



## Race Briefing

With only one week to go till the 53N Powerscourt Wicklow Adventure Race 2011 here is all the info you will need to get you to the start line. Please read this carefully.

**Registration:** To participate in the 53N WAR Powerscourt you can register on the Wicklow Adventure Race website: [www.wicklowadventurerace.com](http://www.wicklowadventurerace.com)

**Sign-on:** You must sign-on in person prior to the race. When you sign-on you will receive your race chip, course map and bib numbers. Sign-on will be open in the **Fifty Three Degrees North** Store in Carrickmines on Thursday 22<sup>nd</sup> and Friday 23<sup>rd</sup> from 10am to 8pm (follow this link for directions: [www.53degreesnorth.ie/stores.html](http://www.53degreesnorth.ie/stores.html)).

Late sign-on will be available from 8.30am to 10.00am on the morning of race day next to the Start. To avoid queuing we encourage you to sign-on in Fifty Three Degrees North before race day.

### Time table of events for Race Day:

- 08.30: Sign-on opens at the Start (Powerscourt House and Gardens)
- 10.00: Sign-on closes
- 10.10: Compulsory safety briefing for WAR participants at the start banner (WAR Wave 1 on your bikes)
- 10.30: WAR Wave 1 starts
- 11.00: WAR Wave 2 starts
- 11.10: Compulsory safety briefing for WAR Sport participants at the start banner (Sport Wave 1 on your bikes)
- 11.30: Sport Wave 1 starts
- 12.00: Sport Wave 2 starts
- 15.30: Cut off at Crone Wood Transition 3
- 16.00: Prize giving at the Finish (Powerscourt House and Gardens)
- 17.00: Celebratory pints in the Powerscourt Arms

**The Entry List will be published on the Wicklow Adventure Race Site on Wednesday night 21<sup>st</sup> Sept. Please check it to see which Wave you are in. This info also available at sign-on**

**Directions:** [Google Map directions to Powerscourt Estate from Dublin City Centre](#)  
(40 minutes approx)

**Parking:** you can park at the start/finish of the race at Powerscourt House and Gardens. Follow the signs for WAR on entering Powerscourt Estate and adhere to the marshals directions. Do not park on the bike course as you will only jeopardise your own race.



[www.WicklowAdventureRace.com](http://www.WicklowAdventureRace.com)





## Mandatory Kit List:

- Basic first aid kit (Minimum: 1 x Dressing Pad for heavy bleeding (field dressing); 1 x bandage, plasters)
- Course map provided at sign-on
- Survival bag or foil blanket
- Energy food and drink
- Wind/ Waterproof Top
- Gloves \*
- Hat (Buff Headwear or equivalent is sufficient)\*
- Spare long sleeved top\*
- Water-proof top with Taped seams\*
- Water-proof bottoms \*
- Small rucksack or suitable bumbag to carry above at all times except for kayak stage\*
- Bicycle helmet and bike repair kit for cycling section\*\*

\* This kit is weather forecast dependent. We'll let you know on Saturday morning confirming whether these additional items are needed.

\*\*this kit is not mandatory to carry throughout the race only when completing the cycle sections of the race.

You must bring all mandatory equipment with you throughout the race except on the kayak stage.

Pre-race, during and post races checks will be undertaken in relation to Mandatory Kit.

**Penalties will be imposed** for missing mandatory kit so please ensure you comply in the interest of safety and fairness.

### Kayak Section:

We provide double kayaks and all kayak safety equipment as part of your entry fee. You can bring your own single kayak equipment. If you are intending to do this, however, you must inform us in advance by emailing [war2010race@gmail.com](mailto:war2010race@gmail.com).

### Post Race:

- Sandwiches and hot drinks will be provided by the fabulous Brew Crew at the finish
- Prize giving will take place at Powerscourt House and Gardens at approx 16.30
- Then it's off to **Marc's Bar at the Powerscourt Arms Hotel** for celebratory pints (the bar is offering a burger or chicken wings, chips and a pint for €10)
- Race photos and results will be available at [www.WicklowAdventureRace.com](http://www.WicklowAdventureRace.com)



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# WAR Powerscourt Sat 24th Sept

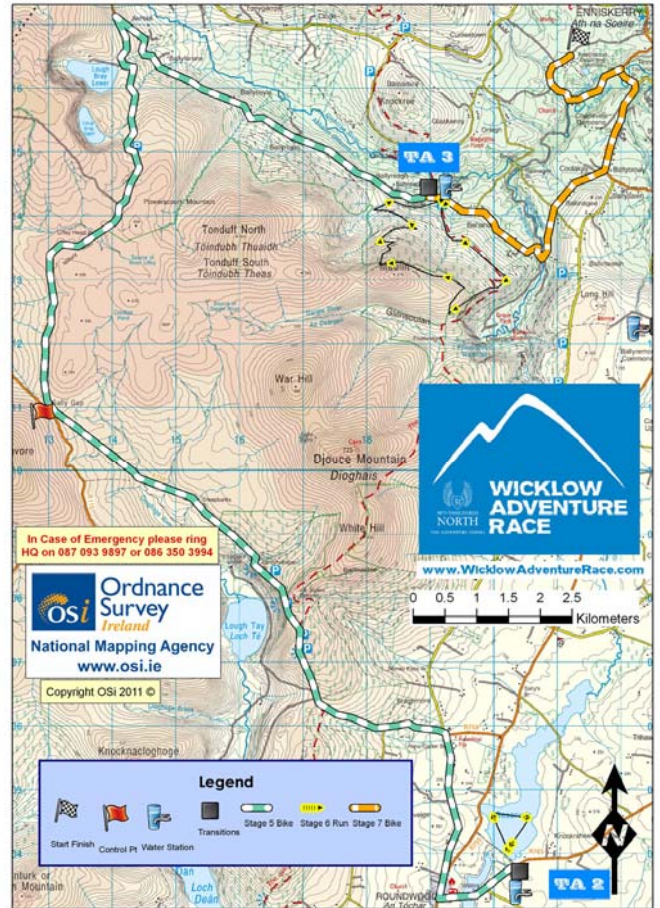


**Race Course:**

## 53N WAR Powerscourt 2011 Course



**Stage 1-4**



**Stage 5-7**

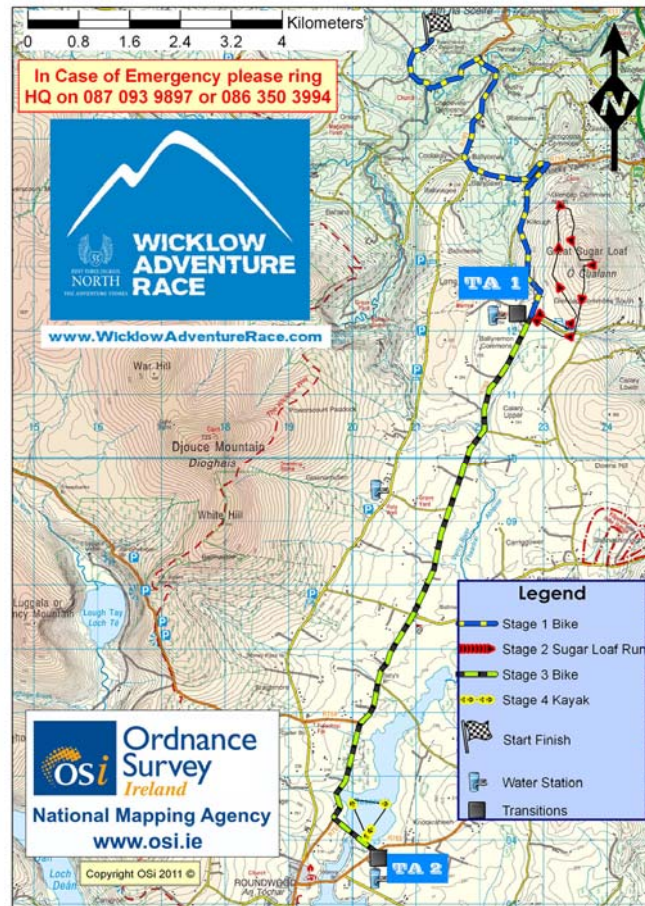


[www.WicklowAdventureRace.com](http://www.WicklowAdventureRace.com)





## 53N WARSport Powerscourt 2011 Course



Download higher resolution maps at [www.WicklowAdventureRace.com](http://www.WicklowAdventureRace.com)

**Race Timing:** split race timing will be provided by Sportident. Remember to dib in your race chip at the various check points on the course, there will be marshals in place to notify you.



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