

The Coalface Adventure Race 2018

About The Race

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. The 78km Expert and the 56km Sport will incorporate some of the longest drags and the fastest descents in the County. 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!

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 www.discoverypark.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 Elite and Sport Race's is the reverse route of last year (Please note when reviewing route maps).**

73km Expert Course

This route and combination is designed to test the endurance of the fittest athlete and to provide an outstanding achievement to all those who complete the course. The running terrain is unforgiving, from road to gravel to soft trails. The cycle is technical in places, equally hilly with long drags over 5% and wildly fast on the rolling descents along The Ridge Drive. Your bespoke medal will be well earned here.

Breakdown of 73km Expert Course

Stage 1 - Trail/Forest Run 7km

Stage 2 - Cycle 20km (New Route)

Stage 3 - Forest/Quarry/Trail 9.5km.

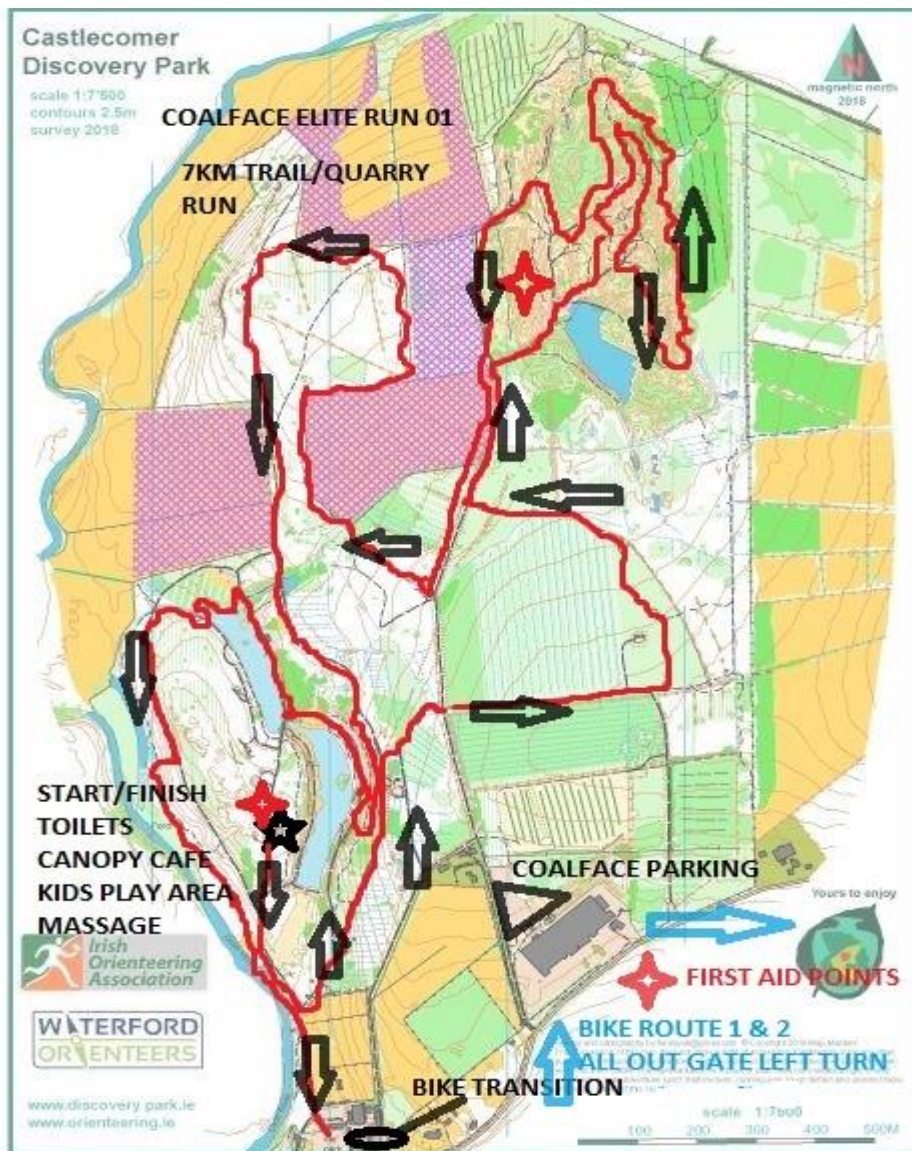
Stage 4 – Cycle 36km (Reverse of 2017 Route)

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

73km Elite Route Description

Stage 01: The Elite 7km 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 onto the Park track as you head into The Quarry for a tough narrow single track run up and down the old mining slag heaps. Some slipping and sliding in places and the highest point of the run (if you get a chance to look up enjoy the landscape!) Emerge back onto the road/track and after 500m turn right back into the Park for a gradual descent through the forest. Entering the Park proper 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.



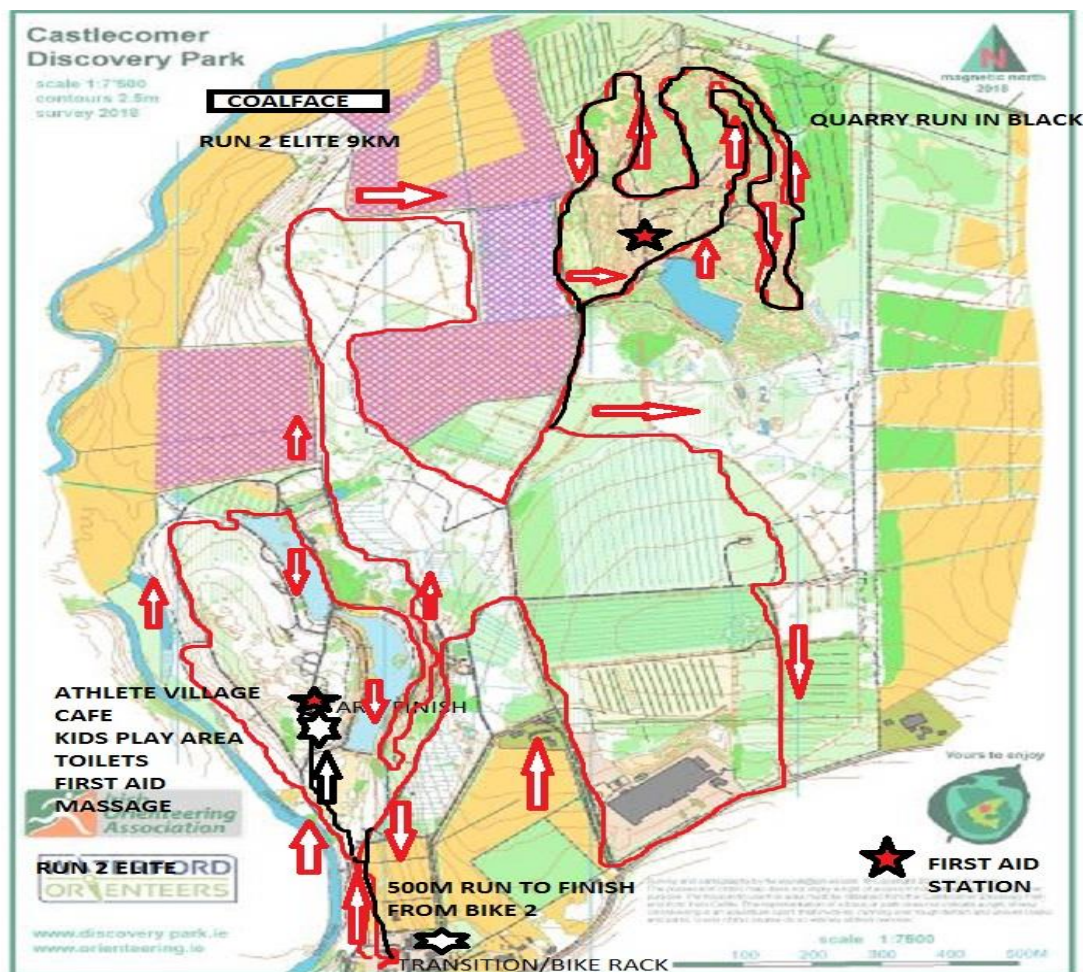
Stage 02: Cycle 20km

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 Garmin Link below for the full Cycle 01 Route details and profile:

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

Stage 03: Trail/Quarry Run 9.5km. Begins with a reverse of the first run but after 4km of gradual trail climbing you will enter the 2km 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 next 2km is fast and downhill leading you back to the main road for a few hundred metres before turning up the hill behind the Zipline (Last climb of the run). Turning left at the Zipline it's a fast 600m to Bike Transition area for Cycle two!



Stage 04: Cycle 36km

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 as the hill finally flattens. By the 7km mark arriving into Coon Village. Take a sharp right in centre of village after the GAA pitch. Then immediately 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 1 sharp left turn. At around 13km and a crossroads(Sheerins Bar) you will be turning right up the hill towards The Ridge. You will be completing a tough 8km loop from here before arriving back at this junction. Uphill for 2.5km then sharp left onto a narrow road with spectacular views on your right over Co Carlow and Mt Leinster on a clear day. Road is narrow with some gravel and potholes but relatively flat. Around the 18km mark there is a very sharp left. Then it's time to start the descent back to Sheerans Bar. Care on entering junction turning right (Watch for other Elite riders heading up hill). Then it's a good 2km of rolling roads before the last 5km back down to main N78. A sharp left here onto the main Athy road 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 the 500m (if you can) back up to the Finish line in the woods!!

(Garmin Link to Elite 36km Cycle 02)

<https://connect.garmin.com/modern/activity/2871435638/share/0?lang=en#.W1-K8tMy3ws.email>