

Autumn Epic 2019 – Adventure/Quest route option

FINAL VERSION

Quick essentials

Key times:

Registration open 8am

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

Adventure 45 and Quest 25 riders away 9am

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

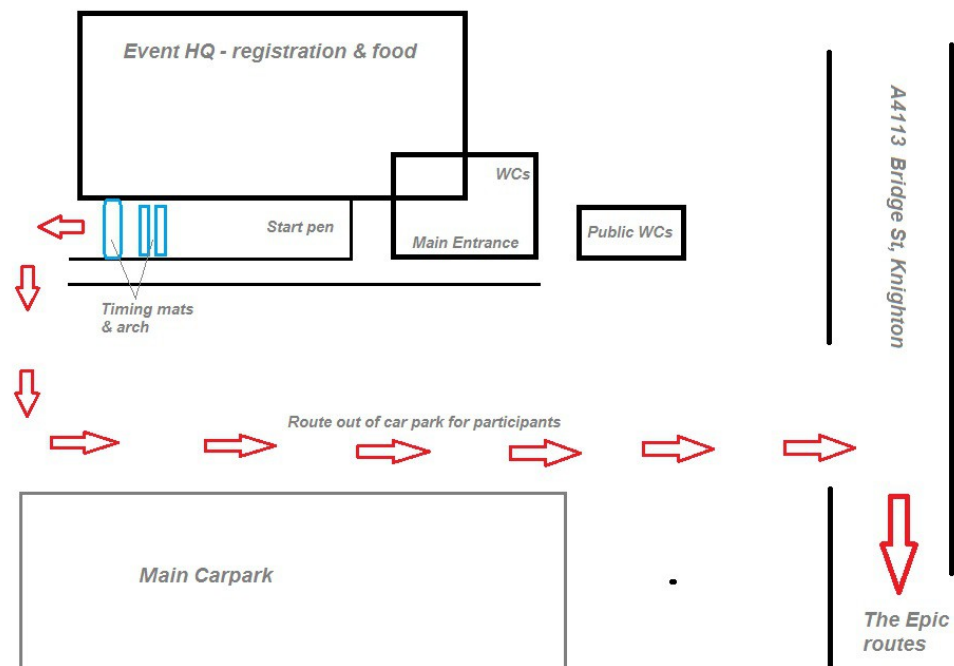
If you abandon please tell us/text us – otherwise we'll come looking for you!

Quest riders – look out for the left-hand turn in Felindre at mile 10

Location:

Knighton Community 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 chip to stick on LEFT side of helmet) plus handlebar number & zip-ties – open 8am to 9am.

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 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

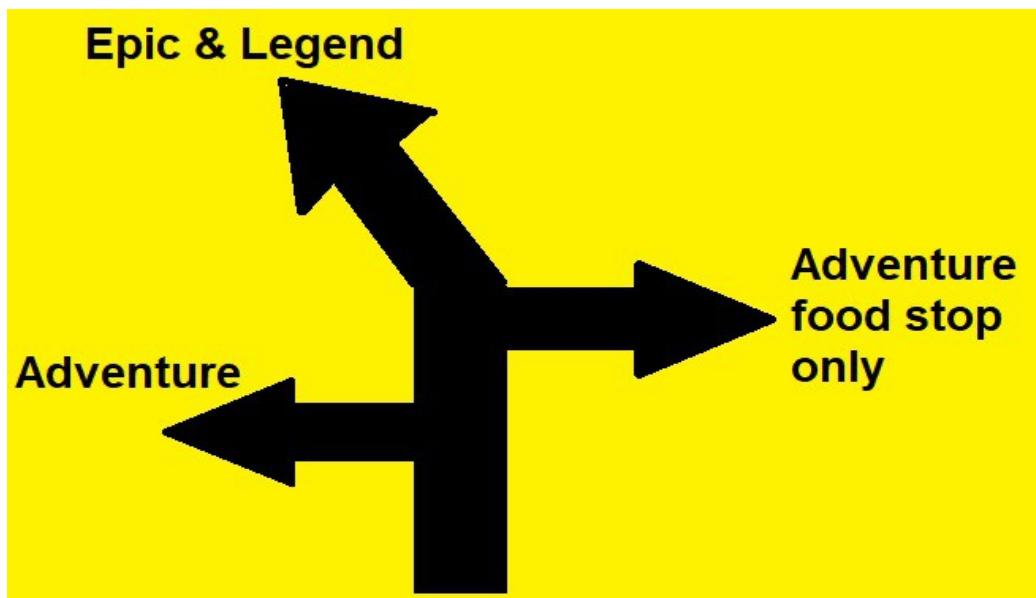
Emergency number – 999

Food Stop:

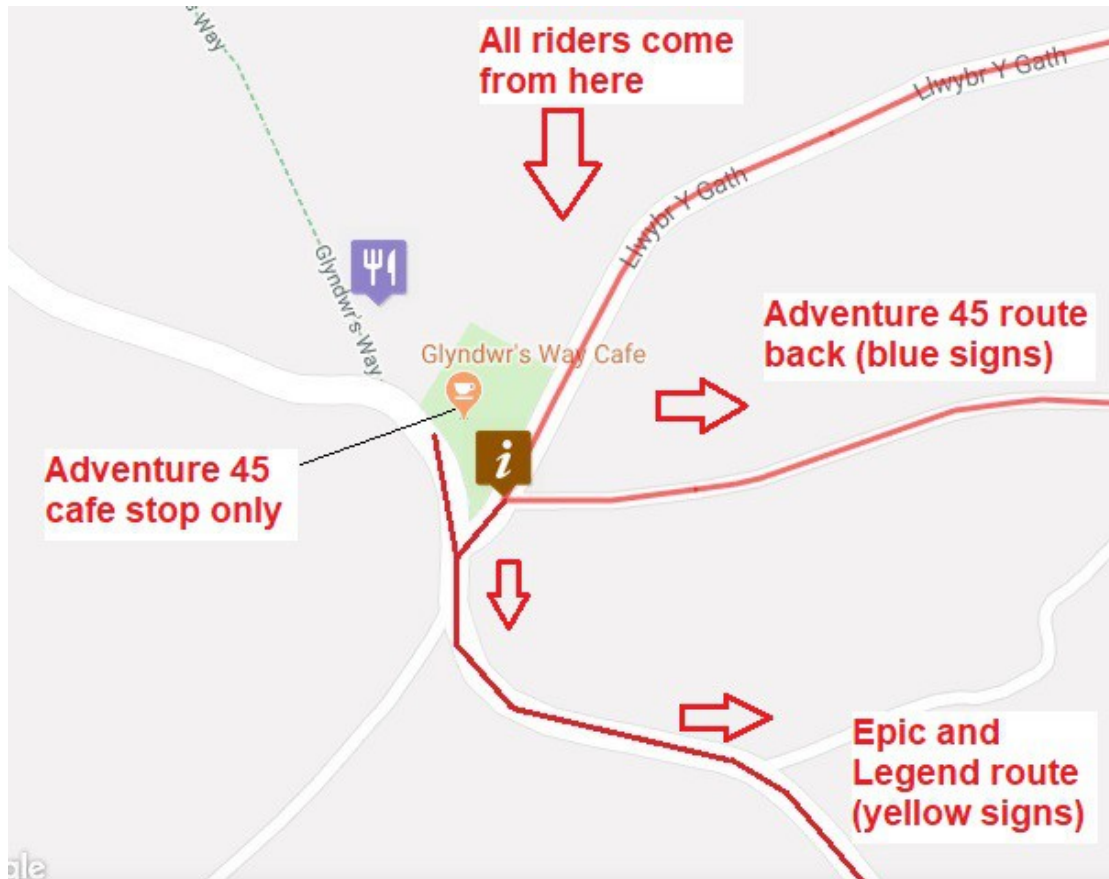
1 on the Adventure45mile (at Bwlch Y Sarnu) – we are using the cyclist friendly Glyndwr's Way Cafe

Be aware – once you've visited the cafe the Adventure 45 route is back the way you came!

Look out for the sign:



And here's a map:



After the cafe stop:

Follow **Blue signs with yellow arrows** all the way back to Knighton.

What to bring with you:

Roadworthy bike – please check before coming and particularly check the brakes – one hazardous descent will test them fully (mile 18)

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)

Timing:

Tick Timing are doing the timing. You'll get a stick on timing strip to attach to the LEFT side of your helmet. 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 - <http://rideventures.co.uk/autumnepic/standards.html>