



# **THE BEAST 2019 – Newsletter**

## **(17/05/2019)**



The Beast Adventure Race takes place from 30th May – 2nd June 2019. It will be 48hrs + duration covering approximately 400km. The race will once again feature on the Adventure Racing European Series (ARES). This newsletter contains all the information required to help you plan for the event. A further communication will be issued on Sunday 26th May, this will contain race schematic and map of the Ulster University Campus.

### **EVENT SCHEDULE**

#### **Thursday 30th May 2019**

- Exact time TBC: Shuttle departs airport for overseas teams. We have 3 Danish teams. Team captains please confirm your teams flight times so that we can agree a time and location to pick you all up.
- 12:00 – 15:00: Accommodation Office open for collection of house keys.
- 12:00 – 15:00: Sports Pavilion open for bike drop only. It's a tight schedule for the day so you should arrive early to sort out you house keys and bikes in advance of registration.
- 15:00 – 16:00: Registration in The Crannagh. This will include issuing of maps, race bibs, etc. All teams MUST be present at 15:00 to allow sufficient time.
- 16:00 - 18:00: Reading route book, marking maps and packing bags.
- 18:00 – 19:00: Race Brief in The Crannagh
- 19:00 – 20:00: Race Prologue at Edge Water Sports Centre/ The Crannagh
- 20:00 – 23:00: Hand in Kit Bags & last chance to hand in Bikes at The Sports Pavilion

#### **Friday 31st May 2019**

- 07:00 – 08:00: Move to Start Point, coach leaves 07:00 sharp from outside the accommodation blocks.
- 08:00: Race Start, 1km walk to start.

#### **Saturday 1st June 2019**

Race ongoing

#### **Sunday 2nd June 2019**

- 08:00 – 18:00: Race Finish
- 19:00 – Late: Post Race Function in The Crannagh

#### **Monday 3rd June 2019**

- Exact time TBC: Airport shuttle departs Coleraine. (See below, can team captains confirm all flight times)

## **Accommodation**

Teams will be accommodated on campus at the Ulster University, Coleraine. Each team will have a four-bed apartment with cooking facilities. Teams will retain their designated apartment for the duration of the race; thus, equipment can be stored in the apartment during the race at your own risk. Teams can hand over their key to Race Staff at the Race Start and receive them back at the Finish Line. Please note there is a £30 charge for any keys not handed back in on Monday. Bikes are NOT allowed into the apartments. They will be stored and prepared in the Sports Pavilion. Each team will have an allocated area for their bikes.

## **Breakfast**

Breakfast packs will be provided to all teams, these will be in your apartment. While this is not B&B as provided in a hotel, the race staff will ensure the packs are comprehensive and will meet the requirements of participants. Remember your packs need to last you both Friday and Monday mornings.

## **Airport Transfers**

Captains from Overseas Teams are required to communicate your Flight Numbers, Arrival and Departure times to [info@thebeast.ie](mailto:info@thebeast.ie) before Wednesday 22<sup>nd</sup> May 2019. We will schedule a stop at a large supermarket for overseas teams to purchase any last-minute food items upon arrival in Ireland.

## **Maps and Routebook**

Maps will NOT be pre-marked this year. Teams must mark all checkpoints and transition areas onto their maps after registration. This can be done using the master maps and/or the routebook. Teams will be issued with a number of maps as follows:

- 2 x 1:25000: Double sided. Not laminated
- 2 x 1:50000: Large A2 sheets covering much of the course. Water resistant. Teams can cut to suit; edges will need resealed if you cut these maps
- Orienteering maps: Various scales. These will be premarked and laminated for you. Teams will only get these before the start of each orienteering leg, we will have blank maps along with the master maps so that you can see the areas.

It is the responsibility of each team to mark their maps and ensure they are waterproof; we'd recommend laminate and waterproof map cases.

## **Race Schematic**

A detailed race schematic and logistics planner will be issued to Team Captains by email on Sunday 26<sup>th</sup> May. This will allow teams prepare their kit and equipment before travelling. It is intended that teams will arrive to the event with their bags pretty much packed ready to race. Some shuffling of kit may be needed as you won't see every kit bag at every transition area. More details in the schematic.

## **Prologue**

For the first time in The Beast, there will be a short prologue after the race brief. The results of the prologue will have a (very small) effect on your team over the following 48 hours. All equipment will be provided for this event. It is recommended an old pair of running shoes, shorts and t-shirt are used. (Oh, and bring towels)

## **Important Information:**

1. The Race HQ will be in the Coleraine Campus of the Ulster University, please see map on the website download page.
2. The race registration and briefing will be across the road in The Crannagh, which is on the banks of the River Bann.

3. The events insurance does not cover personal injury. If this is of concern, we would recommend that you take out personal insurance to cover all eventualities

### **Race Entries Includes:**

1. 2 nights' accommodation (Thurs 30<sup>th</sup> May and Sun 2<sup>nd</sup> June) in Coleraine. If you need to retire during the race and can make your way back to Event HQ, you can stay in your accommodation but you will have to cover this cost yourself.
2. Logistical support throughout the race
3. Airport transfers for overseas teams
4. Maps and race booklet
5. GPS live tracking and online support
6. Medical assistance
7. Post-race dinner at prize-giving function
8. Memories to last a life-time 😊

### **REQUIRED KIT AND EQUIPMENT**

The kit and equipment list is published on The Beast Website. Unless it is otherwise stated, all kit is mandatory. Mandatory means you must come to the race with it and carry it at all times unless otherwise stated. Spot checks will take place during the race.

#### **Team Kit**

- Maps (all supplied by event)
- 2 X Indelible felt tip pen
- 2 X Mobile phones (with dry bags). These will be sealed before event start and should only be used in the event of an emergency
- 1 X First aid kit (1 crepe bandage, 1 triangle bandage, 2 safety pins, 1 wound dressing & 6 adhesive dressings as a minimum)
- 1 X Bike repair kit (at least sufficient to repair puncture and broken chains)
- 2 X Compass
- 1 X Bothy shelter large enough for your entire team, and to be carried on all stages. (don't try to cramp all 4 into a 2-person shelter, your life may depend on it)

#### **Individual Kit**

- 1 X Large kit bag
- 1 X Mountain bike
- 1 X Front bike light
- 1 X Rear bike light (must be fitted to the bike at all times)
- 1 X Head torch
- 1 X Spare batteries for all lights
- 1 X Cycle helmet
- 1 X Whistle
- 1 X Space blanket/bag
- 1 X Full leg cover (must be carried if not worn)
- 1 X Spare long sleeved top
- 1 X Waterproof jacket
- 1 X Waterproof trousers
- 1 X Rucksack
- 1 X Wet-suit (Full length arms and legs, suitable for coasteering/caving type activities, good strong footwear also recommended for this section)

### **Prohibited Kit**

- GPS devices. Includes devices that show your position, display maps, distance travelled etc. (excludes GPS trackers provided by the organizers).
- Distance measuring devices such as foot pod accelerometers and pedometers. (cycle computers exempt)
- Mobile phones, radios, other communications or internet access devices etc. (excluding the compulsory emergency phone sealed prior to the race).
- Maps other than those provided by the organisers (specifically from race start to crossing the finish line).
- Firearms, night/ nocturnal vision devices.
- Fins during any swim section.
- Sails during any kayak section.

### **Kit Bags & Transport**

- A net bag will be supplied to each team for wet gear (wet suits etc.). These will be transported to the transition areas of the race. Exact details will be contained in the race booklet which you will get when you sign on for the event.
- Each team member will need to supply their own sturdy duffel bag (if possible, a waterproof one) to carry general kit like dry clothes, change of shoes etc. We will transport these bags.

### **Bikes**

- All 4 team members will need a mountain bike in good working order fitted with off road tyres. Teams can decide on what type of pedals to use. The route will use a wide variety of surfaces from good roads to man-made single-track trails. If you choose to use SPD's you may have to carry your own running shoes at some stage. Rear lights must be fitted at all times and used during poor weather and night.

### **Kayaking**

- We will supply and transport all kayaks, paddles and buoyancy aids. Kayaks used will be 2 person sit-on-tops. Teams may bring their own backrests, PFD's and paddles if they want, these need to be clearly marked with your team number.

### **TEAM LIST**

The following is a list of teams entered:

1. Adventurers Assemble
2. Basecamp AR
3. Copenhagen Adventure Sport
4. Crafty Divil's
5. DAR Dingle
6. KART ATTACK
7. Kinsale AR
8. Rachel's Irish Adventures
9. ROEVALLEY
10. Team Delta Denmark
11. Team Racing Denmark

***ALL TEAM CAPTAINS PLEASE CONFIRM YOUR 4 TEAM MEMBERS NAMES BY EMAIL TO [INFO@THEBEAST.IE](mailto:INFO@THEBEAST.IE) BY WEDNESDAY 22<sup>nd</sup> MAY 2019***