

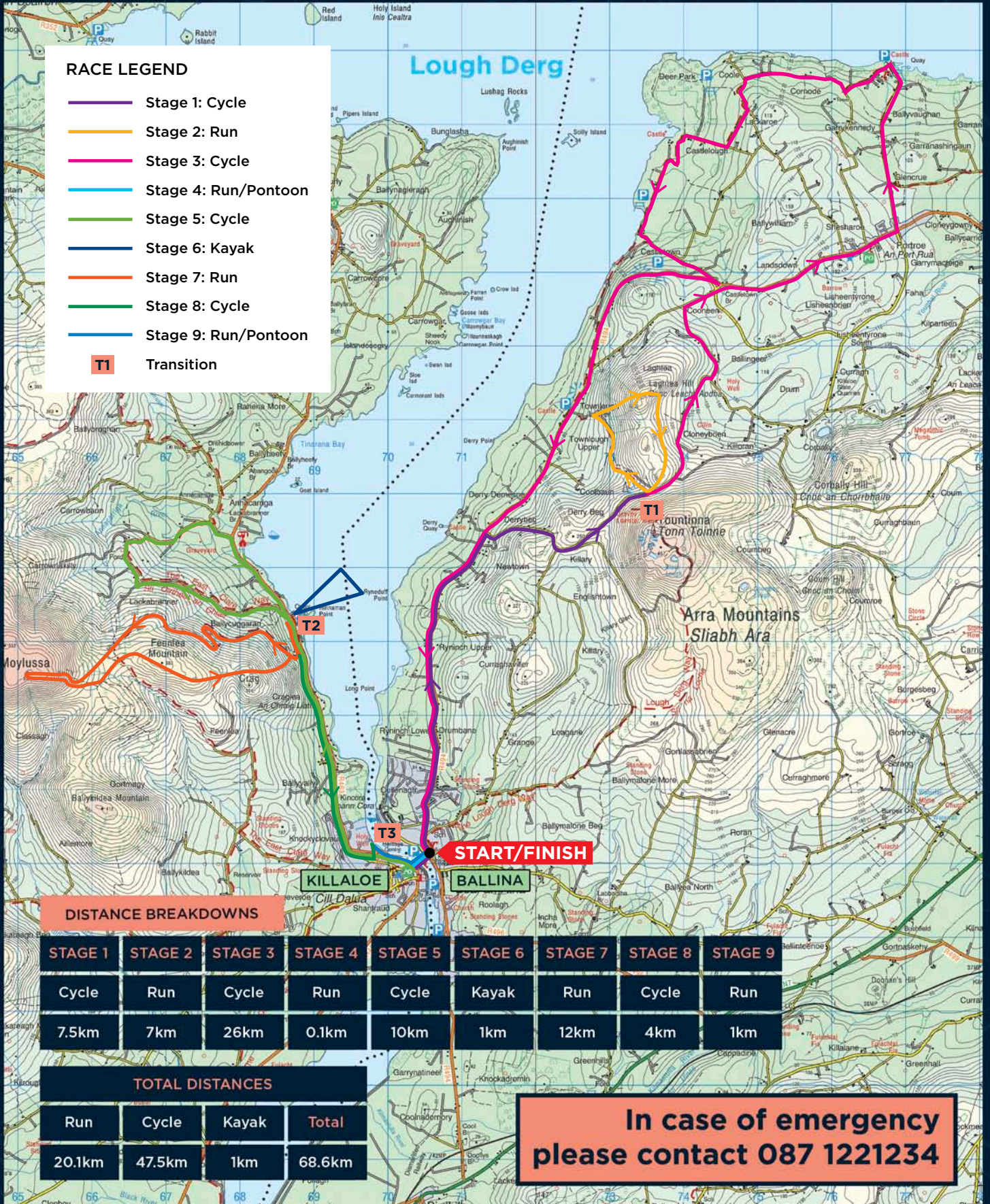


QUEST
LOUGH DERG 2019

EXPERT 69km

RACE LEGEND

- Stage 1: Cycle
- Stage 2: Run
- Stage 3: Cycle
- Stage 4: Run/Pontoon
- Stage 5: Cycle
- Stage 6: Kayak
- Stage 7: Run
- Stage 8: Cycle
- Stage 9: Run/Pontoon
- T1 Transition



DISTANCE BREAKDOWNS

STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	STAGE 7	STAGE 8	STAGE 9
Cycle	Run	Cycle	Run	Cycle	Kayak	Run	Cycle	Run
7.5km	7km	26km	0.1km	10km	1km	12km	4km	1km

TOTAL DISTANCES

Run	Cycle	Kayak	Total
20.1km	47.5km	1km	68.6km

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

Welcome to Quest Lough Derg Adventure Race. All the training and hard work is done, at this stage all you have left to do is come join us 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 13th September, 6pm-9pm at Flanagan's on the Lake, Ballina/Killaloe, Co. Tipperary, V94 F974.
Saturday 14th September, Expert and Sport routes only: 6.30am-7.30am at Flanagan's on the Lake, Ballina/Killaloe, Co. Tipperary.
- 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 Flanagan's on the lake

BIKE COLLECTION AFTER THE EVENT

- **Competitors can collect their bikes after the race, from the secure bike racking area from 14.30 on event day.** This is to allow for all participants to finish the race safely. Please ensure you have your race bib with you to correspond with your bike sticker to collect your bike.

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.
- 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.
- Please assist any fellow competitor who may be in difficulty and report it to the closest race marshal.
- 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.

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.
- All competitors must follow the prescribed route and checkpoints must be visited in the correct order.

** One prize per person.

SUPPORTERS

- Supporters are welcome at the finish area. Support vehicles are not permitted anywhere on the race routes or at any transition area.

PARKING

- You will be directed to the dedicated car parks on arrival. Please follow signs and marshal directions.

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/foil 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.

CUT OFF TIMES

- If you don't get to the end of stage 3 cycle at the pontoon bridge by 11.00am (or before the first people finishing the race) you will have to use the main bridge and follow flow on bridge with the traffic lights.
- Midway through the Moylussa run(stage 7) if you don't get to the Sport/Challenge cut off before 14.00 you cannot complete the full Expert run & must complete the Sport run.
- If you don't finish the Kayak before 14.00 you will not be allowed to complete the stage 7 run section of the route.
- Anyone arriving after 14.00 at the kayak stage will be directed to the finish line without completing stage 6 kayak and the stage 7 run.

SAFETY

- Competitors undertake Quest Lough Derg Adventure Race at their own risk.
- Please familiarise yourself with the route maps, race briefing document and the area 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: <https://www.questadventureseries.com/race/quest-lough-derg/lough-derg-route-information/>

FACILITIES ON THE COURSE

- PortaLoos will be available in all transition areas.
- Competitors must bring sufficient food and water with them to complete the race - there will be water Refill points transition areas.

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 this beautiful area so please respect this privilege.

CONTACT US - WE ARE HERE TO HELP

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