



# HellFire Race Briefing

- o Getting there
- o Sign-on
- o Parking
- o Timetable
- o Course Maps
- o Final tips.



www.IrishTriathlon.com



# Getting there & Parking

Please cycle to avoid the rush hour traffic

## Directions

Directions From the M50 (Firhouse exit).  
[Click for Google map and directions.](#)

Directions From the city / Terenure.  
[Click for Google map and directions.](#)  
Note: Stocking lane is closed for road works.



# Sign-on

The current entry list with start wave times is online at this [link](#).

- ▶ On Thursday 29<sup>th</sup> & Friday 29<sup>th</sup> of March  
CycleBike 11am–6pm ([Link to map](#))
- ▶ Race day: 31<sup>th</sup> March 8am – 9am  
HellFire Woods car park.
- ▶ Notes:
  - You must sign-on in person.
  - Sign-on will close at 9am, as we must start on time, to ensure that we have relative traffic free roads for the cycle.

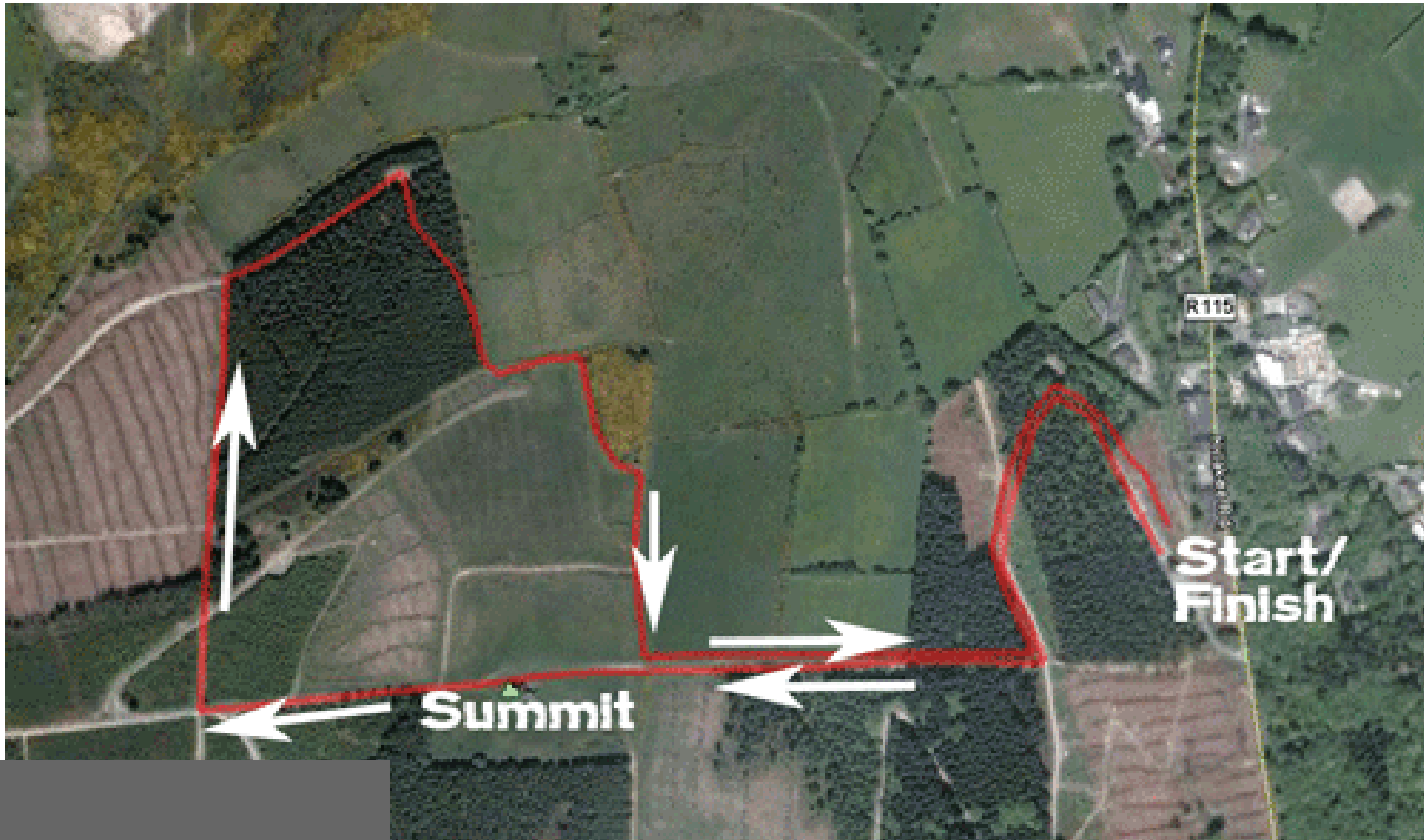
# Timetable

|  |                                  |
|--|----------------------------------|
| <b>Sign-on in CycleBike</b>  | <b>11am - 6pm Thur &amp; Fri</b> |
| <b>Sign-on in HellFire car park</b><br><i><u>Note: if you miss sign-on you can't race.</u></i> | 8am – 9am Race day               |
| <b>Transition area opens</b>   | 8:00pm                           |
| <b>Race briefing (at transition)</b>   | 9am                              |
| <b>Start for everyone</b>  | 9:15am                           |
| <b>Winner expected</b>   | 10:20am                          |
| <b>Transition area dismantled</b>  | midday (approx)                  |
| <b>Prize giving at finish arch</b>   | 11am (approx)                    |

# Run

## 3km run lap

1 lap for first run, 1 lap for second run  
Keep on left of the trail with 2-way flows



cycle**bike**



# Transition

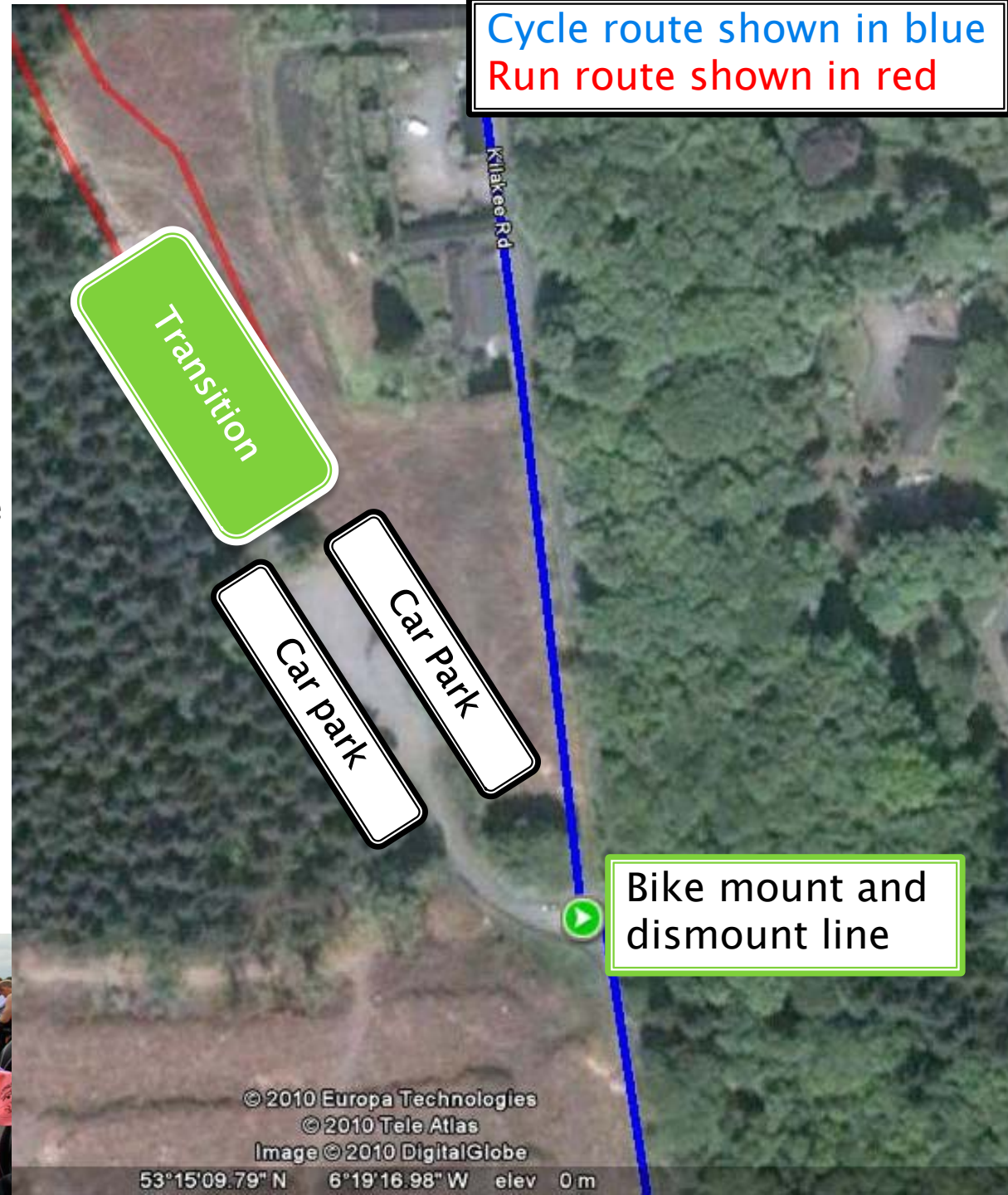
Transition will be open from 8am to 9am to allow you to setup.

Transition will reopen at 11am for you to take home your bike.

It will not be possible to leave a bike after 9am or collect a bike before 11am.

## Rules:

1. No cycling in transition
2. Helmets must be worn and full fastened when you are in contact with your bike



Cycle route shown in blue  
Run route shown in red

Transition

Car park

Car Park

Bike mount and  
dismount line

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53°15'09.79" N 6°19'16.98" W elev 0 m

# Cycle

Drafting is not allowed – you need to keep 5m from the cyclist in front unless you are overtaking. [Click here for more info.](#)

Three turns to look out for marked A, B & C

A: almost 180degree turn, break early to avoid overshooting.

B: two 90degree turns.

C: tight 90degree turn, look out for oncoming traffic

## 8.5km cycle lap

Two laps for everybody. Mount and dismount on the road and not in transition

