

## **A Message from Race Director Paul O'Brien**

Welcome to the 2018 Sea2Summit Adventure Race. Whether you're a returning competitor or a first-timer you're welcome aboard Ireland's biggest adventure race! Sea2Summit is a fantastic experience, made by you, the competitors, our brilliant volunteer marshals, the support organisations and the support of the local community & businesses of Westport.

Our primary concern is that all competitors complete the event safely and enjoyably. You have a key role to play in making this happen. **I would specifically remind you to closely observe the following:**

- **Read through this briefing slowly & make sure you are fully conversant with the course and rules.**
- **Take special note of the 'Important Notices for 2018' section.**
- **We highly recommend the wearing of your bike helmet on the Croagh Patrick climb stage for safety reasons.**
- **During the cycle legs, please be respectful of other road users and observe the Rules of the Road.**
- **Supporters are requested NOT to drive around the course following competitors.**
- **The Maum area from Kilsallagh to Drummin is CLOSED between 9.30am and 12:00pm except to local traffic.**

The Sea2Summit adventure race takes place on busy public roads, the majority of which are open to the public. Please co-operate with the Gardai and all volunteer bodies & marshals to help ensure a safe race for all. Be responsible for your safety & that of other competitors & road users. Thank You for choosing Sea2Summit! Have a great day and see you at the after-party!

***Paul O'Brien***

**Race Director**

**Westport Sea2Summit**