



# TURE WARRIOR

12th November 2022



\*\*\*Last updated - 4th November 2022\*\*\*



#EntertheElements



**GAELFORCE**  
POWERED BY KILLARY



# TURF WARRIOR 12TH NOVEMBER 2022

## COMPETITOR ESSENTIAL INFO

### TRAVEL AND DIRECTIONS

To Killary Adventure Centre  
From Westport: [Google Map](#)  
From Galway: [Google Map](#)

### PARKING

Car pool where possible.  
Parking available at Killary Adventure Centre.  
Please follow the parking marshals' instructions.  
Please do not park on the side of the road unless instructed to do so by a marshal.

**PLEASE ARRIVE ONE HOUR BEFORE YOUR START TIME.**

### REGISTRATION is on the day

Waves 1 and 2 - 9:00am  
Waves 3 and 4 - 09:45am  
Waves 5 and 6 - 10:15am

Registration is in Killary Adventure Centre past reception in the sun room.  
Please **KNOW** your **RACE NUMBER** and **WAVE**, **BEFORE** coming to registration.

**We will post the RACE NUMBER list on the WEBSITE and you will get a SMS with your RACE NUMBER and WAVE. ALL on FIRDAY, 11th NOVEMBER 2022**

**EVENT SHIRT** - you can collect this at registration when you collect your race number.

### HIRED WETSUITS

Hired wetsuits to be collected in Killary Adventure Centre.  
We will do our best to match your requested sizes but cannot guarantee an exact match.

A **deposit of 20.00EUR in cash** is required for the hired wetsuits. Please have this with you when collecting.

## RACE DAY 12TH NOV 2022

### START LINE AND START TIME

Please note there are three start times.

**Wave 1 + 2 - 10:30am**  
**Wave 3 + 4 - 10:45am**  
**Wave 5 + 6 - 11:00am**

Be there **10 mins before your start time** for your safety briefing and warm-up!

### LOCATION

The start line will be over the road in front of the Killary Adventure Centre.

**Cut off Time:** 3:00pm

### WHAT TO WEAR

We strongly recommend you wear a wetsuit or at the very least full body cover. Shorts and t-shirts are a complete no-no. We also recommend gloves for the cold and the rope elements. Finally it is a good idea to tape your shoes to you so as not to lose them in the mud.

**PLEASE NOTE** you will be climbing through, under and over trees, fallen trees, climbing ropes, jumping off obstacles and much more so you may receive cuts, bruises and grazes. This is the only path to becoming a Warrior.

**CHANGING FACILITIES:** FEMALE / AT THE BACK OF THE CENTRE BESIDE SUN ROOM  
MALE / IN THE GREEN DOME BEHIND THE CENTRE. There is limited space in the changing area, so if you can, please change at your car.

We **DO NOT HAVE SHOWERING FACILITIES** available on site. All of our water is heated using a Biomass Boiler which doesn't have the capacity for so many showers.

We do have a hose outside which can be used to clean the mud off.

**WARM CLOTHING:** Ensure you bring a change of warm clothing to put on after the event as you will be wet and cold.

## THE EVENT DETAILS

### THE COURSE

Swimmer/Non Swimmer | We have a number of obstacles that involve entering water. At each of these obstacles we will have a wading option for those who cannot swim.

### MARSHALS

We will have marshals at obstacles along the way. These marshals are there for your safety, not to help you complete the challenges. Competitors will need help from other competitors to complete some obstacles. Remember Warriors, you are all in this together.



## TURF WARRIOR (CONT'D)

### VALUABLES

We advise you to leave valuables at home.

There is a **KEY DROP** near registration in Killary Adventure Centre. Please bring an envelope to put your car keys in. Please write your name, your wrist band number and your car registration on the envelope. You can **PICK UP YOUR KEY** after the race at reception in Killary Adventure Centre.

**Killary Adventure Co will not be responsible for valuables left in changing facilities.**

### SPECTATORS

Check our [obstacle course map here](#) for spectator locations and remember you must park at Killary Adventure Centre and walk to these locations - cars are not allowed on the course.

### FINISH LINE

#### LOCATION

The finish line will be located at the front of Killary Adventure Centre

#### FACILITIES AT THE FINISH LINE

Please change into your warm clothing at your car or in the changing facilities provided at the back of the Centre. There is limited space in the changing area, please change at your car if you can.

### WARRIOR REWARDS

After changing into warm clean clothes, please make your way upstairs into Killary Adventure Centre. There is hot food, tea and coffee, good comepany and a fire!!

### MEDICAL INFORMATION

If you have a medical condition that we need to be informed of please drop us an email on [info@gaelforceevents.com](mailto:info@gaelforceevents.com)

### HSE MUD RUN GUIDANCE

Have a read of the [HSE Mud Run Guidance here](#)

### LITTER

We are very lucky to have access to this stunning route. It is essential that no littering happens anywhere on the course including at transition areas. Anyone seen to be littering will be disqualified immediately, with no exceptions.

## HAVE A GREAT DAY!!

**KILLARY GAELFORCE,  
LEENANE, CO. GALWAY.**

**E: [INFO@GAELFORCEEVENTS.COM](mailto:INFO@GAELFORCEEVENTS.COM)  
[WWW.GAELFORCEEVENTS.COM](http://WWW.GAELFORCEEVENTS.COM)**

# JIGSAW



Jigsaw, the National Centre for Youth Mental Health, are our exclusive charity partner.

They work towards an Ireland where every young persons mental health is valued and supported.

Support them at your next Killary Gaelforce event:

**Set up a Jigsaw Everyday Hero Fundraising Page**

**#JigsawHero**