



SCAR 2018 Race Day Information Pack

Dear SCAR'18 Participant,

Firstly, thank you to everyone for the support and for getting us to race day.

Last year proved to be a real effort, and to everyone who helped us run the SCAR Challenge after Ophelia forced the cancellation of SCAR'17 a huge thanks. It's truly amazing how people help-out in this great sport of ours.

It is great to be back to the 3rd Saturday in October and again laying down a course to challenge even the best National Series racers who will be competing for the National Series Crown on Saturday. Best of luck to all the racers and to everyone else we hope you all have a ball.

The damage suffered as a result of last year's storm to some of the original courses from previous years has meant we have made some minor tweaks to the courses, so please check out the new course maps below, **but in summary the Expert Run has changed, the Expert Kayak has moved to Lough Hyne and the Lough Hyne hill run has a minor alteration in the first 500mts, so follow marshals instructions to stay on the correct courses**

We are delighted to be back in the new SCAR EVENT HQ with the kind support of Castlehaven GAA Club, who have graciously offered us the use of their grounds for the event. The facilities and location the club offers are ideal as they sit right in the middle of the course, so we are back to our normal bike routes.

Yes, that's right the "WALL" and "CALVARY" are back!

The facilities in the club mean we can host registration, parking, bike racks, start, finish, and transitions, as well as post-race food, massage, and entertainment at the venue. The club has also granted us permission for participants to use the changing rooms and hot showers after the event.

This means we can run the full event from the one place and all on the one day, Saturday October 20th from 9:00am. We will also have the use of the clubs new Covered Grand Stand so spectators can watch the start, all transitions, and the finish, in comfort all day, so a fantastic atmosphere is guaranteed.

Thank you also to our main sponsor Carbery whose support we value in helping us make SCAR happen in 2017 and this year.

Most importantly don't forget 100% of your race entry fee for SCAR goes to charity.

Race Pack Collection:

Your race pack, which will include your race number, bike sticker, and timing chip, will be available for collection from the new venue, the **Castlehaven GAA Grounds**, Moneyvollahane Skibbereen, from **7:30am to 9:45am on Saturday 20th Oct.** Please note Castlehaven GAA have two pitches so make sure you look for the Moneyvollahane one, which is 4km out the R596 Castlethownshend Road from Lidl Roundabout, in Skibbereen. This is the same road as Liss-Ard which you will pass on the way. There will be plenty of parking available in club grounds.

Anyone who has ordered a Race T-Shirt can collect these along with your Race Pack. A limited number of T Shirts will be available for purchase at registration for €15. First come basis applies.

Route Map: Please study your **NEW** route map below. While the route will be marked and marshaled, you are responsible for following the correct route and registering at any checkpoints on your course.

Strava Route Maps

TASTER RUN:	https://www.strava.com/routes/14032368
TASTER BIKE:	https://www.strava.com/routes/13208939
SPORT RUN1:	https://www.strava.com/routes/14032368
SPORT BIKE:	https://www.strava.com/routes/14032434
SPORT RUN2:	https://www.strava.com/routes/13645928
EXPERT RUN1:	https://www.strava.com/routes/13646012
EXPERT BIKE:	https://www.strava.com/routes/13208798

EXPERT RUN2: <https://www.strava.com/routes/13645928>

Race Number: Your race number must be worn on the front of your race jersey. If you do not wear your race number you will be deemed not to be an official participant.

Bike Sticker: You must place the bike sticker on your bike close to the headstock/handlebars so it is easy to see. You cannot remove your bike from the bike paddock at the end of the race unless your bike sticker and race number match. If you lose either, you will be forced to wait until all bikes are retrieved before we will release your bike. This is for equipment security reasons.

Timing Chip: Each participant will receive a timing chip, which must be worn on your wrist, as you will need to “dib” the timing chip against a control box at each checkpoint. Please note that you must return your chip at the finish line, even if you do not start, or if you pull out of the race. You will be charged a **penalty fee of €35** for non-returned chips. If you collect packs on behalf of others you will be responsible for any penalty for non-returned chips.

We will automatically be charged by the timing company for non-returned chips and we have to pass this charge on.

Bike Drop Arrangements:

All Courses

Participants will drop their bike to the Bike Transition within the Castlehaven GAA Grounds between **7:00am and 9:45am on Saturday morning only.**

Bag-Drop Arrangements:

All participants should keep their bags in their cars. There will be the full use of the club changing rooms including hot showers for participants.

Bags are left in the changing rooms at the participant's own risk.

Waves

All Courses start and finish in Castlehaven GAA Grounds

The Expert will have a mass start at 9:00 am.

The Sport will have a mass start from 10:30 am. (no waves this time)

The Taster will start at 11:00 am.

All Expert competitors must be at the start line by **8:45am** for race briefing.

All Sport & Taster competitors must be at the start line by **10:15am** for race briefing.

Mandatory Kit

Mandatory Kit List:

It is vital that all Sport and Expert participants bring the following **mandatory** kit list with them to the start:

- Basic First Aid Kit
- Cycle helmet, spare tube, pump
- Race Number
- Hat, gloves and waterproof jacket (if weather dictates)
- Suitable footwear

All mandatory kit will be checked before the race

- Appropriate food and drink. There will be limited water re-fill points on the course.

On arrival marshals will check that all bikes are roadworthy and that your brakes are working. You will not be allowed to mount your bike unless you are wearing a helmet.

Parking

All parking to take place inside the grounds of Castlehaven GAA pitch and only in the designated area. **DO NOT** park on the road outside the grounds as you will impede the course.

Toilets

Club toilets will be available from 7:00am

Medals

All competitors will receive a SCAR medal at the finish line

Post Race Event

Participants are invited and encourage to stay around at the finish line once you have returned your timing chip when you finish. Refreshments, hot food, post-race massage, and hot showers, will be available free of charge. This will be followed by the Prize Giving on the Grandstand.

Everyone enjoys a round of applause at the Finish Line so please stay around and feel free to cheer and clap as much as possible for your fellow racers!

Running Sections

The running sections are generally good quality roads, paths, or trails, but a lot of the trails are very wet and soft so expect muddy ankles!

The forest trail has a lot of fallen leaves so will be slippery and some exposed roots so take care.

Generally, participants are asked to keep to the left-hand side of the track or road. Note this is an in and out run so you will have participants coming towards you at times. Please give way to inbound (faster) racers.

Sport & Taster have a compulsory check-point at the turn of the first run section after 3.0Km. Expert can ignore this one but must check in at the dibber on the turnaround at the bottom of the Hill outside the Castle at the 6.5Km mark. Experts please note on your way back the Sport will be running towards you. Use care and attention especially on the main road section.

Both runs will finish back at the start point where you will transition to your bike.

Expert and Sport have a compulsory check-point at the top of the second run section (Lough Hyne Hill). This is 100 meters off the track and all participants will need to check in here to prove they made the top of the hill. This is a two-way section so runners should stay to the right.

Note: There is a 1.5Km decent at the end of the second run section (Lough Hyne Hill) which comes down along a series of stone steps sections. These can be very slippery in wet conditions. Participants need to take care and obey any marshal instructions. The exit from the Lough Hyne Hill run will have another checkpoint. From here Sport & Expert must go right to their Kayak leg.

Expert and Sport will have a CUTOFF TIME after the second run, whereby, if you have not started your Kayak by 2:00pm you will have to skip this section and move to the second bike section. Marshals will leave the course at 3:00pm. Note anyone still on the course after 3:00pm can choose to continue the event un-marshaled, getting to the finish under your own navigation.

Biking Sections

The race takes place on open roads. Markings and marshals are there to help you and to manage traffic safety, but you must take responsibility for your own safety and must obey the rules of the road at all times.

Road surfaces are typically tarmac covered country/back roads and generally will be normal to poor surface, **sometimes VERY poor** (It's an Adventure Race not a Tri!). Any markings stating that there is bad surface ahead can be taken literally. Note any descents marked as dangerous must be cycled in single file with no overtaking allowed. There are only 2 'No Race

Zones' – 1) the descent into Tragumna 2) the descent from Calvary hill.

Please rack your bike as tightly as possible and attach your helmet to your bike whilst it is in transition. Bikes will be moved by marshals if not racked properly.

You will be instructed to mount and dismount at certain points and you must obey these instructions. Anyone failing to do so may be disqualified and/or asked to abandon the race by the Race Director.

Sport & Expert: Coomb Hill, known locally as "The Wall", is a narrow steep climb where many will need to dismount. As instructed by marshals, please walk on left and pass on right only.

You will not be allowed to mount your bike unless you are wearing a helmet. For safety reasons Aero/Tri Handlebars are not permitted.

Puncture resistant tyres are strongly recommended for the Sport and Expert courses.

The end of the bike leg has a 120 degree very sharp bend off the main road back to the club entrance. Please pay extra attention at this turn when instructed.

Kayak Sections

Participants in Expert and Sport will be required to kayak a 1.5 km course, on event-organizer-provided sit-on-top double kayaks.

Participants will be provided with a buoyancy aid, which is compulsory to wear at all times on the water.

If you arrive to the kayak area and a kayak is available, you must take the next one up. In a case where no kayak is available you will be asked by the Timing Marshal to time out while you await a free kayak. Time outs can only be taken if directed by the Timing Marshal. Kayak course may be shortened if deemed necessary by the Race Director before or during the event.

A full safety team will be on the water and you must accept any instructions given to you by this team without dispute.

Finally:

Participants undertake SCAR Skibbereen Adventure Race at their own risk. The event is covered by public liability insurance but should you require personal insurance you should make your own arrangements.

Please familiarise yourself with the route maps.

Please observe warning signs and any race marshal's advice.

You are privileged to be allowed to race in several of these iconic facilities normally reserved for casual recreation, so please respect the environment.

Anyone found littering in any section of the course will be immediately disqualified. Feel free to report others littering to our marshals.

Please remember that every one of the 100+ marshals, the kayak support team, civil defence, medical support team, food team and photographers you meet during the race are giving their time freely to volunteer to make your race better. Please respect them and give them a small thank you as you pass them. Without them you wouldn't be racing!

Thank you for helping us raise funds for local charities and good cause.

Enjoy and have a great race!

The SCAR Team / Skibbereen Lions Club

