

## Athy Triathlon Club hosting Deca Ger Ironman day

<b>Date</b>	Sunday 16th Sept 2018	CONFIRMED
<b>Start time</b>	7am swim start	Swim 7am sharp - Estimated bike start 9am - Estimated Run start 4pm - Estimated Finish 9pm
<b>Venue</b>	Athy, Co Kildare	
<b>Basecamp</b>	Athy Community College	The school will be used for sign in from 6:30am, transitions & (limited) parking. As well as the full run course.
<b>Google maps Postcode:</b>		R14 KT50
<b>Invitation</b>	Open invitation to ATC members, family & Friends. Local Tri clubs & triathlon enthusiasts.	This is not a race or official event. Just an organised gathering of ATC members & friends to accompany Ger on his Ironman day. No TI involvement, not insured, no official timing, fully self supportive day. Participants are welcome to join in at any stage for any distance they choose. Should be of interest to all but particularly those targeting Half or Full Iron distances
<b>Format</b>	<b>3.8k River Barrow Swim</b>	4 lap course from Crom a boo Bridge Upstream approx 475m/Downstream 475m.
	<b>180km road cycle</b>	Starting at Athy Community School - Cyclists will make their way to the Athy Link Road to complete 45km loops: Athy - Link road - Kilcullen - Athy. Participants also have the option to do 10k out and back laps of the link road to make up their preferred distance before returning to T2 at Athy Community School. We will have a car parked at Athy Roundabout should participants wish to drop their nutrition/hydration off. This stretch of road is regularly used by ATC members for group cycles & Time Trials. The link road hard shoulder is well surfaced & minimises traffic/safety concerns. It will also allow participants to join for shorter distances during the day. Sample Strava route map below.
	<b>Athy link road Killcullen loop</b>	<a href="https://www.strava.com/routes/5808292">https://www.strava.com/routes/5808292</a> <a href="https://www.strava.com/routes/13814155">https://www.strava.com/routes/13814155</a>
	<b>42.2km run</b>	Flat 2k lap - Confined to Athy Community School grounds - Course chosen to allow members (including juniors accompanied by adults) participate for shorter distances. Also allows for Aid Station set up - Where individuals can place their own nutrition/hydration reserves.

### A few items to note:

- 1 All members are encouraged to participate on the day but should anyone wish to support (the minimal) set up and course management it would be welcomed
- 2 We will carpool participants from Basecamp to Swim start & back, volunteer drivers welcome
- 3 Athy Rowing Club has kindly offered to provide Kayak support on the day, anyone wishing to assist please let us know
- 4 The day is fully self sufficient. I.e. Bring your own hydration & nutrition products. The club will transport them from Registration to on course aid stations
- 5 "leave no trace" day. No on course littering. We would also be grateful to members/participants assisting with (minimal) post race clean up at Athy College
- 6 Our Junior Development Team has kindly offered to host 1 hour of activities for juniors from 6pm, at Athy College.
- 7 This is a free event hosted by Athy Tri Club but all participants are asked to consider making a donation to Ger's fundraising campaign , either on the day or on his page:  
<https://give.everydayhero.com/ie/52-ironman-triathlons-in-52-weeks-2018>

**Final word:** The emphasis for this day is primarily to support Ger on his #52in52 quest but will also be used as a long training day for our Ironman Barcelona team. Feel free to contact the club should you have any questions.