

**164 CYCLE
KM RATHMULLAN
TO GLENVEAGH**
A GRUELLING COURSE, ALONG
DONEGAL'S SPECTACULAR
HILLS AND COASTLINE...



**65 RUNNING
KM ONE AND A HALF
MARATHONS**
A PRE-DAWN HALF MARATHON
BEGINS THE RACE. LESS THAN 24
HOURS LATER, A FULL ONE ENDS IT.



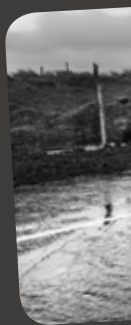
**15 KAYAK
KM LOUGH
SWILLY**
...AS THE SUN RISES IN DONEGAL, DO BATTLE
WITH THE NORTH-ATLANTIC CURRENT...



THE RACE

DONEGAL 2018

**6
KM**



**INFORMATION
PACK**

**5
5
ME
VER
AS**

**5KM RUN/WALK
500 /SCRAMBLE**
...AND YOUR LIMITS WILL BE



THE RACE

DONEGAL 2018

250KM 24HRS IRELAND'S ULTIMATE ENDURANCE EVENT

THE RACE is aimed at providing the ultimate **single-day test** for endurance athletes in Ireland. There will be no stereotypical competitor. Competitors will come from a variety of backgrounds and disciplines. You do not need to be an elite runner, cyclist or kayaker. **Those who compete in and ultimately complete THE RACE will be those who refuse to give up.**

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- 1. RUN** (22km) Gartan Adventure Centre to Lough Swilly. **All on sealed roads. Road condition good throughout.**
- 2. KAYAK** (15km), Ramelton to Rathmullan. **Paddling with the tide.**
- 3. CYCLE PT 1** (96km) Rathmullen to Muckish. **All on road. Road condition good throughout.**
- 4. RUN/WALK/SCRAMBLE** (5km), 500 metres vertical ascent, up and down Muckish. **Ground soft for the first 500 meters but firms as you climb.**
- 5. CYCLE PT 2** (68km), Mt Muckish to Glenveagh National Park. **All on road. Road condition mostly good. 15km section on local roads with broken tarmac.**
- 6. RUN** (43km) to Gartan Adventure Centre, a marathon along the paths and trails of Glenveagh. **Mixture of trail and road. Trail section is marked and ground is firm.**





THE RACE: MARCH 2018

The Race will begin from Gartan OETC on Saturday the 3rd of March 2018. Competitors will have a maximum of 24 hours to complete the 250km course which finishes back at Gartan OETC.

RACE ENTRY / REGISTRATION

We will award a total of 200 places to competitors for The Race 2018. Registration is divided into three categories. The 200 Spaces will be divided as follows:

Registration Round 1 - First Come, First Served - 100 spaces

This round is open to all competitors. Places will be awarded on a first come, first served basis until all places are filled.

Open from 9.00am on Thursday 6th April 2017

Registration Round 2 - Selection Process - 50 spaces

This round is open to all competitors. However, preference will be given to certain groups if their allocation has not already been filled.*

DATE TBC

**Where possible we will ensure a minimum representation in The Race of Female Competitors (10%), International Competitors (10%), Local Competitors (10%) and Elite Competitors (10%).*

The Elite competitor spaces will be allocated to the competitors with the greatest experience and/or best, relevant race results as judged by the race organisers. Please note that there will be no elite wave during The Race. All competitors will begin the event at the same time.

Registration Round 3 - First Come, First Served - 50 spaces

This round is open to all competitors. Places will be awarded on a first come, first served basis until all places are filled.

Open from 9.00am on Wednesday 6th September 2017

RACE FEES

In order to provide the best possible competitor experience and to minimise the impact on the local environment and ecology The Race is a limited field event.

Competitor places for The Race 2018 will be limited to 200. Your place will only be guaranteed once payment of the deposit has been received.

The Race is a not for profit event. All proceeds from The Race will go to charity. Upon acceptance for The Race you will be sent a Sponsorship Pack from Gorta - Self Help Africa. The pack will include useful information to help you raise the sponsorship fee necessary for registration.

Entry fee - with accommodation* - €600

Entry fee - without accommodation* - €530

Deposit payable upon registration - €150

€300 second installment - must be paid before 01/09/17

Final installment must be paid before 01/11/17

Entry Fee Includes

- Two nights accommodation in the Estate
- Dinner upon arrival on eve of event
- Breakfast on the morning of event and dinner upon completion
- Brunch in the Boat House for prize-giving ceremony
- THE RACE Pack – including THE RACE performance top
- Use of kayak, paddle and buoyancy aid
- Access to expert training and nutritional advice
- The Race 2017, official medal (Only available to event finishers)

**There will be 60 spaces for The Race 2018 that include accommodation and these will be allocated on a first come, first served basis. Competitors who miss out on accommodation can add themselves to a waiting list.*

CANCELLATION

Deposit Refund

Refund on your deposit is available for up to one week from the payment date. Outside this date competitors deposits will be non refundable.

Additional Payment Refunds

The remainder of competitors entry fees will be refundable up until 1/12/17. After this date all fees will be non refundable.

Transfer Policy

It is not possible to transfer competitors places.

EQUIPMENT

Compulsory Equipment List

- Headlamp (Capable of lighting up rough ground in complete darkness. Be aware that if you take the full 24 hours you will have 13 hours of darkness. Make sure your battery will last for the duration. (Spare batteries are advisable.)
- Luminous clothing i.e. hi-vis vests, fluorescent armbands or reflective belts.
- LED Red Flashing Light (Back of Bike) (Must be Mounted)
- LED White Light (Front of Bike)
- Bicycle
- Bicycle Repair Kit
- Bicycle Pump
- Spare Bicycle Tube
- Bicycle Helmet
- Survival Blanket
- Whistle - must be worn at all times during all legs (including kayaking leg)
- Food
- Mobile Phone - charge capable of lasting for 24 hours
- Waterproof jacket
- Waterproof pants
- Thermal trousers
- Thermal top
- Water Bottles or Hydration Pack (Minimum size 2 Litres)

Optional Equipment

(These will be supplied but competitors do have the option to use their own)

- Paddle
- 50 Newton Buoyancy aid

RACE WEEKEND

DATE	ACTIVITY
Friday 2nd March	Competitors check in and gear drop
	Competitors welcome + briefing
	Competitors' Dinner
Saturday 3rd March	Competitors breakfast
	Race Begin
Sunday 4th March	Race finish
	Official brunch and prize giving
	Event Ends

Please note a detailed event itinerary will be sent to all competitors prior to The Race 2018.

TIME PENALTIES

Time penalties will be used throughout The Race in instances where either event regulations or road safety rules have been breached. A number of officials on each stage will be on hand to apply time penalties.

Minor violations (Yellow Card) - 5 Minutes

Second Minor Violation (Yellow Card) - 15 Minutes

Third Minor Violation, or major violation / dangerous behavior (Red Card) - Disqualification

Time Penalties are added onto your final time.

The following violations may lead to time penalties and/or disqualification.

Bike Section

The bike course is open to ordinary traffic. Road traffic regulations must be observed at all times.

- Violating traffic regulations
- Obstructing traffic by not holding to the left whenever possible
- Drafting off another athlete
- Front or Back lights not visible

Run Section

Parts of the run course are open to ordinary traffic. Road traffic regulations must be observed at all these times.

- Violating traffic regulations
- Obstructing traffic by not holding to the left whenever possible

Supporters

The Race is an unsupported event. Part of the challenge is for competitors to complete the course without outside assistance.

Supporters are not permitted to assist competitors in any way, and cannot:

- Handover or collect any equipment / fuel
- Drive alongside competitors
- Disobey an event marshal

WEATHER

The unpredictable weather conditions are integral to the event and add a great degree of difficulty. It is not unusual for competitors to deal with rain, wind, snow, hail, fog and strong winds during the event. Having the clothing and mindset needed to deal with these variable conditions is critical to any competitor hoping to complete the course.

Average Temperature Range - 3rd March:

1 Degree - 9 Degrees

CHECKPOINTS

There will be basic shelter at each checkpoint on the course. These will vary between temporary and permanent structures. Each will contain:

1. Safety Personnel and Equipment
2. Box Drops
3. Toilets
4. Changing Areas
5. Seated Areas
6. Water

BOX DROPS

There will be box drops at the end of stages 1,2,3/4 and 5.

It is each competitors responsibility to pack up to a 35 litre box for these four locations. Boxes should be packed prior to registration on the eve of the event and will then be transported to and from the box drop locations by The Race team.

**Please note competitors can only leave one box to be used on stage 3 and 4. The end of both these stages are at the same location at the base of Muckish Mountain.*