



EXPEDITION RACE
IRELAND 2016

ROUTE BOOK

AR **WORLD SERIES**

Emergency Contact: +353 (0) 64 670 0892

Intro /Times

Welcome to the 2nd ITERA Expedition Race. We are looking forward to taking you through Ireland

As you read through this route book and look at the maps, please keep in mind the cut offs at each of the transitions. They have been set with an even pace in mind, so if you are going full course and only just hitting the cut off you may want to rethink your strategy.

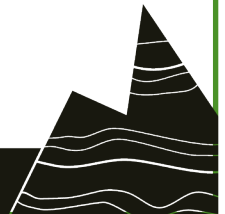
If you miss cut offs then your team will be deemed non-competitive and we will have to shuttle you by vehicle further along the course. Yuck!

You need to have LEFT by this time. No allowance will be made (e.g. you had to wait for the ferry)

- T1-2 Thursday 01.00 Killary Adventure Centre
- T2-3 Thursday 22.00 Maum Community Hall
- Galway Friday 13.00
- T3-4 (Friday arrive 15.00 leave 17.00) Kinvarra
- T4-5 Saturday midday Easaigh
- T5-6 Saturday 22.30 Cloghane
- T6-7 Sunday 08.00 Anascaul GAA
- T7-8 Monday 10.00 Lord Brandons Cottage
- Finish Monday midday INEC

Right best read on.. enjoy the ride

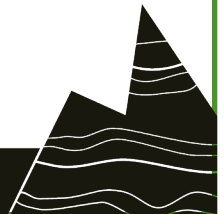
James, Ivan and the team at Open Adventure.



Rules

Specific local rules to this event.

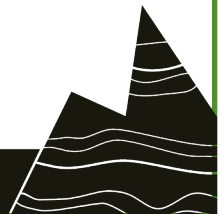
- No short course team can leave a transition until a full course team has passed
- As soon as a team drops a control they are short coursed and **MUST** take off the white bib and put on a black bib
- All teams must carry a black bib at all times regardless of their intentions to stay on the full course.
- Where a team leaves the designated route they must return to the same location. Where a team takes a short cut a penalty of 3x the time gained will be added - 3 strikes and the team will be regarded as non-competitive.
- Any team travelling on a major road that is not part of the route will be collected and ranked non-competitive



Rules (2)

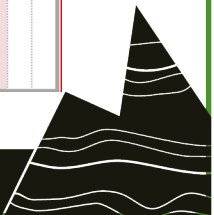
This event abides by the ARWS rules.

1. **Pre Race.** Teams must comply with any registration procedures, equipment and competency checks and attend all compulsory meetings and functions as scheduled by the race organiser.
2. **Equipment.** Teams and team members must carry mandatory equipment as described in the AR World Series Mandatory Equipment List, as well as any race specific items directed by the race organiser.
3. **Race Course.** Teams must complete the race course as directed in the course book, through race checkpoints (CPs) and transition areas (TAs), by the racing discipline specified, using the maps provided by the race organiser. The first team to complete the event, having complied with all rules, and any penalties taken into consideration, will be considered the winning team.
4. **Team.** Teams must travel and complete the course together, without substitution, and with team members being close enough to see and communicate verbally with each other at all times.
5. **Support.** Teams may not receive outside assistance during the race.
6. **Medical and Emergencies.** Any team that encounters a medical emergency, be it in their own team or another team, or external to the event, must stop to render assistance.
7. **Environment.** Teams must treat the environment and landscape of the course with respect and leave minimal evidence of their racing.
8. **Conduct.** Competitors must conduct themselves in a respectful manner at all times, without cheating, abusive behavior, language or violence.
9. **Banned Substances.** The use, by competitors, of banned substances as specified in the World Anti-Doping Code, The 2013 prohibited List, is prohibited.
10. **Penalties.** Teams who do not complete the course as directed, and in accordance with the rules, may receive a time penalty, an Unranked (UR) status, a Did Not Finish (DNF) status or a Disqualification (DQ).
11. **Adjudication.** Adjudication of these rules is the responsibility of the Race Referee if designated, the Race Director and the Race Jury. Any formal protest by a team must be submitted in writing as soon as possible, and not later than 12 hours after the team finishes or withdraws from the race.
12. **Race Specific Rules.** Each race may have specific rules for that race only. Where there is a conflict of rules, the race specific rules will take precedence



Distances

| Stage | Discipline | Long Course Distance | Ascent | Short Course Distance | Ascent | Kit / Notes |
|--------|-----------------------|-------------------------|----------|--------------------------|---------|--|
| 0 | Run | 5.0 km | | | | |
| T 0-1 | Transition | | | | | Paddles / PFD's / Wet kit bag (no personal bags) |
| 1 | Paddle | 47.0 km | | 47.0 km | | Need running shoes Personal kit bags / Wet kit bag |
| T 1-2 | Transition | | | | | |
| 2 | Run / Trek | 57.0 km | 5,000 m | 25.0 km | 480 m | |
| T 2-3 | Transition | | | | | Team kit bag / Personal kit bags / Wet kit bag / PFD's Need portage trolleys |
| 3 | Paddle | 70.0 km | | 69.0 km | | |
| T 3-4 | Transition | | | | | Bike boxes / Team kit bag / Personal kit bags / Wet kit bag |
| 4 | MTB | 214.0 km | 2,925 m | 187.0 km | 2,380 m | Need running shoes (will get wet on this stage) |
| T 4-5 | Transition | | | | | No kit bags (bikes will be moved not in boxes) |
| 5 | Trek | 30.0 km | 1,879 m | 0.0 km | 0 m | Short course teams can miss this stage |
| T 5-6 | Transition | | | | | No kit bags |
| 6 | MTB | 79.0 km | 1,750 m | 0.0 km | 0 m | Short course teams can miss this stage |
| T 6-7 | Transition | | | | | Bike Boxes / Personal kit bags / team kit bag |
| 7 | Trek | 64.0 km | 3,500 m | 55.0 km | 2,000 m | Within this stage you will get wet - your wet kit bag / PFD's will be available before you need them. You may wish to bring a dry bag to keep kit dry. Personal kit bags / team kit bag |
| T 7-8 | Transition | | | | | |
| 8 | Paddle | 13.0 km | | 13.0 km | | |
| Finish | | | | | | |
| | Total Run/Trek | 156.0 km | 10,379 m | 80.0 km | 2,480 m | KIT BAGS 1 Kit bag per person |
| | Total MTB | 293.0 km | 4,675 m | 187.0 km | 2,380 m | 1 team bag (tent must be in this bag) |
| | Total Paddle | 130.0 km | 0 m | 129.0 km | 0 m | 1 Bag for Paddles or paddles securely strapped together - MUST be taken on all paddle stages 1 Wet kit bag (for seats / wet suits) - MUST be taken on all paddle stages. |
| | Total | 579.0 km | 15,054 m | 396.0 km | 4,860 m | PFD's separate but clearly labelled and tied together (e.g. sling) Portage Trolley separate (BUT Labelled with Team No.) 1 Bike box per person |



Stage 0

Run

Westport



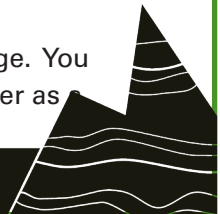
Welcome to Westport House built in 1650 and hosts 5 million visitors every year. We are pretty sure that you will want to come back here with family.

The event starts with a mass start run from the front of the house at midday. Follow the waymarked route, there will be a lead cyclist. Note we don't have priority over traffic - give way and be polite to pedestrians. They won't be expecting to see so many people running on a Wednesday lunchtime.

Be ready to leave 15 mins before midday. There will be a short captains briefing - please have stage 1 maps with you. As there maybe changes pending the conditions.

You will return through the grounds of the house and around to the harbour. During the run you can leave personal rucksacs near the house and collect them when you pass during the run.

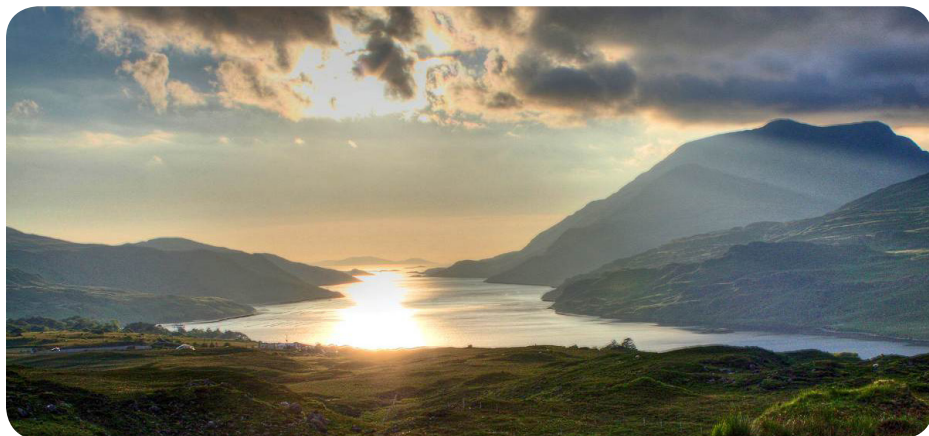
At the end of the Quay you will find the boats for the next stage. You won't be able to enter the football pitch unless you are together as team.



Stage 1

Paddle

West Coast



First of the big paddles around the West Coast - this is where you will work out if you have done enough training in a boat. Remember boats must stay together. You should be able to hear each other, if at any time the water safety think that you could be at risk (e.g. skills not up to scratch or too far apart), then they will pull you off the event.

In reference to the emergency pull out points - we will mention these in the event briefing. Unless stated there is no need to pull in here. You do need to move with a sense of purpose as you need to be in Killary Harbour before it gets dark - unless its not obvious you need head torches!

You can leave your paddles / wet kit bag at shore line - hand to the marshal (do not leave scattered across the floor expecting the fairies to pick them up). When you pull in, there is a short walk to Killary Adventure Centre where your kit bags will be.

You need to have left Killary Adventure Centre by Thursday 01:00



Stage 2

Trek

Maumturks



Welcome to the Twelve Pins (or Bens) and the Maumturks, a hidden gem of hills within

Ireland. The short route follows the Western Way as marked on your maps. If you are wanting to take on the hills don't underestimate these little fellas. Please follow the routes marked on the maps as we have negotiated access and there are places where we don't have permission to go.

Where the full course crosses the short course you can swap routes. You can also use the road between Kylemore Abbey and the Western way if you wish to miss out CP2 and CP3.

When you arrive at Maum Community Centre you will have access to your team bags and the option to pitch a tent and get a bit of sleep. Strictly no sleeping in the building.

Teams also need to complete a blog on the computers provided at Maum. You need to have left Maum by Thursday 22.00

The times below indicate the penalty your team will receive if you don't visit this point (all team members must visit to avoid the time penalty)

Checkpoints

| No. | Description | Value |
|-----|--------------------------------------|-------|
| 1 | spot height :: on stake by cairn | 6 hrs |
| 2 | hill top :: 10m east cairn on thread | 6 hrs |
| 3 | summit :: on cairn | 6 hrs |
| 4 | summit :: on cairn | 8 hrs |
| 5 | spot height :: on cairn | 7 hrs |

Stage 3

Paddle

Lough Corrib

Lough Corrib - we think this could be deceptively tricky to navigate especially at night, we resisted the urge to put checkpoints on some of the islands as we thought there would be teams still looking for them when the event finished.



Once darkness falls you need glow sticks on both your boats and your buoyancy aids.

The put in for the boats is by the bridge in Maum, you need to collect boats from the community centre and using your portage trolleys take them to the put in.

Remember at Galway you need to pull your boats out for the portage - boats must be on trolleys. There will be places to get food if you have time.

Once you have crossed Galway Bay and in to Kinvarra there is a short walk from the harbour to the community centre. Leave wet kit bags and boats at the harbour.

You need to have arrived in Kinvarra by Friday 15.00 and left by 17.00. If the event team perceive that you are not moving fast enough they will take your boats in Galway (i.e left Galway by 13:00). These are required for another event! You would then be taken by road to Kinvarra and continue non-competitive - best not do it!



Stage 4

MTB

Wild Atlantic Way



Wild Atlantic Way - the big ride.. a chance to experience the West Coast of Ireland. We have peppered it with a few visits to some great locations, you will also find some great small towns with plenty places to get food on the way.

Remember once you leave Kinvarra you won't see your kit bag for sometime. You will also potentially get wet a few times, how you manage this could define if you get to the finish. Take care on the road - if you need to leave the route (e.g. bike repair / pharmacy) you need to return to the same location where you left it.

At the end of this stage teams can elect to miss out stage 5 and 6 and head straight to Anuscaul (T6-7)

Teams need to have left T4-5 by midday Saturday or T6-7 by Sunday at 08:00. Note you can't leave T6-7 until a full course team has passed.



Stage 4

MTB

Ailwee Caves

What a great show cave to take the family but you are going to do something different.

Maybe a first in Adventure Racing.. who knows - will involve taking your bike in to the cave with you!



So there are 2 controls in the cave. One is relatively simple to get to, the other is little more in to the depths of the cave and will involve getting wet. Headtorch required..

If not all team members want to visit the controls but to go to visit the CP's there must be at least two team members. (full course teams would be short coursed)

Short course teams should give way to full course teams. Full course teams who are rude and tell short course teams to get out of their way.. should go home, not welcome here - be polite.

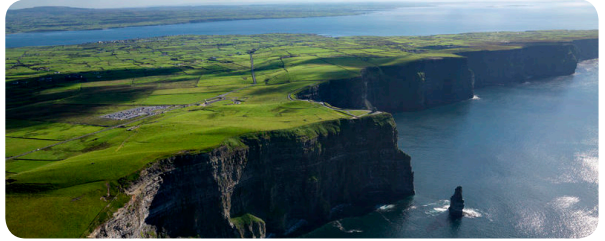
Checkpoints

| No. | Description | Penalty |
|-----|-------------------------------------|--------------------|
| 6 | in cave :: description with marshal | 45 mins per person |
| 7 | in cave :: description with marshal | 45 mins per person |

Stage 4

MTB

Cliffs of Moher



This is one of those natural wonders that attracts millions of visitors every year.. Sadly we could not get access to the area near the visitor centre. But just a few KM south you will get to see this amazing location along with Hags Head. Remember you will be on bikes, its likely that at night many of you will elect to get off and walk this section. Use a bit of common sense - also you may come across pedestrians please give way to them and be polite.

There are 2 controls - they don't have any penalties attributed all teams must visit them.

Checkpoints

| No. | Description | |
|-----|--------------------------------|-----------|
| 8 | track end :: corner fence post | mandatory |
| 9 | hags tower :: fence post | mandatory |

ITERA Ferry

The Shannon Estuary is a serious bit of water - and as such we are putting on a little ferry service to get you and your bikes across this estuary. You will get your feet wet when you get out on the other side.

The Ferry service will run on demand - only one team can get in the boat, order will be based on full team arrival time. Again full course teams have priority - should they be rude then the boat may drop them further away from the shore.

There will be no time out and if your full team is not around when the boat is ready to leave then the next team can take your place.



Stage 4

MTB

Coasteering



Prepare to put your eyes on stalks. There will be 5 controls on this stage if a team member elects not to do one of the elements then there will be a 30 min penalty.

Wet suits and bouyancy aids will be provided. You do need to wear your bib on this stage.

Even if your team decides not to do this stage you do need to go to this location.

Pending how much faffing you do - it would be around 45 mins to hour in the water.. add 30 mins to an hour for changing / getting to the start.

Checkpoints

| No. | Description | Penalty |
|-----|-------------|--------------------|
| 10 | coasteering | 30 mins per person |
| 11 | coasteering | 30 mins per person |
| 12 | coasteering | 30 mins per person |
| 13 | coasteering | 30 mins per person |
| 14 | coasteering | 30 mins per person |



Stage 5

Trek

Brandon Mountain

This is an optional stage. Remember no kit bags here or water - your bikes will be moved by van to the end of this stage. Attach anything to your bike securely.

If you wish you can visit CP15 and head straight to T6-7, by reversing the way you came to the point where the short route splits off. Need to tell marshals explicitly that this is what you are doing otherwise your bikes will be loaded on the van.

If taking on this stage both CP 16 / 17 must be visited.

You need to leave T5-6 by Saturday 22:30. You can if you wish take a direct route back to T6-7 using the route marked on the map and miss out the Dingle stage.



Checkpoints

| No. | Description | Penalty |
|-----|-----------------------------|---------|
| 15 | north west lake :: on bench | 4 hours |
| 16 | trig point :: stake at base | 7 hours |
| 17 | trig point :: on cairn | 7 hours |



Stage 6

MTB

Dingle Peninsula

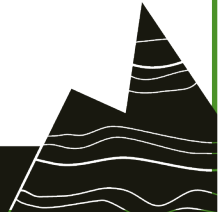


Optional Bike stage around Dingle Peninsula - you will get to see some amazing views (assuming its not dark). You should be able to pick out the Blasket Islands recently featuring in the last Star Wars film.

You need to leave Anascaul by Sunday at 08:00

Checkpoints

| No. | Description | Penalty |
|-----|---|---------|
| 18 | buiding :: on corner | 6 hours |
| 19 | viewpoint :: back of brown tourist sign | 6 hours |



Stage 7

Trek

Muckgillycuddy Reeks

Before leaving Anascaul teams need to spend at least 15 mins in their team tent. Please pitch and see an event marshal who will monitor and record this. Teams also need to complete a blog on the computers provided.



Nearly there.. the last big trek. Head down to the beach and take on the Inch Swim (see next page).

Teams can take the short course to the foot of the Reeks or the longer course via CP21 and CP22 (both need to be visited if going this way).

The route over the reeks is mandatory - you can not use the Kerry Way to the south. There is no exception to this - none at all.. please keep this in mind when planning your route over the previous 3-4 days.

You will arrive at Lord Brandons Cottage and need to leave here by 10.00am on the Monday. There is a café here during the day - outside of these hours hot water will be available.

There is a dark zone on the Lake and unfortunately Stage 8 can not be completed during the night. You must depart in a boat before 19.30 on Saturday / Sunday. Teams who arrive after 19.30 or who are at Lord Brandons will be timed out (race clock stopped) until 06:15 the following day.

Team bags with tents will be available here. Marshals will direct people to the right place to camp. Note there is a popular café - please be mindful of other customers.

Checkpoints

| No. | Description | Penalty |
|-----|---|-----------|
| 21 | spot height :: tiny cairn on stake (tricky to find) | 9 hours |
| 22 | hill top :: fence post | 8 hours |
| 23 | cross :: 5m east on thread | mandatory |
| 24 | hill top :: cairn 5m south on thread | mandat |

Stage 7

Swim

Inch

A seemingly short bit of a water to cross.

Just to reassure

you we will have water safety proactive here throughout the event. You should take their advice before getting in the water - pending the tide will make a difference to which way you should go.



Each participant needs to take their own kit - your wet kit bag will be available. No flippers / hand paddles - if by some way you can get them after reading this and before the start of the event.

You will each be given a fluorescent swim hat which must be worn. Each team will also be issued with a swim bouy - we suggest you attach this to the weakest swimmer. Its key you stay together as a team - no head down front crawl with no care for the rest of your team.

If for whatever reason a team member needs assistance then they will be prevented from visiting the checkpoint on the far side and will incur a penalty.

Note this stage is very weather dependent - if it is cancelled we have contingencies and will let you know what they are in good time.

Checkpoints

| No. | Description | Penalty |
|-----|-------------------------------|--|
| 20 | end of beach :: with marshall | per person - a lot..! marshal aware and if required will let you know. |

Stage 8

Canoe

Lough Leane

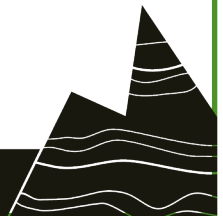


Lough Leane an atmospheric finish to an amazing journey. Just to make it a little different - the craft of choice is an Open Canoe, paddles and buoyancy aids will be provided.

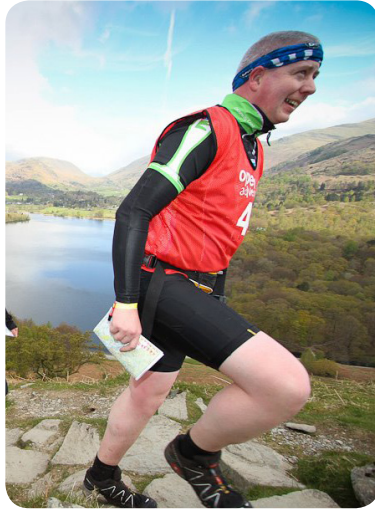
It will need some care in navigating.. the entrance to The Long Reach is not easy to find.. strictly no portaging over Newfoundland Bay if you can't find it. There is a short section of grade 2 paddling by the Old Weir Bridge.

When you exit at Flesk Rowing club it is a short walk to the finish line at the front of the INEC.

You need to be at the finish line for midday Monday..



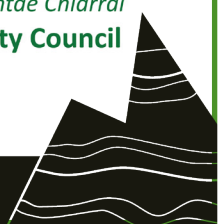
Emergency Contact: +353 (0) 64 670 0892



Ivan Park | Event Planner
ITERA 2016 | Ireland



Comhairle Contae Chiarraí
Kerry County Council



WITH THANKS TO

The people of Ireland really do have a landscape to be proud of, the contrast between the mountains and the sea make the views unique and refreshing. But what sets this country apart is the people - its rare to come across someone whose not optimistic about life, and genuinely wants to talk. So over to those who made this happen.

Westport House - Biddy Hughes, Mayo County - Dermott Langan, Westport Coastguard - Noelle Doran, Killary Adventure Centre - Shane Young, numerous landowner in Connemara, Maum Community Centre, Corrib / Mask rescue team - Ger Shannon, Kinvarra Community Centre, Aillwee Caves - Nicky, Shannon Crossing - Ger Haugh, Wild Water Adventures - John Edwards and his team, Anuscaul GAA, Coiltte Forestry - some Danish fella with an odd accent, Macgillycuddy Reeks Access Forum - Patricia Deane, Killarney National Park - Kathryn Freeman and Pat Dawson, Cappanalea Outdoor Centre - Donal and Rhys, INEC - Norma Casey, Kerry Council - John Griffin, Failte Ireland, Ollie Kirwan, Ordnance Survey Ireland - Stuart Doherty

Media : DreamteamTV - Ron Isles, Chris Fenton, 1iOpen Productions - Erik and Viv: Photography - Valerie O'sullivan : Reporting - Rob Howard.

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Special thanks to Ivan Park the planner, Avril Copeland who spent endless hours seeking funding so we could get this journey on TV, Jon Hynes for all of his advice of making this event work in Ireland, Joe Faulkner who put most of the controls out, Rob Marriott in sorting out the tracking, James Kirby for the maps, route book and website, and Lisa my good wife in sorting what were seemingly endless changes to coach transfers -

No worries
James Thurlow

