

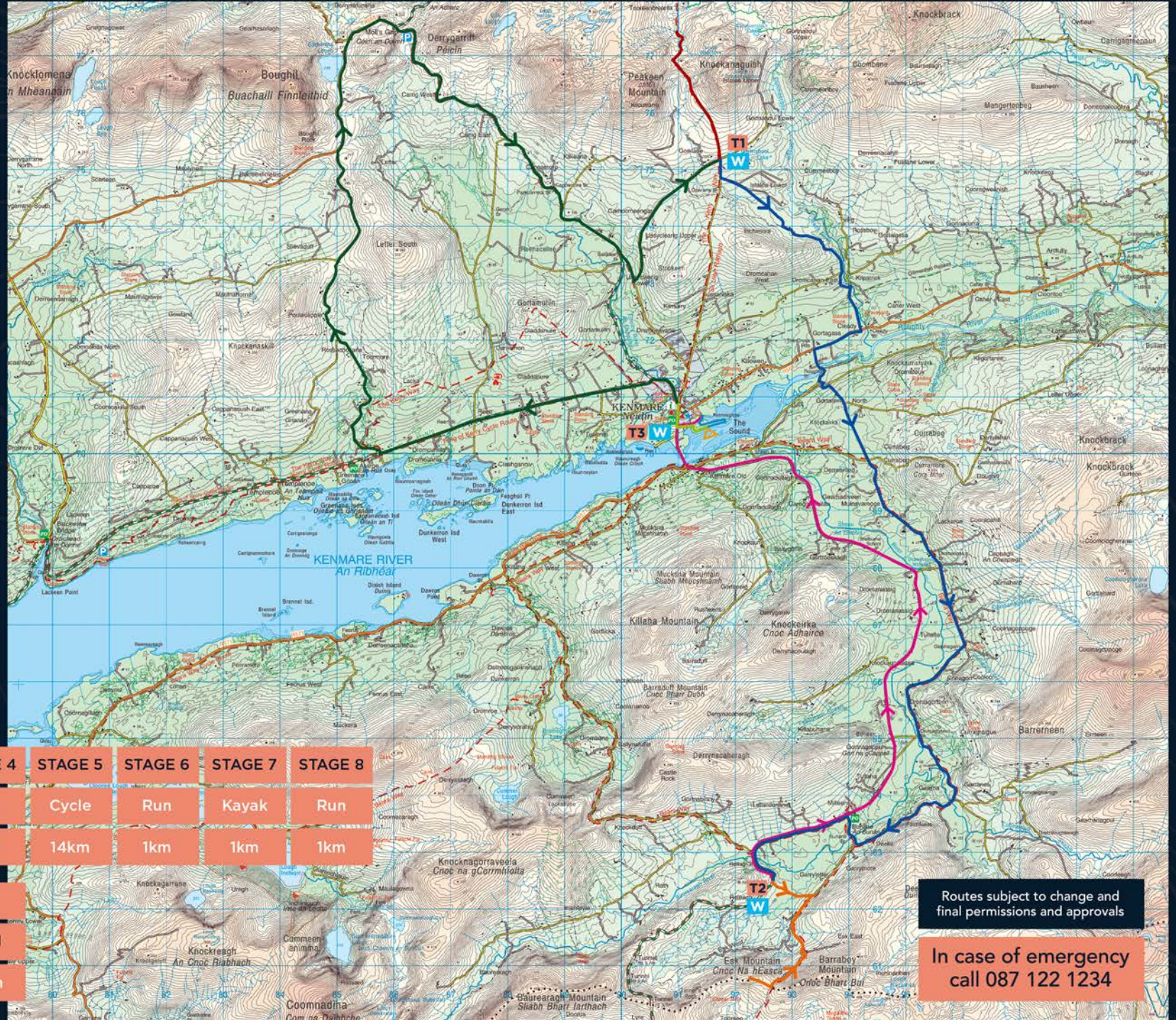


QUEST
KENMARE

EXPERT 78km

RACE LEGEND

- Stage 1: Cycle
- Stage 2: Trail Run
- Stage 3: Cycle
- Stage 4: Trail Run
- Stage 5: Cycle
- Stage 6: Run
- Stage 7: Kayak
- Stage 8: Run
- W Water Station



DISTANCE BREAKDOWNS

STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	STAGE 7	STAGE 8
Cycle	Run	Cycle	Run	Cycle	Run	Kayak	Run
26km	8km	19km	8km	14km	1km	1km	1km

TOTAL DISTANCES			
Run	Cycle	Kayak	Total
18km	59km	1km	78km

Routes subject to change and final permissions and approvals

In case of emergency call 087 122 1234

IMPORTANT COMPETITOR INFORMATION

Welcome to Quest Kenmare Adventure Race 2020. All the training and hard work is done. All you have left to do is join us in Kenmare for a great adventure weekend.

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

BEFORE THE RACE

- Final wave times will be posted online the week of the event.
- All competitors must collect their race pack at registration at the following times and place only:

Friday, 6th March: from 6pm-9pm

Pobalscoil Inbhear Scéine, Railway Road, Kenmare, Co. Kerry V93 K580.

Saturday, 7th March: from 7.30am-10am

Pobalscoil Inbhear Scéine, Railway Road, Kenmare, Co. Kerry V93 K580.

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

- 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 with timing chip, bike sticker and route information map.
- Please make yourself familiar with the route map and precautions along the routes.
- Please attach your bike sticker to your bike.
- Ensure your bib number is attached and visible before you get to the start area, please note the timing chip is attached to the bib.

PARKING

- All race parking is close to the start line - follow signs and marshal directions to GAA pitch and O'Connor's Funeral Home

MORNING OF THE RACE

- Please arrive at Kenmare Square start line 30 minutes before your wave time.
- Arrive at the start line with your bike, ready to race with your bib number attached.
- All mandatory kits will be checked at the start line on Saturday morning. If you do not have the kit, you will not be allowed to take part. Please see Mandatory Kit section for the full kit list
- 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 Kenmare town, with a rolling escorted vehicle lead out.
- You are not permitted to pass out the escort vehicle until the vehicle moves aside.

WATER STATIONS IN TRANSITION AREAS

- **Water stations are refill only.** There will be no water bottles given out.
- Competitors must bring sufficient food and water with them to complete the race.

CUT OFF TIMES

- Transition 1 - You will not be allowed to start stage 2 run on the Kerry Way after 10:15am. You will be directed straight onto the stage 3 cycle.
- Transition 2 - You will not be allowed to start stage 4 run on Esk mountain after 12:15pm. You will be directed straight onto the stage 5 cycle back to Kenmare.
- Kayak stage closes at 2.30pm. You may continue onto the final run stage after this time.
- All medical and event safety services will be operational until 3.30pm.

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 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.

MANDATORY KIT LIST

It is vital that all competitors on all routes 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 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 (which can remain with your bike during run/kayak stage).
- Hat, gloves and waterproof jacket (sleeveless jacket is not acceptable).
- Suitable footwear (trail runners are recommended).

The Mandatory kit is required for your safety and may well be needed so please carry it at all times.

SAFETY

- Competitors undertake Quest Kenmare 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.
- **Please be aware that all bikes may be collected after the race, up until 4pm using the Kenmare Golf course entrance. Please note there is no parking at the Golf Course, therefore all bikes need to be collected on foot after 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 these beautiful surroundings, so please respect this privilege.

PRIZE GIVING

- The prize giving will take place at 2.30pm at the finish line.

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