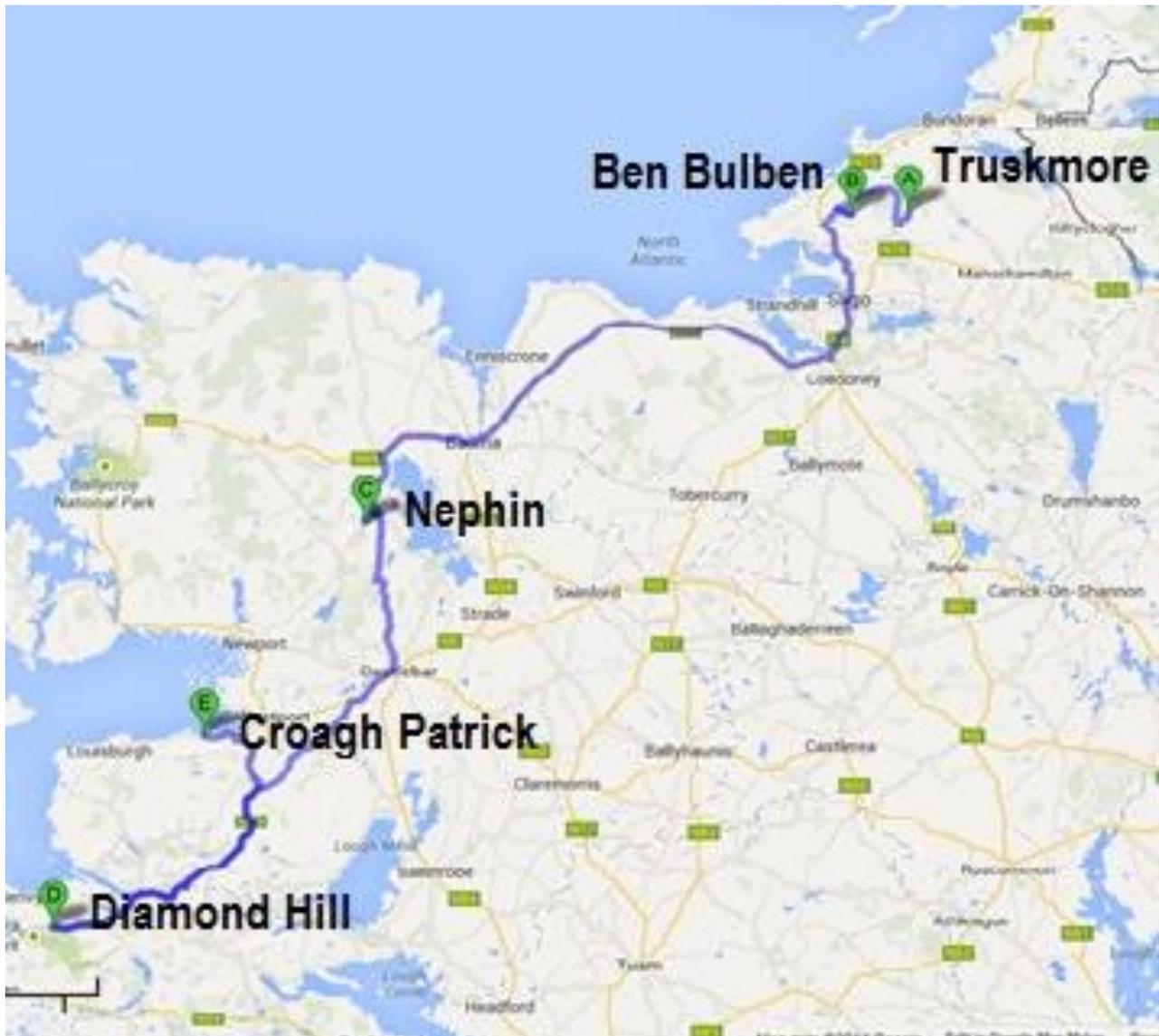




## Connaught 5 Peaks Challenge 2017



### **Day 1 Saturday 20<sup>th</sup> May**

- Truskmore (2123 ft)
- Belbulbin (1725 ft)
- Nephin (2644 ft)

### **Day 2 Sunday 21<sup>st</sup> May**

- Diamond Hill (1450 ft)
- Croagh Patrick (2507 ft)

**If you would like further information on Special Olympics Connaught please contact  
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## **How the Challenge works?**

### **Saturday**

All participants will register at The Riverside Hotel Sligo. Registration will open at 6am. Here you will receive safety briefing by representatives from NWA T and be split into groups and assigned a Guide.

We will depart the Hotel at 7am sharp and make our way to Glencar. The first peak will be Truskmore, we will start our climb at 8:30 and descend into Gleniff Horseshoe (est. 2–3 hrs) Water stop provided.

After Truskmore, we transfer to climb Benbulbin (est. time 2–3 hrs) Here we will break for lunch. Following Benbulbin, we will drive to our final peak Nephin in Mayo (travel time 1.5 hrs). We will have a snack break here before transfer to our accommodation in Letterfrack with dinner.

### **Sunday**

We will be briefed at Breakfast (07:30) about our remaining peaks. We will proceed to Diamond Hill (est. 2–3 hrs) at 8:00am and following lunch, drive to our final peak Croagh Patrick (est. time 3 – 4 hours). We will make our journey back to The Riverside Hotel on Sunday evening where we will have the opportunity to freshen up in the leisure facilities of the Hotel and then sit down to our celebratory dinner.

## **Suggested equipment**

- > Good hiking boots
- > Waterproofs (top and bottom)
- > Fleece/warm clothing
- > Hat and gloves (2 sets)
- > Backpack and liner
- > Mobile phone
- > Sunscreen and insect repellent
- > A change of clothes and shoes in case you get wet, and for when the challenge is over. Climbing in jeans and trainers is strictly forbidden.
- > Towel to freshen up at overnight location and end point

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## **Training Tips**

### **Stage 1**

Start your training at a leisurely pace such as road walking or forest trails for the first couple of weeks. Aim for four 1-hour walks per week. After a couple of weeks you should aim for 2 hours per walk and pick something a little more difficult i.e. steeper hills or sandy beaches. Sandy beaches are perfect for strengthening your leg muscles and building body stamina.

### **Stage 2**

When you progress on to training in the hills, start with easy hikes, 2 to 3 hours once a week would be perfect. However you do need to get out into the hills as regularly as possible to build up your distance and time. You will know yourself how your fitness and stamina level is progressing and you can increase your mountain hikes accordingly.

### **Stage 3**

Aim to increase your fitness level to a degree where you are walking in the hills for 6 to 8 hours without putting yourself under stress. It is very important when you are going into the mountains that you are well prepared. Always carry the appropriate equipment, wear the correct clothing, and adhere to basic mountain safety rules at all times. The following points are important:

### **Weather**

This is exceptionally changeable in Ireland and you should always check the forecast before you set off. But even this may not always be totally accurate – the day may be fine and clear when you start, but it can quickly deteriorate without warning, especially in higher areas. If this should happen during your walk, get down as fast as possible, but always at a controlled and safe pace.



## **Pre event preparation**

### **Before training**

Try not to eat within 1–2 hours of training and have a low-fat meal. A high fat meal (e.g. fried fish and chips) takes about 4 hours to clear your digestive system, so it can slow you down or cause cramp. A low fat meal (e.g. grilled lamb cutlets, boiled potatoes and vegetables) will clear in 1½–2 hours; so will leave you with more energy for training.

### **During training**

Replenishing carbohydrates during training will enable you to keep going for longer. You can eat it in cereal bars, dried fruit, glucose sweets, or drink it in the form of sports drinks. Dried fruit or cereal bars give a longer lasting level of carbohydrate than drinks, but either will work.

### **After training**

Immediately after training your body works to replenish the glycogen stores in your muscles. Your body will lay down more glycogen in the first two hours after training than at any other time. For this reason it is important to eat plenty of carbohydrates, preferably within 30 minutes of training, e.g. have your dinner, a bowl of cereal or a sandwich. This will leave you better prepared to exercise the next day.

### **Fluids During training**

It is very important to drink plenty of fluids when you are exercising. If you become dehydrated, you will become tired more quickly and will find it harder to train or keep going. Have about 500mls of water for every ½ hour spent training – resist the temptation to retire to the pub immediately after exercising, as alcohol will dehydrate you further. This is just as important after the main event as after training, as severe dehydration can cause kidney damage and failure.

Coffee and alcohol will cause you to lose water; so don't use these to replace fluids.



## What is Included in your Challenge

### Included

- All transport and accommodation including dinner on 8<sup>th</sup> May
- All food including snacks for each mountain
- Professional guides to take us up each mountain
- A celebratory meal on completion of our last mountain
- Shower/Changing facilities at the Radisson Blu on Sunday 9<sup>th</sup> May.
- A Special Olympics T-shirt

### Not Included

- Transfers to bus pick up/drop off point
- Any items of a personal nature such as room service charges, drinks, phone calls
- Overnight accommodation prior and post event dates (Riverside Hotel have special rate for participants of 5 Peaks)

### Fundraising

The fundraising target for this event is €500. Each registrant will receive sponsor cards which can be distributed to family, friends or your work place.

We encourage participants to set up a Everydayhero.ie fundraising page. This is a useful platform that can be linked directly to your Facebook and Twitter pages and allows people to sponsor your challenge, no matter where in the world they are!



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## **Fundraising Ideas**

### **A**

Abseiling

Astrology Evenings

### **B**

Baby-sitting

Bag Packing

Barbeque

BBQ

Bike tours

Bob a job

Breakfast event

Bungee Jumping

### **C**

Cake sale

Car rally

work/school

Christmas Day Swim

Collection

Coin collections

### **D**

Darts Tournament

Dinner Dance / Party

Dog show

Donkey Derby

Duck race

### **E**

Easter bonnet competition

Exercise Bike Marathon

### **F**

Face Painting

Festivals

Five-a-Side

Football tournament

Antique Fairs

Athletic meetings

Bad Hair Day

Bake sale

Barn Dance

Beard Shaving

Bingo

Book and Jumble Sale

Bring and buy sale

Car boot sale

Car Wash (suitable for all ages)

Children's sports day

Church Collection

Cinema charity screening

Coins (fill a tube/jar with coins) Comedy Night - Concert

Dance-a-thon

Do door-to-door collections

Donations in lieu of presents

Dress Down Day at Work

Easter egg hunt

Exhibitions

Fancy dress ball / competition

Fishing Competition

Flower show

Fortune telling

Art Exhibitions

Auctions

Bad Tie day

Balloon race

Bazaar

Bed push

Blind Date

Book sale

Bridge drive

Car cleaning

Carol Singing Casual day at

Casino night

Coin Chain Churchgate

Coffee mornings

Dance

Disco

Dog Walking

Drama

Egg Spoon Race

Expeditions

Fashion show

Film Show

Football Match

Fun run

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## G

Gala evening

Girls V Boys Day / Event

Gourmet Raffle

Garden party

Good as new sale

Greyhound meeting

Gigs

Golf Classic

Gymkhana

## H

Halloween fancy dress party

Hill Walking / Running

Horticultural Exhibition

Halloween party

Hopscotch

Human Chain

Head Shave

Horse Race

## I

Individual Gifts

Indoor Games Night (board games, skittles, cards)

## J

Jamboree

Challenge

James Bond event

Joke Competition

Jumble Sale Jigsaw Puzzle

## K

Karaoke Evening

Knit In

Karate Event

Knitting Challenge

Kite Flying

Kris Kindle

## L

Lawn mowing

Litter Collection

Lottery

Leg Waxing (for the men!)

Little Italy party

Luncheons

Line Dancing

Local Pub Quiz

Lunchtime event

## M

Magic Show

Matched giving from companies  
mystery evening

Marathon

Mountain climbing

Music recital

Masque Ball

Mums Run Murder

Musical Chairs

## N

New Year's Eve party

No Smoking Day

No uniform day

## O

Obstacle Course

Old Time Dance

Odd One Out

Open Gardens

Oiche Gaelach

## P

Pancake breakfast

Payroll deduction

Pie Eating Competition

Pool Competition

Parachute Jumps

Penalty Shoot-out

Pillow Fight

Poetry Competition

Panto

Pet show

Pizza party

Pram Race

## Q

Quiz Night (general knowledge table quiz or themed quiz e.g. music/tv)

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**R**

Race Night (horse/greyhound)

Rag weeks

**S**

Scrabble Tournaments

Sleep-out

Sponsored Dart Match

Sponsored Dog Walk

Sponsored silence

Sweepstakes

**T**

Talent competition

Teddy bear's picnic for children

Theatre Premier/Gala Evening

Treasure Hunt

**U**

Unwanted Gifts Sale

**V**

Valentine's Day event  
sale

**W**

Walks

Who wants to be a millionaire

Wine & cheese party

World record beating attempt

**X**

Xmas Pantomime

**Y**

Yacht Race

Demonstration

**Z**

Zany Ideas

Zzzzz – a sponsored sleep in or even stay-awake!

Radio Controlled Car Race

Role Reversal Day

Shave- a- Thon

Sponsored Bag-Pack

Sponsored Run/Walk

Sponsored slimming

Spot the baby photo comp.

Swimathon

Talks and demonstrations

Tennis tournament

Three-legged Race

Treks

Used Book Sale (bestsellers at bargain prices)

Valet Services

Veteran car rally

Welly-throw contest

Window cleaning

Wine and chocolate night

Xylophone Concert (?!)

Yard Cleaning

Your own thing!

Zodiac Readings

Raffle

Read-a-thon

Shoe Shining

Sponsored cycle

Sports Day

Street Party

Swear box

Swimming gala

Tea party

Theme Evening

Tombola

Tug-o-war

Variety Show Vegetable

Weigh-a-thons

Wine tasting

Yodelling Comp Yoga