

30km Challenge Course

For those who love the outdoors and have always wanted to test themselves against the natural terrain then this is your opportunity! With a medium level of training (see The CoalFace Training Blog) you could conquer a real challenge. This course will see you running trails and woodland, cycling a route of rolling north Kilkenny Countryside before finishing with a trail and woodland path run to the finish. Tackle this as a relay team or solo, have plenty of friends/family enjoy the experience too as all your transitions are in the comforts of the Discovery Park. Wear your medal with pride as you enjoy the post race refreshments!

Breakdown of 30km Challenge (Solo or Relay Team)

Stage 1 - Trail/Forest Run 5km

Stage 2 - Cycle 20km (New Route)

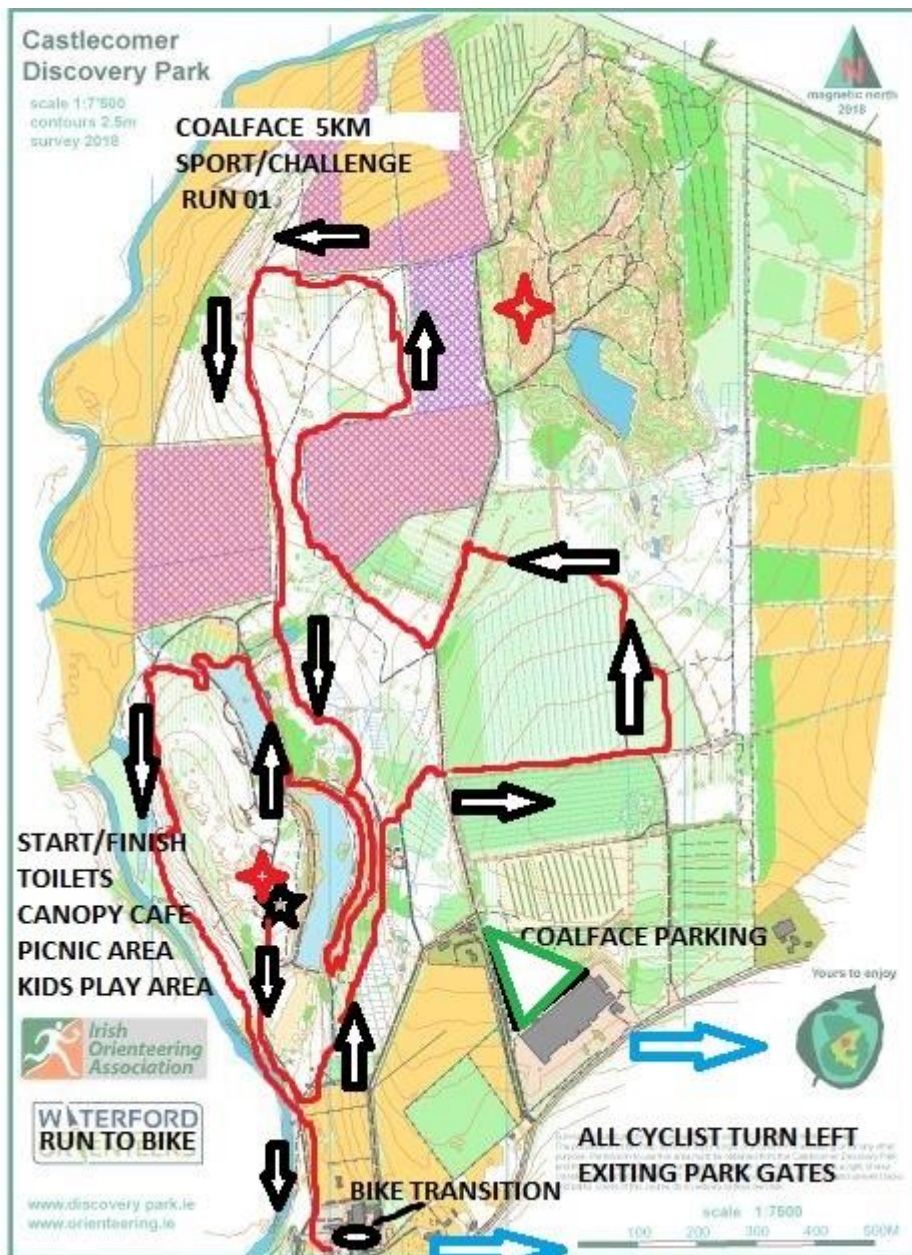
Stage 3 - Forest/Quarry/Trail 5km.

NOTE: The Finish/Start Line for 2018 is located in the Woods beside the Canopy Cafe and Elf Village!

30km Challenge Route Description

Stage 01: The Challenge 5km Trail Run

The Start/Finish is in our new Woodland Athlete Village. This counter-clockwise route is a fast downhill on the woodland road before a sharp left brings you straight uphill for almost a Km before entering the woods onto a single track for the next 2km. Plenty of twists and turns and roots underfoot but it's mostly a flat section. This takes you back into the Park where you dive into a narrow single track overlooking the lake, loose underfoot, care required. Then for the last km it's once around the lake path and back into the forest track before emerging back onto the woodland road for the short sprint to your Bike Transition.



Stage 02: Cycle 20km

Leaving the Bike Transition area turn left Exiting Main Park Gate (Bike Mount/Dismount Point) before a quick right turn takes you on a gradual climb for 3km before turning right off the main road. On a narrow road now you have a nice descent for 2.5km to the river bed. This is twisty in parts, care to be taken on bends. After the bridge you are back rising up through the pretty Muckalee Village and beyond for almost 3km. Then flat for 2km. Halfway point and a fast descent marks the start of almost 5km of gradual downhill and back out onto main road turning left. One last climb over 2km before finishing on a 3km downhill coast back to the Park for your final run!

Please Click on the Garmin Link for the detailed route and profile of the 20km Cycle

<https://connect.garmin.com/modern/activity/2872810904/share/0?lang=en>

Stage 03: Trail Run 5km

Begins with a reverse of the first run but after 2km of gradual trail climbing you will enter the Quarry section (Marked in Black on Run 02 Map below). Tough terrain of challenging old mining slag heaps to go up and over (lots of fun). Very narrow trail in sections. If it's wet, you will get muddy! The last 2km is fast and downhill before the last sharp right up to the finish!!

