



QUEST
GLENDALOUGH

SPORT 43km



- CAUTION - Mandatory Stop
- Steep descent and mandatory dismount zone
- 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

Quest Glendalough Sport Route Info

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 01th Apr, 5pm-9.30pm & Sat 02nd 7-9am -in the Brockagh Centre A98 D3H1, Laragh, Co 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 with timing chip, 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 you race numbers to get you bike back from the transition area after the race.

START/FINISH

- The race will start at Laragh GAA pitch.
- The race will finish at Laragh GAA Club.

PARKING

- All race parking is close to start line – Follow signs and marshal directions.
- No vehicles may leave Laragh GAA prior to 13:00
- No Participant is permitted to park at OPW/ Visitor Centre Car Park or the Glendalough Hotel - No exceptions.

RACE RULES

- Come to the start line early and ready to race with your bib number attached.
- Mandatory Kit must be worn or carried as specified for all stages of the event – Penalties will be applied for violations.
- Cycles must have flashing front (white) and rear

(red) lights

- 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 any time. Overtaking of slower competitors must be done on their right only and should only be attempted in a safe situation with no oncoming traffic, showing courtesy to other road users and residents
- 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.
- **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 41K Sport route:

- The cut-off point is 13.15 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 final run stage to the finish line
- Anyone reaching the lake after 14.00 will not be permitted to kayak.

SPORT 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.
- **On 2nd bike stage Dismount Zone 200m before Coolalingo Bridge. - Competitors must walk or jog with their bikes until across the bridge after**

passing the Glenmalure Lodge -2 bridges to cross before remounting!

- There will be 5 single kayaks available for the first 5 men & women competitors arriving at the upper lake 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
- Cycle helmet, **Front & rear Flashing Lights**, spare tube, and pump.
- 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 the above kit, you will not be allowed to take part or, for minor omissions, a significant "Standing time" penalty applies.

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 Sport Cycle course **there is 1 dismount zone (Coolalingo Bridge / Glenmalure) and 2 mandatory stop zones** at Greenane and joining R755 on last bike 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.

FACILITIES ON THE COURSE

- Porta-loos will be available at the transition areas.
- Competitors must bring sufficient food. There will be a water refill facility at each transition
- **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

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

Telephone: 087 6024621
Email: info@eliteevents.ie

Race Day Emergency Number:- 087 122 1234

The Quest Adventure Series Team