



Éalú Lua Adventure Race Saturday 16th September 2017

Dear Participant,

Many thanks for entering the inaugural Éalú Lua Adventure Race.

ALL PARTICIPANTS MUST NOTE THE FOLLOWING:

Directions:

From Cork from Jack Lynch Tunnel (59kms)

Head Southbound through the Jack Lynch tunnel, continue on this road for approximately 44kms. Take a left onto R584 signposted for Inchigeela/Gougane Barra. Stay on this road for approximately 6kms, follow the road to the right at Toonsbridge (shop/petrol station) and continue on for 9kms to arrive at Inchigeela.

From Kerry

Heading Cork, directly after Macroom town, turn right onto R584 signposted Inchigeela/Gougane Barra. Stay on this road for approximately 6kms, follow the road to the right at Toonsbridge (shop/petrol station) and continue on for 9kms to arrive at Inchigeela.

Google Maps coordinates <https://goo.gl/maps/bMKMHCVTezC2> for parking at Lee Valley Clothing.

GPS Co-ordinates are 51.842745, -9.123359

Note: As we are approximately 20kms from the main Cork/Kerry road, we advise that you fill up on petrol/diesel on the way and bring some pre-race snacks with you.



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Parking:

All event parking is Lee Valley Clothing premises. There will be no street parking. Stewards will direct you to the Parish Hall, Event HQ (5 mins walk).

Sign-in/Race pack collection point:

Event HQ at the Parish Hall in the village from **9:00 a.m. to 10:30 a.m.** Tea/coffee/water available here before the race as are toilet facilities.

Directions will be given to the bike station at Transition point 1 by stewards (five mins walk from Event HQ). A bike mechanic will be available at Event HQ from 9am to 10:30am (There will be a cost to this service).

Race details:

- **5km run** (out and back) starts near bike station (Transition 1)
- **15km cycle** (from Transition 1 to Transition 2 at kayak section)
 - Cyclists will not be allowed to commence the cycle unless wearing a helmet.
 - No earphones are allowed during the run or the cycle
 - Roads are not closed so obey the rules of the road
 - Stewards are volunteers (give them a smile when you pass by)
- **1.5km kayak** (out and back course) Kayak, paddle and life jacket provided by Outdoor Discovery Adventure Centre and Cork Sports Partnership. Participants will not be allowed to kayak without a lifejacket which has been properly fitted.
- **5km bike** (from Transition 2 to race finish)



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What Equipment do I need?

We recommend that you bring the following:

- Small backpack or bum bag
- Windproof/waterproof jacket
- Spare light mid fleece/base layer
- Small first aid kit
- Drink bottle or two
- Energy bars
- Bike, helmet, pump, spare tube for bike

Give your bike a check over this week, pump the tyres, make sure the brakes are working properly and give the chain/cogs a spritz of WD40. Road bikes are recommended as all sections of the race are on the road.

Transitions and Timing:

- Timing will be provided by Sport ident Timing Solutions.
- The clock will run continuously. The only transition that the clock will stop for is at the end of cycle 1 to begin the kayak. You will be timed out to get a life jacket and if you have to wait for a kayak to become available. On commencing the kayak leg of the race, you will be timed back into the race.
- Cycle shoes can be left with your bike at Transition 2 while completing the kayak section. Spare shoes for kayak section would be recommended for those with cycle shoes unless pedals are changed.



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Waves:

Wave 1 starts at 11:00 a.m.

Wave 2 starts at 11:30 a.m.

Wave 3 starts at 12:00 p.m.

Please be at the start point in good time. Warm up area at the Island Park nearby. Toilets available here.

Safety Briefing 10 minutes before each wave. Toilet available at Transition 1/bike station.

Medical Cover:

Ambulance will provide Emergency Medical Cover for the entire route. Stewards will be on foot and on bikes available to help out with any problems along the route.

Finishing Area:

Final leg the cycle will finish at Inchigeela village.

Participants can make their way to the Parish Hall (Event HQ) for Post-race Refreshments and Prize-giving.

Tea/coffee, water, soup, sandwiches, Gloun Cross Milk, Glenilen yoghurts, scones, cookies and home baking available.

Most importantly, stay safe and enjoy yourselves.



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