

The Epic briefing - Sept 10th 2023

Contents of this envelope - event briefing AND rider number

Food: Food 1 has a package of cake and flapjack, Food 2 (Long 100 and Medium 80 only) is at Greggs (Holt) on the A470 for a hot pie and drink (up to £4 included in entry price), Food 3 (Long 100 only) has ham or cheese baps and bananas. Always veggie options, vegan/special diets have packages with your name on. Hot baked potato and baked beans at finish from 12

Car Park: all day Pay and Display £4 (Knighton HQ postcode LD7 1DR)

Start Procedure:

You have selected to be timed - you have a rider no. between 1 & 100

When ready to start go to the Rideventures flag/starter near entrance to car park and ensure the starter (me) has recorded your rider number - this is a manual process using a Results Base app on my phone

(Non-timed riders will go the Rideventures pergola in the morning)

Finish at the Rideventures pergola to get your number recorded again (to stop the timing on the phone app we are using) - results available via a web link

Start time:

- All riders start anytime between **8am and 9am**

Food 1 closes 12, Food 2 at 6pm (!), Food 3 at 4pm, Knighton HQ at 6pm

Help: Assistance number to call - **07722 111004** - we have a mechanic on the routes (pausing at food stops), and broom cars to make pick ups

Signs:

Long Route - follow Yellow signs with Black arrows all way around

Short Route - same as Long until the 1st Food Stop (mile 29) - then Blue signs with Yellow arrows all way back to Knighton HQ

Medium Route - same as Long until the 2nd Route Split (mile 61) and then Blue signs with Yellow arrows all way back to Knighton HQ

Route splits will have have multiple big signs to show you which way to go

Finish - complete your ride at the white Rideventures pergola at Knighton (this is where your finish time will be logged) - then get a baked potato inside

Important - if you **abandon** your ride or head home without returning to the HQ - **text us** to say you have finished - otherwise we'll go looking for you