

Adventure Racing Ireland

Developing and Promoting Adventure Racing



Personal Prep
for Solo AR and
Team AR

www.adventureracing.ie



Wednesday 7 April 2021

Tips on nutrition, hydration, gear and kit for solo and team adventure racing



Meet the panelists: Eoghan Carton



Eoghan is an engineer in the Defence Forces.

He's been adventure racing since 2008 having completed 5 Beasts before joining the Beast Team in 2015 and now works on running the event.

He has also raced in several international adventure races including 3 ITERAs, GODZone and the AR World Series Finals in 2014.

Meet the panelists: Heather Nicholl



Heather is proprietor of Pulse Fitness Adventures Limavady

She's been adventure racing for several years and has participated as a solo racer in The Race and with Team Dogleap for the Beast among others.

Heather's motto is "Be Spontaneous, Adventurous & Amazing! Live life to the fullest and grab every opportunity with both hands..."

Meet the panelists: Pat O'Callaghan



Pat lives in county Limerick.

He saw coverage of the first Beast of Ballyhoura in the local paper and decided he needed to give it a go.

This led to his taking part in Gaelforce West, the old WAR series and then the start line of the Beast in 2011. Since then, he has participated in every Beast except 2019 nearly every other 24-hour races in Ireland.

He has also competed in ITERA and Expedition Africa.



Meet the panelists: Kelly-Anne Speight

Kelly-Anne is a GP Registrar, from Enniskillen and currently based in Scotland.

She has a background of triathlon and ultra-running and ran for Ireland at the World trail running Championships in 2019.

She was introduced to the sport of Adventure racing in 2016, whilst living in Australia. She has competed in a range of 24- and 48-hour adventure races in Australia as well as ITERA Scotland in 2019.

Discussion points

How to plan for an adventure race

- Solo AR
- Team AR

How to prepare yourself

- Food/nutrition
- Hydration/drinks
- Gear for different stages
- Personal kit



Food preparation

- ❖ Plan according to length of race
 - Number of hours
 - Ensure you eat **every** hour
- ❖ On long races
 - 'Front load' with **fresh** food (i.e. sandwiches)
 - First 24 hours is **KEY**; make sure you don't eat the 'wrong' things
 - Avoid sugary snacks (i.e. chocolate, bars and gels)
 - Eat what you normally eat; what your body is familiar with
 - Replicate breakfast (i.e. porridge or cereal)



Food preparation

- ❖ Before a long Team AR race
 - Have a designated cook
 - Eat well before race starts
 - Pack nutritious non-perishable snacks for transitions
 - salami, rice pudding, cheese and crackers, cooked potatoes in a bag, cooked plain pasta in a bag
- ❖ Long paddles, difficult to eat
 - Liquid carbs/high calorie electrolytes in a drinking tube (camel back/platypus) will fuel you
 - Put the bladder inside the life jacket /personal flotation device(PFD) or get a PFD with a built-in bladder



Food/eating in race

- ❖ Depending on race location, might get lucky with restaurants and food shops
- ❖ If racing abroad/overseas, be sure to carefully plan food for all stages and transitions (don't 'wing it'!)
- ❖ But if you're in wild country, make sure you have plenty to 'eat on the go'
 - Dried fruit, nuts
- ❖ Dehydrated meals to add hot water and eat in transition; also instant porridge



Hydration

- ❖ Electrolytes, Dioralyte, water
 - Maintain steady fluid intake
- ❖ Remind your team-mates and yourself that you need to keep sipping your liquids
 - Can be hard to stay hydrated on the bike
- ❖ Salt tablets, especially in warm weather/higher temperatures
 - Salt prevents cramps and dehydration
- ❖ Transition bags (long format AR)
 - Can of Coca Cola, 'Mountain Dew', juice box, 'frappuccino'
 - Something different to drink for a perk especially during later stages of race



Team Preparation

- ❖ Meet as a team before race
 - Zoom is a wonderful thing!
- ❖ Might be racing with people you know
 - Perhaps people you've never met
 - Discuss shared expectations
 - Short course option
- ❖ Plan each team member's role
 - Strengths and weaknesses
 - Divide up responsibilities
- ❖ Race schematic usually provided before race
 - Navigator should review the land and terrain with Google maps especially if race is abroad/overseas
 - Compass considerations in Southern hemisphere; declination



Gear Preparation

- ❖ Kayaking gear
 - Full dry suit is recommended
 - Maybe borrow from community
- ❖ Wear your best quality gear
 - Avoid wearing new clothes/don't break-in new clothes, shoes or bike shorts
 - Try not 'over-pack'; everyone says they often pack too much gear/clothes
- ❖ Use race schematic to plan gear and Transition Kit Bags
 - Hiking, cycling, kayaking
 - Bag and label all gear separately in ziplock bags
 - Label every bag so you know what's in it



Gear Preparation

- ❖ Have a look at the forecast
 - Plan if you need to pack warmer clothes i.e. xtra base layer
 - Additional waterproofs for different kit bags and different stages as you may not have access to the same kit
- ❖ Precautions
 - Look after your feet and nether regions/saddle area
 - Try to prevent blisters but carry blister pads and small Sudacreme pot in every kit bag



Gear Preparation

- ❖ Use race schematic to plan gear
 - Plan transition kit bags (A, B, C, D)
 - Organise kit per activity
 - Hiking
 - Cycling
 - Kayaking
- ❖ Bag and label all activity kit and gear separately in ziplock bags
 - Label every bag so you know what's in it
 - During the race, when you're tired or cold, it's hard to find things, so detailed labels help a lot



Resources

- ❖ Team AR overview and why personal prep and kit planning are essential
 - [Video](#)
- ❖ Navigation
 - [Squiggly Lines: Map and Compass Navigation for Adventure Racers](#) by Mark Lattanzi
- ❖ Beast archives
 - [Race reports](#)
- ❖ Sleepmonsters
 - [What Head Torch Should I Use?](#)
 - [Beginners Guide to Adventure Racing Nutrition](#)



Next ARI webinar...

All about bikes! On and off road

Wednesday 21 April @ 7pm (19h00)

Panelists

Fiola Foley - Multiple time Irish champion rower, adventure racer, semi-pro cyclist and recent mum

Michelle Muldoon - Top-class Enduro and Downhill mountain biker, cycle coach & PE Teacher

Padraig Marrey - Endurance cycling record- breaker, multiple Rás competitor and AR race winner, Bike coach, Fitter and Postman

