Steep descent
- Water refill
- Medical aid

In case of emergency call
087 122 1234

DISTANCE BREAKDOWNS

STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
Cycle	Run	Cycle	Run	Kayak	Run
6km	6km	20km	6km	1km	4km

TOTAL DISTANCE		
Run	Cycle	Kayak
16km	26km	1km

Welcome to Quest Glendalough Adventure Race. All the training and hard work is done, at this stage all you have left to do is come to Glendalough for a great adventure weekend.

BEFORE THE RACE

- Wave times will be emailed to competitors and posted online.
- 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 5th April, 6pm-9pm in Lynams Hotel, Laragh, Wicklow.
 - Saturday 6th April, 7am-8am in Laragh GAA Pitch, Laragh, Wicklow.
- At registration please present the text message with your race number, which you will receive the Wednesday before race day.
- Your race pack includes bib number, timing dibber, bike sticker and route information map.
- Please stick your bike sticker to your bike before you get to the start area - You will need to match this with your race number to get your bike back from the transition area after the race.

START/FINISH

The race will start and finish at Laragh GAA pitch.

PARKING

- All race parking is close to the start line - Follow signs and marshal directions.
- No participant is permitted to park at OPW/ Visitor Centre Car Park or the Glendalough Hotel - **No Exceptions.**
- Exit from Car Park at Laragh GAA will not be possible until 1pm.

RACE RULES

- Come to the start line early and ready to race with your bib number attached and timing dibber attached to your wrist.
- Mandatory Kit must be worn or carried as specified for all stages of the event - Penalties will be applied for violations.
- There are no road closures for cycling routes - **Competitors must follow road traffic laws & marshal directions.**
- All competitors must cycle on the left hand side of the road at all times. Overtaking of slower competitors must be done on their right only and should only be attempted in a safe situation with no oncoming traffic.
- Overtaking that involves crossing of a solid white line is forbidden by the rules of the road & will result in disqualification.
- Checkpoints must be visited in the correct order and all competitors must follow the prescribed route.
- No external assistance with pacing, food, drinks, bike repairs etc
- No supporters are permitted on any race routes except at TA1 (Laragh GAA) or the final run stage from the kayak to the finish line.
- Please assist any fellow competitor who may be in difficulty and report it to the closest race marshal.
- No placing of runners, kit, food or drink anywhere on race route is permitted apart from TA1 at Laragh GAA Club.
- **TT bikes or bikes fitted with Tri Bars of any type may not be used.**
- The Race Director's decision is final in event of any dispute

CUT-OFF TIMES

There are 2 cut off points for the 43K Sport route:

1. 10.45am at Transition 2. Anyone arriving after this time will be told to continue to Transition 1 on their bike and will not be allowed to do Stage 2 run.
2. The cut-off point is 1pm in TA1 (Laragh GAA transition). Anyone leaving the transition after this time will follow the Challenge run route at low level to the Upper Lake to complete the kayak stage and then onto the run stage to the finish line.

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. 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 for the first 5 men & women competitors for the Expert and Sport routes.
- Single kayaks may be used by all competitors if available and preferred but time outs at the Kayak stage will only be permitted in the unlikely event that no kayaks are available.

** One prize per person.

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 the 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 blanket and whistle.
- Appropriate food and drink. There will be limited water re-fill points on the course.
- 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 start and at random stages during the race.

If you do not have any of the above kit, you will not be allowed to take part or, for minor omissions, a significant "Standing time" penalty may be applied.

The Mandatory kit required is for YOUR SAFETY and may well be needed so please carry it.

SAFETY

- Competitors undertake Quest Glendalough Adventure Race at their own risk.
- On the Cycle course **there are 3 mandatory stop zones.** - i.e. Glenmalure Lodge / Drumgoff Crossroads, Greenane and joining R755 on last leg towards Laragh. You must stop at these junctions with both feet down - **Failure to stop will result in disqualification.**
- At each Mandatory Stop Point, each competitor must come to a complete stop with both feet down in the designated "Stop Zone" which will be 5m long and located just before each junction.
- 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 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 the locations of 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

Detailed route maps will be included in your race pack that you will receive at registration.

Detailed route maps are also available at:

www.questadventureseries.com/race/quest-glendalough/route-information/

FACILITIES ON THE COURSE

- Portaloos will be available at the transition areas.
- Competitors must bring sufficient food and water with them to complete the race - **Water Refill point at TA1 only.**

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.

SUPPORTERS

Supporters are welcome for the last run after the kayak leg and at the finish area. Support vehicles are not permitted anywhere on the race routes or at any transition area.

CONTACT US - WE ARE HERE TO HELP

Telephone: 087 6024621 • Email: info@eliteevents.ie
The Quest Adventure Series Team