

Dingle Adventure Race 2016

Forecast:

Looking warm and dry. 17 degrees with slight wind SSW.

Please read all of the email below to be clear on what is happening for the Dingle Adventure Race.

Registration

All Courses DAR Full, Sport & Mini

You will receive your race number at Registration.

No numbers are sent out prior to registration. At registration you will find your name in alphabetical order on the main list. Your race number will be next to it. Collect your envelope with race number, safety pins, DAR Cycling Jersey & Timing chips (€30 charge if lost or not handed back. If you collect timing chip and do not compete then it must be handed back). You can collect race numbers for friends as long as you have their name and know which course they are registered for.

Registration will open on Friday from 4pm til 11pm at Dingle Marina (across the road from Dingle Aquarium. Long white building with sail boats next to it.)

Registration will be open again on Saturday morning at 7am.

We encourage all competitors to register on Friday evening. If this is not possible:

DAR full competitors can register between 07.00-07.45 on Sat morning. No registrations will be allowed after this time.

DAR Sport competitors can register between 07.00- 08.15 on Sat morning. No registrations will be allowed after this time.

DAR mini competitors can register between 07.00- 08.30 on Sat morning. No registrations will be allowed after this time.

All competitors will receive a cold can of Crean's lager from <http://dinglebrewingcompany.com/> on the finish line!



Crean's Brewery

www.dinglebrewingcompany.com

There will be water, soup, bread and fruit at the finish line. Each competitor will receive a print out of their results after crossing the finish line.

General rules all courses

It is an Adventure Race. The course is signed but your must pay attention so that you do not go off course.

Take care if attaching any shoes to your bike, as last year one competitor got loose laces caught in the front wheel and went over the handlebars.

Absolutely no litter on any part of the course. All energy bar and gel wrappers must be put away in your pockets/ bag. After water stations you may drop plastic cups with 10-20 meters. There will be water at all transitions.

Nobody can collect your bike for you unless they have your race number. Bike stickers in your registration pack - make sure to put it on your bike so that your bike is in the right place when you come back to Dingle.

Strictly no drop off of equipment to transition areas is permitted. Time penalty will be applied to any competitor found dropping anything off. All equipment must be carried with you for the entire race (only exception while kayaking)

Car Parking is free along streets in Dingle. Advise is to park anywhere along streets and cycle to Start. The only Pay and display car parks are the 2 large Car parks near Start/Finish and the one near the back of Supervalu.

Please collect your bike as soon as possible after race as transitions must be taken down.

Please go to your course briefing; DAR FULL, SPORT OR MINI

DAR full Briefing

Bike:

DAR full competitors must be ready with bikes, helmet, number and mandatory equipment (see below, it will be checked) at Start area at 08.20. Check in from 08.25-08.45. Final Briefing 08.50. Rolling start behind lead car through Dingle Town. Racing will start at the bottom of the Conor Pass when Garda car turns off.

Take care on decent on the Conor pass. Road is officially closed from 2 junctions from 09.00-10.30. Rules of road apply. Look out for sheep on roads and there are many very sharp corners. You must dismount your bike before the transition gate in Cloghane. Rack your bike with back wheel in, handlebars facing out.

Make sure you carry enough water on MT Brandon and close gates behind you. Take care with loose rocks on steep ground. Take care on steep decent. Run on right side of road facing oncoming traffic back to Dingle.

Organiser will transport bikes back to bike rack at Start/ Finish. Helmets and shoes must be attached to your bike (or else they will go to lost and found)

Cycle: Bike (any type), Helmet, pump & repair kit (no one can collect your from Cloghane unless they get a ticket at registration)

Kayak:

45 single sea kayak will be used for DAR full only, also double sit on tops if you prefer to team up. Run to finish.

DAR FULL INFO AND MAP: <http://www.dingleadventurerace.com/dingle-adventure-race-full-kerry-ireland-course.html>

Mandatory Kit

This compulsory kit will be checked going into start and at finish, anyone without any part will be given a standing 5min penalty for each item missing, even at start line.

Compulsory Kit

Small backpack / bumbag/ or kept securely in cycle top.
Wind-proof / waterproof top
Small first Aid kit
Drink
Space blanket/bag
Hat or Buff
Whistle
Race number, (to be worn on the front)

There will be water at all transitions (NO water stop half way on road run between Baile Breac and Dingle)

DAR Sport Briefing

All DAR Sport competitors must have their bikes racked in bike transition at Dingle Distillery between 07.30 and 08.45. There will be numbers on the racks to match your race number, so make sure you rack your bike in correct spot otherwise your bike will have to be moved. After Registration, you need to cycle 1km from start area over bridge to Transition area and rack your bike, it is a 1km walk/jog back to start area. Remember to put helmet, drink and what ever else you need with your bike. No helmet = no race.

Transition are closed to all competitors after 08.55, you must register at marina before racking bike.

Can win DAR sport from any wave, so you may come in 10th in wave 1 but there might be 10 faster than you in waves 2,3,5 ending up in 20th position.

All waves should be ready at start area 30 minutes before start time.

Sport Wave 1 09.00 start 09.05. Be at start area 08.40. Race Numbers 400-519

Sport Wave 2 09.15 start 09.20. Be at start area 08.50. Race Numbers 520-639

Sport Wave 3 09.30 start 09.35. Be at start area 09.05. Race Numbers 640-759

Sport Wave 4 09.45 start 09.50. Be at start area 09.20. Race Numbers 760-879

Sport Wave 5 10.00 start 10.05. Be at start area 09.35. Race Numbers 880-999

KAYAKS

NEW FOR 2016. DAR SPORT are using double sit on tops kayaks. This is to ensure the kayak stage gets to go ahead and safety for all competitors. All competitors will use double sit on top kayaks unless they bring their own boat. It is a 1km course, so pick someone next to you on run over and kayak with them. Kayak should only take 8-10 minutes. As DAR Sport grows in size we had no choice but to use this option. (most people will be happier with it). If fall out just jump back on, they are very stable kayaks and we will have 3 safety boats on the water also.

Cycle 1

Cycle: Bike (any type), Helmet, pump & repair kit

This is a cycle around Sleahed. Please note that the road will not be closed. You could meet tractors, buses or even sheep! Rules of the road apply. Near Sleahed there is stream that goes over the road. If you cross it on left side you may puncture, so it's best to cross on the right side where there is concrete and less chance of puncture. Some people may choose to walk the short steep uphill section near the transition to Mount Eagle.

Run up and down Mt Eagle by following track (no detours or short cuts) time chip on summit. There is a short boggy section in the middle.

Cycle 2

After Mt Eagle, take care on the decent on the bike as it is very fast. This road brings you back to the road near Paudi O Se's pub. The road is closed to traffic 09.45-2.30. Back road Ventry-Dingle. Back to Distillery to rack bike and run to finish.

SPORT INFO AND MAP: <http://www.dingleadventurerace.com/dingle-adventure-race-kerry-ireland-sport-course-info.html>

Mandatory Kit

This compulsory kit will be checked going into start and at finish, anyone without any part will be given a standing 5min penalty for each item missing, even at start line.

Compulsory Kit

Small backpack / bumbag/ or kept securely in cycle top.

Wind-proof / waterproof top

Small first Aid kit

Drink

Space blanket/bag

Hat or Buff

Whistle

Race number, (to be worn on the front

Water at all transitions

DAR mini Briefing

All DAR mini competitors must have bikes racked in bike transition at Dingle Distillery between 07.30 and 08.55. There will be numbers on the racks to match your race number, so make sure you rack your bike in correct spot otherwise your bike will have to be moved. After Registration, you need to cycle 1km from start area over bridge to Transition area and rack your bike, it is a 1km walk/jog back to start area. Remember to put helmet, drink and what ever else you need with your bike. No helmet = no race.

Transition are closed to all competitors after 08.55, you must register at marina before racking bike. Bikes must be racked before 08.45

Can win DAR mini from either wave, so you may come in 10th in wave 1 but there might be 10 faster than you in waves 2 ending up in 20th position. Fastest time = wins.

All waves should be ready at start area 30 minutes before start time.

Mini Wave 1 10.20 start 10.25. Be at start area 09.50. Race Numbers 1100-1219

Mini Wave 2 10.40 start 10.45. Be at start area 10.15. Race Numbers 1220-1239

KAYAKS

NEW FOR 2016. DAR Mini are using double sit on tops kayaks. This is to ensure the kayak stage gets to go ahead and safety for all competitors. All competitors will use double sit on top kayaks unless they bring their own boat. It is a 1km course, so pick someone next to you on run over and kayak with them. Kayak should only take 8-10 minutes. As DAR mini grows in size we had no choice but to use this option. (most people will be happier with it). If fall out just jump back on, they are very stable kayaks and we will have 3 safety boats on the water also.

Cycle: Bike (any type), Helmet, pump & repair kit

Cycle 1

Cycle main road back to Ventry Beach. Rack bike.

Run 2.5km to end of beach, timing station and run back 2.5km to bike rack.

Cycle 2 Back road Ventry-Dingle. Back to Distillery to rack bike and run to finish.

MINI INFO AND MAP; <http://www.dingleadventurerace.com/dingle-adventure-race-kerry-ireland-mini-course-info.html>

Mandatory Kit

This compulsory kit will be checked going into start and at finish, anyone without any part will be given a standing 5min penalty for each item missing, even at start line.

Compulsory Kit

Small backpack / bum bag / or kept securely in cycle top.

Wind-proof / waterproof top

Drink

Race number, (to be worn on the front)

Water at all transitions,

After Party

20.45 After Party & Prize giving at Danno's Bar (opposite the tourist office), Dingle

21.15 + into the night after-party in Danno's Bar near the marina, live music and light food.

See you in Dingle for what promises to be another great DAR.

Noel & the DAR team

Join the Dingle Adventure Race group on Facebook for updates and news.

Follow Irish Adventures on Facebook

Dingle Adventure Race 11 June 2016

www.dingleadventurerace.com

dingleadventurerace@gmail.com