



## FAQ

### What is the Days Adventure Duathlon?

The Days Adventure Duathlon (March 27<sup>th</sup>) is a mix of running and cycling over a hilly course. A standard racer will do perfectly for the bike sections and your normal runners will do for all of the running sections.

The running sections are a mix of paths and fire tracks but normal running shoes should suffice.

The bike sections are all on sealed rural roads, but bring a spare tube and pump in case of a puncture as you have to be self sufficient. Remember to fit a water bottle to your bike as its easier to take on fluids while cycling.

The Breakdown is as follows

#### Race Format

3k run

7k cycle

8k trail Mountain run

15k cycle

3k run

**Total distance 36kms**

## **What are the prizes ?**

### **Categories**

Prizes Males 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> overall

Female 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> overall

Male and female 1<sup>st</sup> Under 18 (Junior)

Male and female 1<sup>st</sup> Over 50

## **How long will it take to complete the course ?**

Here are the approximate finishing times for each category

Elite male would expect to complete the course in under 1hr 45mins and female about 2hrs

Intermediate Male would expect to complete course in about 2hrs 15mins and female about 2hrs 30mins

Beginner/ Novice Male expect to complete the course in under 3.30hrs and female about 4hrs

## **What type of bike do you need ?**

### **Bicycle Guide**

Safety first; you should ensure that the bike is properly serviced, with working brakes, you will be descending off hills with STEEP gradients, so you want to feel safe and confident on your bike.

You must **OBEY the rules of the road** at all times as the race will be held on open roads.(the good news they are quite) **Wearing of a helmet is compulsory** this can be left with the bike at the transition areas while on the running sections.

Bike choices in terms of Speed:

- A road bike (racer) will be the fastest choice for this course.
- A triathlon bike would probably be somewhat slower on the climbs and descents.
- A mountain bike with slick tyres would be slower.
- A mountain bike with knobbly tyres would be slowest of all.

## Can I get a refund if I do not attend ?

### Refunds

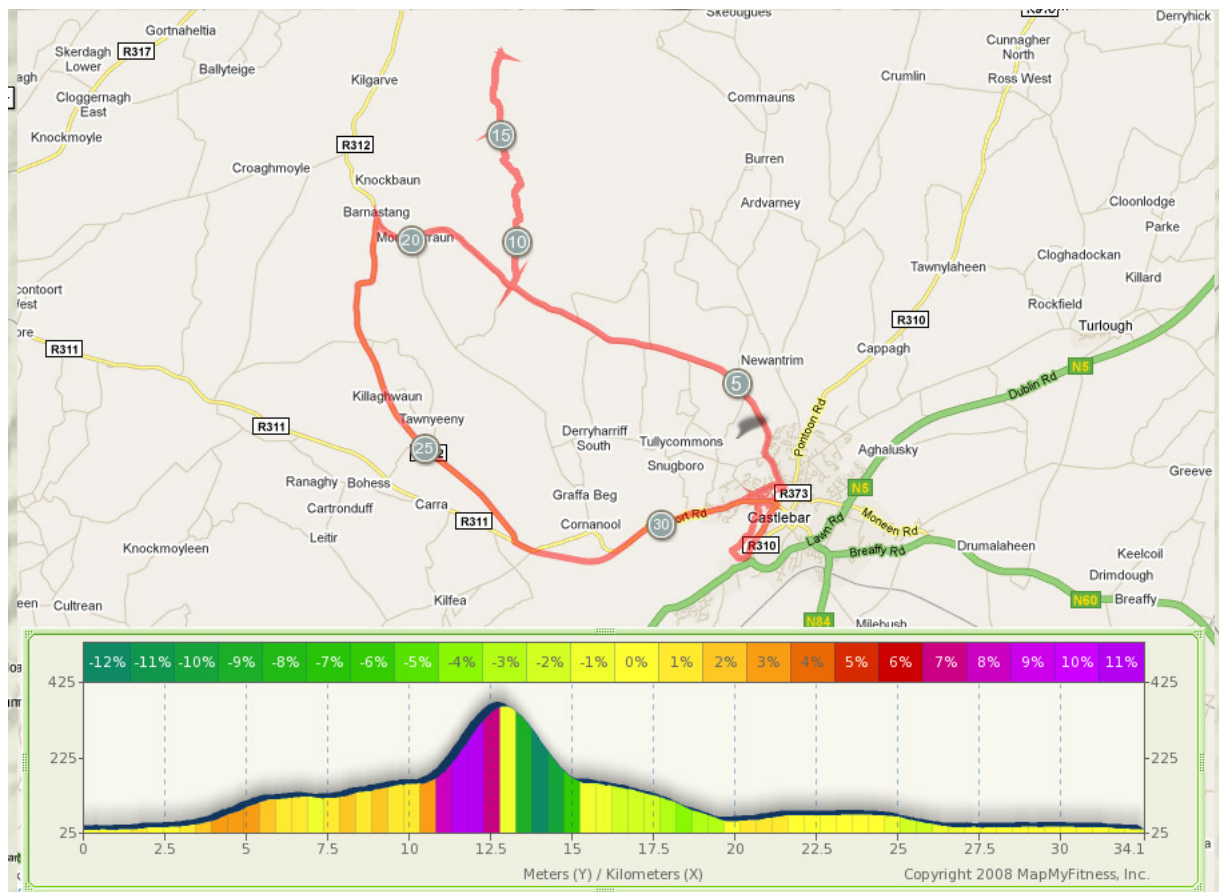
When paying for your entry to the Days Adventure Duathlon it is stipulated that this is a non-refundable payment. As soon as a competitor enters we incur costs such as admin etc. It is also not possible to transfer entries to any other Events, next year's event, or a different competitor.

### Where are the water stops?

The water stops will be at the Transitions and at the turn spot up at the top of the mountain, this will be shown on the map but you will also need to bring water yourself. You will need to have water from the start of the race and you can also have water/drink left on your bike.

### Can I practice on the course beforehand?

We encourage you to use the course maps to practice on the Days Adventure Duathlon course in advance.



(See Days hotel for room rates) [www.dayshotelcastlebar.com](http://www.dayshotelcastlebar.com)

## **Do I have to navigate on the Course?**

While navigation skills are not a requirement, do not travel faster than your route knowledge. The route will be described and marked with signs/arrows, there will be Marshalls on the major junctions but always proceed with caution as this is an unsupported adventure challenge

## **Where do I leave my bike**

### **Transitions**

Your bikes must be left at St Patricks National School Rathbawn Road Castlebar this is only 1.5k from the official start at the Days Hotel on Lannagh Rd. Once registered you can leave you bike over to the marshaled transition area. All competitors will be wearing a race number for the 2010 event and will be issued a race number on their bike. This will help you and us at the transitions. Race numbers will be issued at race registration with your pack and your electronic timing “dibber.” For the 3 bike transitions within the event, the bikes will be safe and secure. You will need to pick up your bike from the main transition area at St Patrick’s School by 1pm, so that we can tidy up.

The 2<sup>nd</sup> bike Transition is 7k out at the start of the hill run, this area will be marshaled and bike racking will be on a first come basis, but there will be plenty of room for everyone’s bike.

The 3<sup>rd</sup> Bike transition will be again back at St Patrick’s school, remember to collect your bike before 1pm

## **What time is Registration ?**

The registration locations will be open on Friday evening from 8 to 10pm and again on Saturday morning from 7 to 8.30am you’ve no excuse not to make registration.

When you register, you will receive your race pack containing your competitor number, some goodies from our sponsors and some further written race info relating to the challenge ahead. There will be staff on hand to answer questions. You will also receive your electronic timing chip (known as a “dibber”) which you will wear on your wrist throughout the event.

On Saturday morning the 27th of March (after 8am) you will leave your bike in the main transition area in St Patrick’s school Rathbawn Rd car park, where we will have set up racking. It will be safe as the transition area is locked and they are guarded by the marshals.

**Can I see my split times?**

Your progress through the course (and results) is measured with the use of REDTAG electronic timing equipment, part of which requires the wearing of a small device on your wrist – the “dibber”. See [www.redtagtiming.com/](http://www.redtagtiming.com/)

**What time is the Start Proper ?**

Race briefing will take place at 9am outside the Days hotel on Lannagh road, the race will start proper at 9.15am please obey the marshals, as penalties will apply for not doing so.

**What time can I see the results?**

Once every competitor has finished we will have the results ready 90mins after that time.

**Is there an after race party?**

There will be refreshments for everyone at the prize giving at around 2pm.

Participants also have the chance to make a weekend out of the race by staying over and catching a show at the famous Theatre Royal next door to the Days Hotel SEE [www.theroyal.ie](http://www.theroyal.ie) for events.

