

The Coalface Adventure Race –About the Race

Changes for 2018

The Start and Finish Area has moved! It will be deep in the Woodland at the Canopy Cafe and Elf Village. It is approx 500m from the Bike racking/transition. This area has Registration, Post Race Food, Massage, Bag Drop, Covered seating, toilets, a hot food Cafe, kids activities (see Discovery Park.ie for details).

The 20km Cycle Route has been changed. Still a challenge but turns left at the Park Exit, avoiding the busy centre of Castlecomer Town and uses quieter back roads with two hilly sections (see route description).

The 2nd Cycle for the Sport Course is the reverse route of last year (Please note when reviewing route maps).

This is a single day Adventure Duathlon. Based in a former coal mine you will be running and cycling up to four sections, combining running trail, forest track, hills and an abandoned open cast mine. The cycle sections are on sealed tarmac roads of varying quality, from primary roads to quiet country lanes. With a choice of three different courses there is one for you to pit yourself against. We are fortunate to have the picturesque Discovery Park as the central transition point for each section of the race. In this way you will always loop back to facilities and supporters who will get to spur you on throughout the race without them having to leave the comfort of the Park. The Park has a huge range of activities open for any active family members including a massive Zip-wire, tree-top walks, playground and a woodland Cafe!

[57km Sport Course](#)

This has all the thrills and spills of the Expert route and in the same endurance sapping combination. It uses the same routes but distance is cut. Don't be fooled into thinking this is easy on paper. At 57km it is the longest Sport Course in the Country! A good level of fitness is required and completion will be the name of the game for many, especially if it is wet. Your Coalface T-shirt will hang with pride.

Breakdown of 57km Sport Course:

Stage 1 - Trail/Forest Run 5km

Stage 2 - Cycle 20km (New Route)

Stage 3 - Forest/Quarry/Trail 7km.

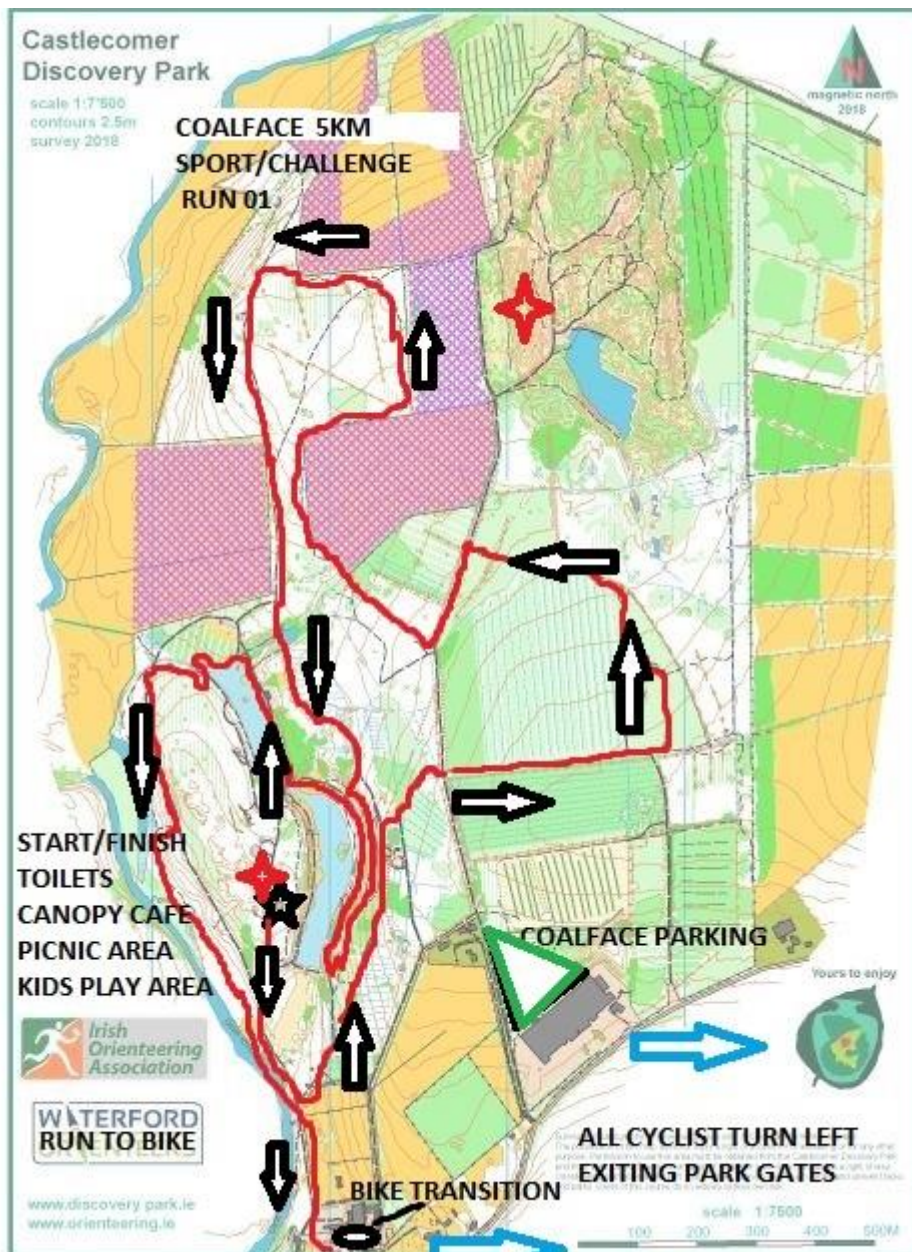
Stage 4 – Cycle 25km (Reverse of 2017 Route)

NOTE: There will be a 500m run from Bike to the Finish Line in the woods

57km Sport Route Description

Stage 01: The Sport 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.



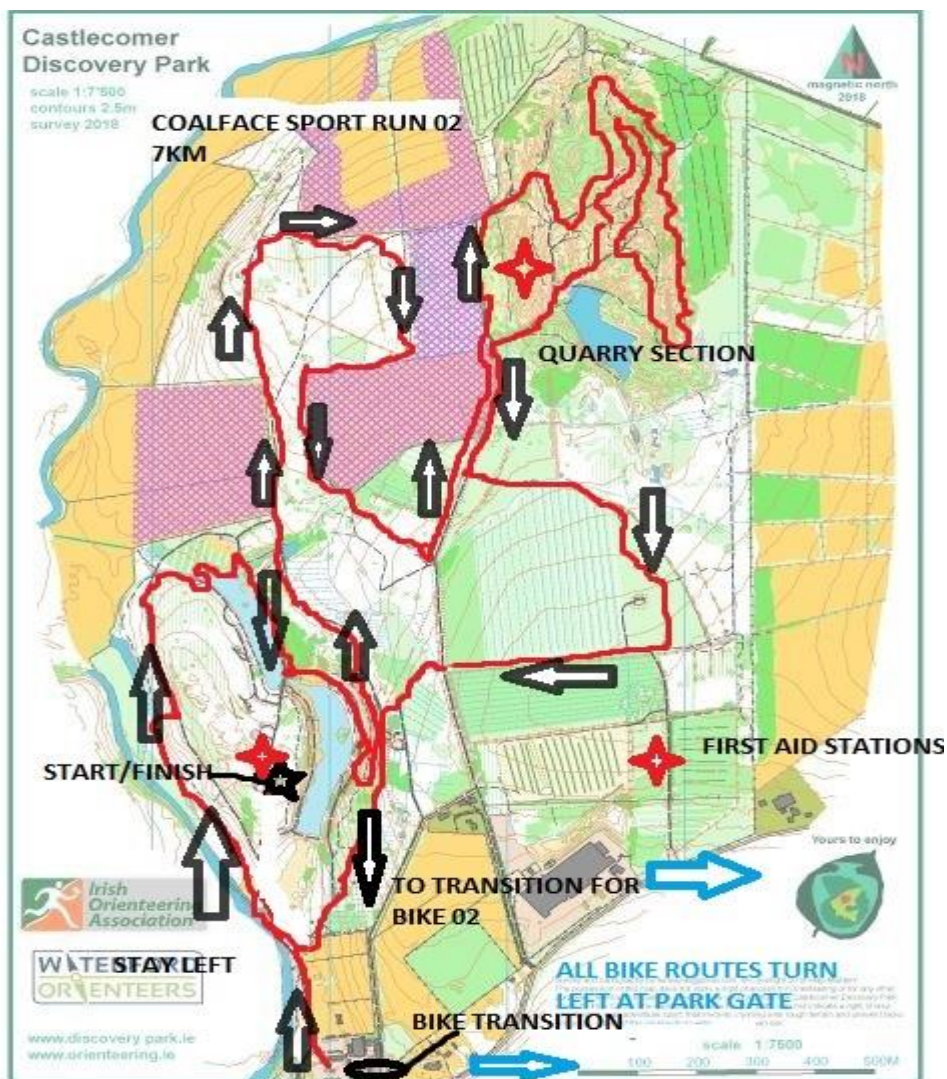
Stage 02: Cycle 20km

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!

Click on link for full route and elevation 20km Cycle 01 (Garmin Link)

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

Stage 03: Trail/Quarry Run 7km. Begins with a reverse of the first run but after 4km of gradual trail climbing you will enter the Quarry section (See Run 02 Map below). Lots 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 leading you back to the Bike Transition area for Cycle two!



Stage 04: Cycle 26km

Turning left at the Park's exit then right turn 70metres and then another quick left will set you off on a steady 5km climb before turning right and by the 7km mark arriving into Coon Village. Take a sharp right in centre of village after the GAA pitch. Then immediate left/downhill after the playground. After a short descent to the river you will cross the bridge and almost immediately start the toughest climb (almost a 100m ascent in just 600m!). Your reward at the top is a relatively flat stretch, before a 3km downhill with 2 sharp left turns. Then it's a good 2km of rolling roads before the last 5km back down to main N78. A sharp left here and then you're on a straight run, flat and fast for the last 5km back to The Park.

All that's left to do is rack your bike and sprint (if you can) back up to the Finish line in the woods!!

Click on link for full route and elevation 36km Cycle 02 (Garmin Link)

<https://connect.garmin.com/modern/activity/2872810927/share/0?lang=en>