

Autumn Epic 2019 – Epic & Legend route options

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Quick essentials

Key times:

Registration open 8am

First riders away 8.30am (Epic100/Epic95/Legend80)

Adventure45 and Quest 25 riders away 9am

Cut-Off:

Rhayader cut-off point – reach the Food Stop at **Rhayader after 11.30**? You should consider taking the Legend route (500m after the food stop) and if you are there after 12 you should definitely go on the Legend. This will give you a chance to get back before it goes dark.

All riders expected back by 4pm

Event HQ/timing services start packing up at 5pm

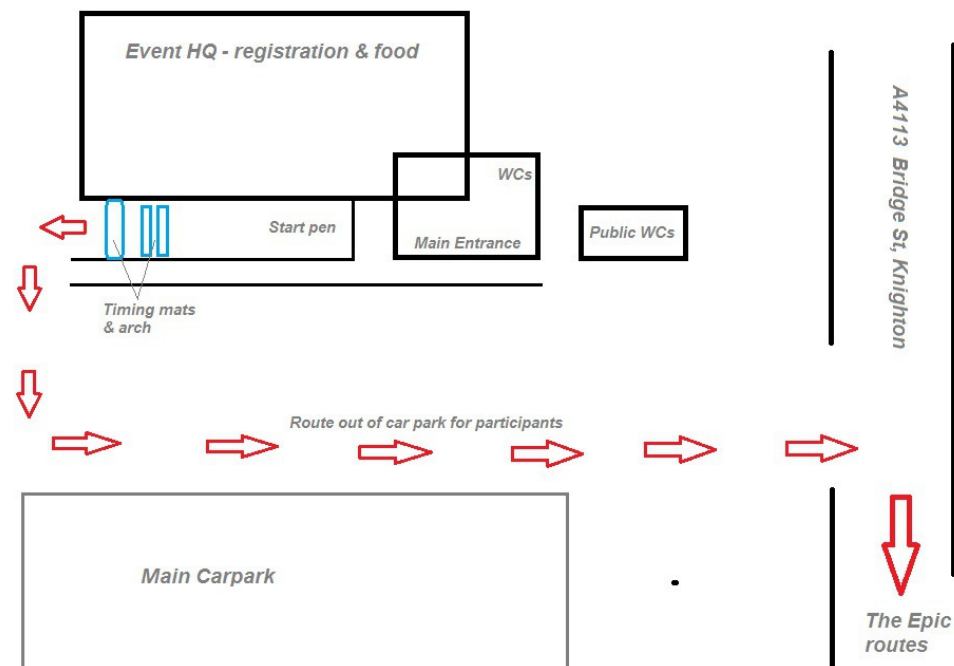
FREE hot food available at Knighton once you have finished – baked potato and veggie chilli

If you abandon please tell us/text us – otherwise we'll come looking for you!

Location:

Knighton Coummunity Centre, LD7 1DR

Public carpark – all day £3.20



More detail:

Registration – all riders must sign on in person and collect a timing chip (disposable handlebar number board) and zip-ties – open 8am to 9am.

Don't bend the handlebar number around your headset – it may not work.

Free tea and coffee available in the morning.

Setting off times – Epic100/Epic95/Legend80 between 8.30 and 9am



Adventure45/Quest2 - 9am

Rider briefing – all riders will get a short, last minute briefing before setting off in groups of 20.

Route signs: - follow A4 yellow signs with black arrows out of Knighton. Look out for A3 information boards about hazards around the course, plus details of climbs

Route downloads – go to the Autumn Epic website for links to the routes – www.autumnepic.com

Route support – several broom wagons will be on the course – sweeping and stopping to see if any stationary cyclist needs help.

Assistance phone number – 07722 111 004 – its printed on your handlebar number board

Emergency number – 999

Food Stops:

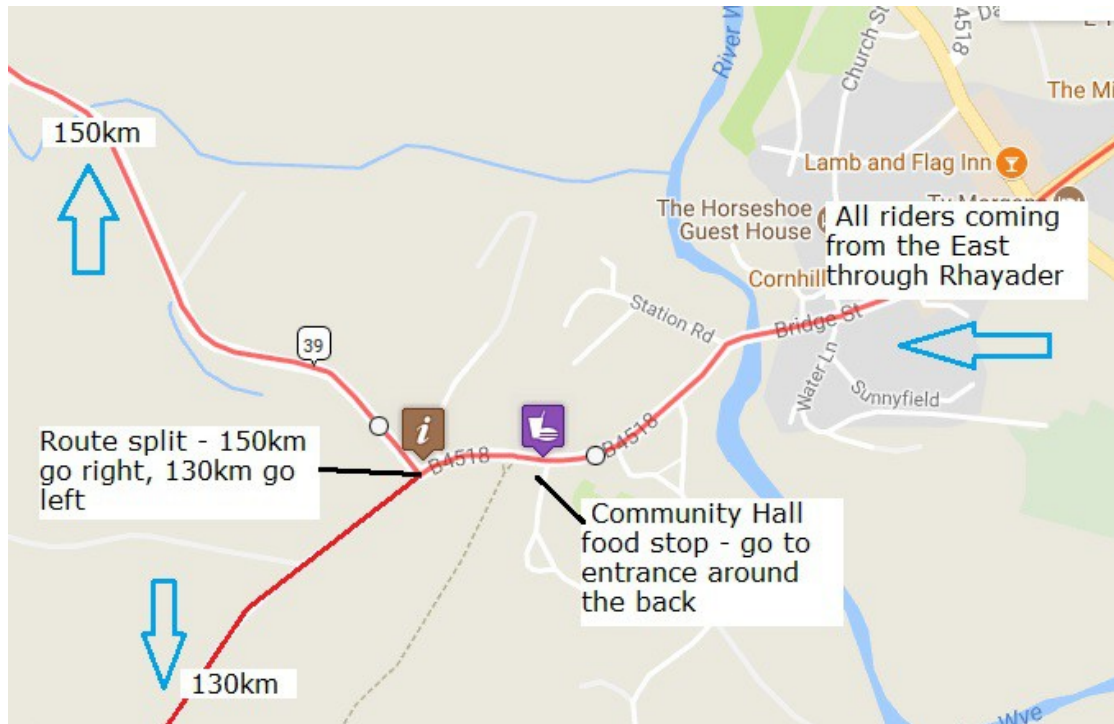
2 on the Epic100/95 & Legend80 (at 35miles Rhayader and 67miles Newbridge)

1 on the Adventure45mile (at Bwlch Y Sarnu) – we are using the cyclist friendly Glyndwr's Way Cafe

PLEASE NOTE – all riders will pass through Bwlch Y Sarnu but only the 45mile riders will get free food at the Cafe. Other riders can of course stop but will have to pay – their free food is 9miles further on in Rhayader:

Rhayader Food Stop

1st stop for 100/95/80 riders – this is the traditional Epic food stop on the left as you leave Rhayader.



If you reach this food stop after 11.30am you should consider going on the Legend route, and after 12 you should definitely go on the Legend.

2nd Food Stop

CHANGE CHANGE CHANGE – new food stop location. Keep on the route through Newbridge and climb the Parkstile Lane hill. At the top, on the common land we'll have a shelter and food/water stop

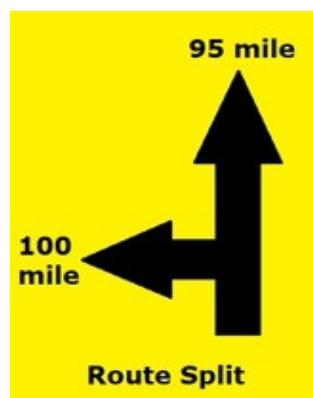
Toilets – if you're busting then look out for loos on the right in Newbridge (just after the turn off the main road)

Finish-line

Food on return to Knighton – **FREE baked potato and chilli** available in the Community Centre plus teas and coffees

The Epic 100/95 Routes

After the first food stop and the Elan Valley descent watchout for the 100mile option:



What to bring with you:

Roadworthy bike – please check before coming and particularly check the brakes – one hazardous descent will test them fully

Food and drink to keep you going (use the food stops for top ups)

Spares – have at least 2 spare inner tubes, there are a limited amount of inner tubes available at food stops (£5)

Your climbing legs – if you are having a bad day consider taking the Legend 80mile. All riders getting to the Rhayader split after 12 should take the Legend (otherwise you may be very late back)

Timing:

Tick Timing are with us this year. When you finish you should get a text message with your time. Times for everyone are expected to be available by the evening on the Tick Timing website.

Standards – be sure to check the Gold, Silver and Bronze target times for your age group.