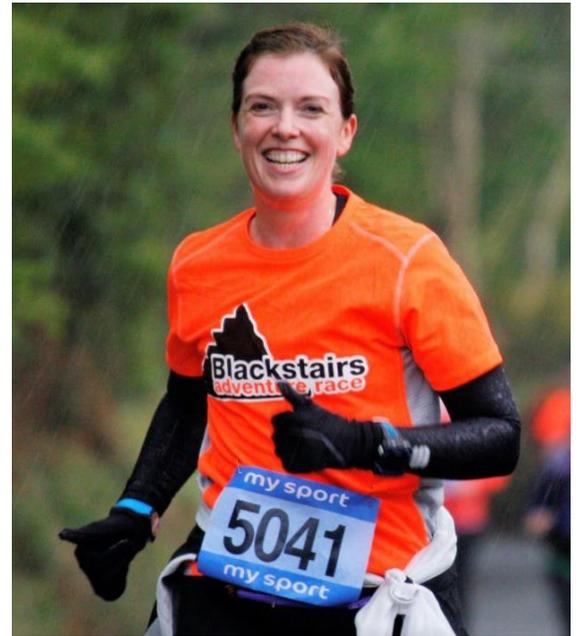


Blackstairs Adventure Race Day Details

Welcome 😊 If you are reading this hopefully you have made the decision to join us at the Blackstairs Adventure Race this year.

Please note the following details to facilitate the organisation and safe running of the events. It is **NOT** possible to do any of the events without registering online before midnight on Friday.

Everyone who has registered online and wishes to participate must visit the Arena to pick up their Race Bag which includes the #BAR T-shirt, Race Number and Pins.



Race Start Times

7 Steps – 10am

5 Steps – 11am

3 Steps – 12pm

1st Step – 12pm

Registration at Rathnure Indoor Arena

Click on Directions under “Contact Us” on Website / eircodeY21 P407

Please arrive at least 1 hour before your event start time and please park as instructed by our parking stewards.

1. Event Registration and Number pick up will take place in Rathnure GAA Hurling Arena. When you register, you will receive your race number, timing dib and event running top.
2. You must sign our Race Waiver at Registration.
3. Once registered you will receive your timing dib and test that it is working correctly at the test station in the arena.
4. Anyone participating in the 3, 5, and 7 steps must **visit the bike drops on the Sunday**. There is no bike drop on Saturday evening, however, you can drop your bike before coming to the Arena on Sunday.
5. We would ask any local people to register with us on Saturday evening if possible.
6. There are hot showers and changing facilities available.
7. Refreshments are served in the Hall before and after the events for all participants and their supporters.
8. Race briefings will take place in the main arena 30 minutes before the race starts.
9. Please make sure you have race numbers pinned on the front of your race gear and timing dib on your wrist and are ready to go 30 minutes beforehand.

Day	Registration Times	Category	Arena Eircode
Saturday	6:00pm – 8:00pm	All events	Y21 P407
Sunday	7:30am – 9:00am	7 Steps	Y21 P407
Sunday	7:30am – 9:30am	5 Steps	Y21 P407
Sunday	9:00am – 11:00am	3 Steps & 1st Step	Y21 P407

Race Rules

Rule 1 Registration will include signing of race rules and agreement to waive liability.

Rule 2 You can only win or be placed for the event that you registered for i.e If you registered for the 5 Black Steps you cannot win or compete in the 7 Black Steps and visa versa.

Rule 3 Mandatory Kit must be carried or worn at all times.

Rule 4 You are not allowed to be handed food or drink or any equipment from spectators, the race is a self sufficient event.

Rule 5 Timing checkpoints at each step/stage must be visited in the correct order.

Rule 6 Adhere to the rules of the road and cycle on the left at all times.

Rule 7 Do not litter and respect the local environment and its inhabitants.

Rule 8 Kayaks will be provided on the day but experienced kayakers can bring their own kayak, paddle and life vest.

Bike Drop Off (Eircode R95 YK16)

1. You can drop your bike off **BEFORE** coming to the Arena on the Sunday
2. At the Bike Drop off area, you will be allocated a Zone and given a sticker to place on your bike to identify it. Please be aware of other competitors bikes and take care when placing your bike on the bike racks.
3. Please have your bike ready to go before you arrive with nutrition and hydration products attached. It is a drop off area only.
4. Bicycle **Helmets** are **Compulsory**. You will not be allowed to compete without a Bicycle Helmet. **No Helmet. No Bike drop off.**
5. Nothing can be left after you on race day. You must take everything with you including garments and litter.

Day	Times	Category	Bike Drop Location	Bike Drop Eircode's & GPS Co-ordinates
Sunday	7:00am – 9:00am	7 Steps	Ballymurphy Bike Drop area (20 min drive from Rathnure)	Eircode R95 YK16 N52 32.814 W006 51.525
Sunday	7:00am – 10:00am	5 Steps	Ballymurphy Bike Drop area (20 min drive from Rathnure)	Eircode R95 YK16 N52 32.814 W006 51.525
Sunday 30th	9:00am – 11:00am	3 Steps	Grange Lane (5 min drive from Rathnure)	Eircode Y21 P407 N52 30.381 W006 47.062

Kayaking

1. You must wear a **buoyancy aid** and one of the **kayaking helmets** provided (**Not** your bike helmet) when competing in the Kayak section.
2. Normal Kayaking rules apply on the river. **Overtake on the right** if possible to avoid any crashes.
3. The Kayaks provided are **single sit on top** boats that will not turn over too easily but in the very slim chance you should find yourself in the water **Do Not Panic**, stay with your kayak if possible and wait for one of the Kayak safety stewards on the water to come to you and help you back into your kayak.
4. Standing up and moving around in the Kayak greatly increases the chance of a capsize. So allow the stewards to help you get in and out of the Kayak at the start and at the end of your Kayak section.
5. Sit on top single Kayaks are provided for the event. If bringing your own Kayak please contact support@blackstairsadventurerace.com so we can facilitate.
6. You **must** drop your Kayak to Graiguenamanagh no earlier than **8.30am**. It might be advisable to drop here after you've dropped your bike. Please note **your own Kayaks are left at your own risk** in Graiguenamanagh.
7. **Where possible** your kayaks will be **transported back to Rathnure** after the event as stewards will leave Graiguenamanagh at 1.30pm. Kayaks will be placed on a trailer and transported back **at your own risk** .
8. If you **do not want** your Kayak transported back to Rathnure after the event make it clear to the Stewards in Graiguenamanagh or alternatively email support@blackstairsadventurerace.com. If you do not want your kayak transported back to Rathnure you need to arrange for someone to look after it after 1.30pm as it will **not be supervised after this time**.

Race Timing

1. We offer a professional timing service with **Red Tag Timing** which is a dib worn on your wrist. To make sure your times are collected it is necessary to DIB at the Dibbing stations (A Pole with a Dib Box) at each transition point. We will have marshals near the dibbing stations to direct you. Please keep a look out and be prepared to DIB.
2. In particular it will be very important at the **Kayak** area that you **DIB IN and DIB OUT** correctly as there is a possibility of a timeout in this area while waiting for a Kayak. We hope that there will be a very short kayak timeout, if any for people. Please let our Stewards direct you .
3. You must DIB when you arrive back in Rathnure once you dismount from your bicycle and again once you cross the finish line.

Race Rules and Mandatory Kit

Please bring the following mandatory kit with you:

Map provided at registration.

ASurvival Blanket and Whistle.(only 5 & 7 Steps event)

Need to bring enough energy food for the whole day as we will not be providing any food.

Drink containers full to start with as water will only be available at each transition.

AWaterproof Jacket

Toolkit for Cycle and Puncture Repair Kit, Road Bike and Cycle Helmet

Our emergency contact information provided at registration.

Running Shoes.

Your basic first aid kit.

1. Please familiarise yourself with the **race rules** and **mandatory kit**. You must carry all of this with you from the start line. You can leave your cycling mandatory kit with your bike but it must be securely attached.
2. The weather is unpredictable around the Blackstairs and so please come prepared with rain gear, especially for the longer races where you can easily get cold on a bicycle. Please make yourself known to our stewards or first aid team if you are having difficulties.
3. You **cannot leave any items** of clothing or other items in any of the transition areas, doing so will warrant you **ineligible** for a place for the prizes.
4. For insurance purposes, you must be fit enough to participate in this event and any medical conditions should be cleared by your doctor in advance. It is an assumption by signing up for this event that this is the case.

The Finish Line

1. At the finish line **you must DIB to complete your finish race time**. After your final DIB you can make your way to the Timing area where you can receive an **instant print out** of your split times for the day. You cannot get this information without your DIB so please be sure not to lose it and make sure to return it immediately at the finish line. Final Results will be posted online later in the day. Prizegiving will take place around 3.00pm.
2. Once you have made it home in one piece, there will be refreshments and showers available - Hot Showers available for all participants who get home the fastest J
3. Participants will have received a voucher for their **BBQ** in the goody bags. Please remember to bring them with you. No Voucher. No BBQ.
4. There is plenty of space for you and your supporters to sit around for pep talks and post mortems both inside and outside. **Teas/Coffees/Soup/Sandwiches/Cakes** are available for all participants and their families and friends in the Hall. The infamous BBQ burger, given to the participants across the finish line, can also be purchased by supporters on the day.
5. **Après Race** - All welcome to Conran's Pub in Rathnure later in the evening to tell their war stories with music and singing till the wee hours.

Enjoy

Thank you so much for participating and supporting our community run event. We put our best efforts into making sure this is a thoroughly memorable experience for you in the best way possible ☺. Although we have received numerous requests, we are still unable to change the weather. However, this is subject to change, so please follow us on Facebook <https://www.facebook.com/BlackstairsAdventureRace/> and Twitter <https://twitter.com/BlackStairsAdv> for any update on this situation.

Welcome to the Blackstairs and have a great day. If there are any other details you need or want to contact us for any reason please email support@blackstairsadventurerace.com. or phone Eleanor @ 086-6080498 or Michael @ 087-6483032