

## Welcome to the Autumn Epic 2 October 2011

Copies of this event guide, along with the route map, GPX files of the routes and route guide can be downloaded from [www.cycloportives.co.uk](http://www.cycloportives.co.uk)

Although you will be given an accurate time, and be able to compare times with others on the web, the Autumn Epic is registered with British Cycling as a non-competitive event - **SO RIDERS MUST OBEY THE HIGHWAY CODE AT ALL TIMES**. All riders under 18 years old must be accompanied by a responsible adult.

Please read the following notes carefully as they will help you to have a safe and enjoyable day out.

### BEFORE YOU COME

Please make sure your bike is in good working order especially brakes, tyres and chain. We will rescue you if anything goes wrong but we'd rather that nothing spoils your day. You should carry a multi-tool, pump and spare inner tubes.

Two bottle cages are a good idea. One is a necessity. Water and electrolyte sports drink will be available at registration along with a free energy bar courtesy of Clif. There are food stops en-route but depending on your riding pace it will take 1½ - 2½ hours to get to the first food stop so you might want to set off with something to eat or drink.

We hope for a perfect Autumn day like 2009 but veterans of the 2008 Epic (and 2010!) will remember apocalyptic rain, wind and floods: our team-mate Rob had to stop en-route to pour the water out of his frame! Fortune favours the prepared mind so please pack some warmer gear including gloves and a cape so that you have some suitable clothing options on the day. Note that under 18s must wear a helmet. Grown-ups should wear one too but are free to decide for themselves.

### GETTING TO THE EVENT HQ

The event centre is located in the Knighton Community Centre Hall, which is best accessed using the road to the right of Tuffins supermarket/petrol station on Knighton High Street (aka A4113). It is pretty easy to find as Knighton is a very small place and there is just one main street running east-west through its middle - there will also be a few signs to help you out on the day.

The area in front of the event centre will act as the Start and Finish line. Inside the hall you will find Registration, the main information point, plenty of toilets and changing facilities (but no showers).

### PARKING

There is a car park directly opposite the event centre. This is a local authority pay-and-display car park, and you will need £2.50 in coins to park for the day. The car park is big enough to take most of the cars coming for event. We also offer you the chance to park for free in a second large car park a few hundred yards away from the event centre, courtesy of Benson Heating. This is FREE, and is on your right just as you enter the town from the East on the A4113. Once this is full we will either direct people to the pay-and-display car park or (if that is full too) to on-street parking around the town - so please look out for marshals at the road side as you come into the town.

### REGISTRATION

Registration will take place in Knighton Community Hall. Registration takes place between 08.00 and 9.00.

Your rider number can be collected at registration on the day. Please attach it to your bike using the cable ties before you start. The best place is centrally on your handlebars (ask Rob to do it, if you need assistance). Your number will help the photographer and marshals to identify you and allow you to get fed and watered at the food stops. You can use a waterproof pen to add an emergency contact number and any relevant medical conditions to the back of your rider number.

When you register we will need your signature and we would also like you to indicate which of the two routes you intend to ride (you can change your mind out on the road, just let us know at the finish). You will be given your timing chip and told how to attach it. You will also be able to pick up a copy of the route map.

### FACILITIES

Scott's Event Catering inc Wilf's will be offering their ever-cheerful service from the familiar trailer just outside the event centre from mid-day. They will provide you with a FREE meal, plus hot drink and cake when you finish.

There are toilets in the event centre, and public toilets situated in the car park outside.

Big Rob McGough will be on hand at the Community Centre to sort out any last minute mechanical problems that you might have. But remember that he isn't able to work miracles and we will not have a full bike shop of spares, so please make sure your bike is in good working order before you come.

A limited range of spares courtesy of **Epic Cycles** will be on sale from 08.00.

#### START AND FINISH

You can start any time between 8.30 and 9.15. When you are ready you ride over the timing mat, your timing chip is detected and the clock starts running. At the finish you must ride over the timing mat to stop the clock and record your time. All riders must finish by 18.00.

At the finish you can swap your timing chip for a free meal and also pick up a free Epic souvenir bidon (and buy a spare one too if you like). There is a £10 charge for any missing timing chips.

Finishing times will be displayed in the event centre and posted on the website [www.cycloportives.co.uk](http://www.cycloportives.co.uk) within 48 hours.

#### WAY-MARKING AND ROUTE CARDS

The entire route will be well marked with black and yellow arrows. All turns will be signed, so you should ignore any side roads that don't have an arrow. Where there is any room for confusion, or it has been a while since the last turning, we will put out straight-on arrows to provide a bit of reassurance.

Sometimes arrows can go missing (especially after the pubs close on Saturday night). Our motorcycle marshals will be out on the route ahead of you to check for this, but as a back-up - and so that you can study the route on a map beforehand - we have produced a route map and guide and GPXs files. The final versions of these - with any late changes- will be available at Registration, with the latest electronic versions also available on the event website.

No excuses for getting lost!

#### CUT OFF TIMES

Timing will close at 18.00. To ensure that you finish within the time limit we have a cut-off time at the first food stop. If you leave the first food stop after 12.30 you should go straight on, cutting out the circuit of the Elan Valley.

#### FOOD STOPS

There will be two food stops. The first is as you leave Rhayader at 56km and the second is out on the moors before Hundred House at 103km (78km short route)- see the route map. The food stops will have a selection of cakes, fruit, water, electrolyte sports drink and some savoury food. Please note that we don't offer branded energy bars or gels at these stops so if you have a strong preference for a particular brand of energy food or drink you should bring it with you. But *please please* do not drop your wrappers on the route.

NOTE: you are strongly advised to carry some food of your own, as you may be in for a long day in the saddle.

At the finish we are being supported by **Scott's Event Catering inc Wilf's**, who will supply you with a FREE hot meal, tea/coffee and hand-made cakes.

#### TIMES AND STANDARDS

It's not a race, but your time will be published on the web (in alphabetical order) within 48 hours of the event, so you will be able to compare your time with the times done by your friends. You will also be able to see how your time compares to the following European cycloportive standards which take into account distance and climbing (of which there is plenty).

Age	Men				Women			
	Epic full		Epic short		Epic full		Epic short	
	Gold	Silver	Gold	Silver	Gold	Silver	Gold	Silver
Under18	5:54	6:47	4:38	5:20	6:16	7:12	4:55	5:39
18-39	5:34	6:24	4:22	5:01	5:55	6:48	4:38	5:20
40-49	5:54	6:47	4:38	5:20	6:16	7:12	4:55	5:39
50-59	6:15	7:12	4:55	5:39	6:38	7:38	5:13	6:00
Over 60	6:38	7:37	5:11	5:55	7:03	8:05	5:32	6:21

The full route is 153km with 2215m of climbing. The 'short' route is 128km with 1900m of climbing.

## EMERGENCIES, ROUTE SUPPORT ETC

If you have to retire from the event at any point, please ensure that you still report to the finish and return your timing chip. Otherwise we may be out for hours looking for you long after you are indoors with your feet up!

If you have a major problem out on the ride and need to be collected by one of the broom wagons then you should ring the event centre on our emergency number (this will be printed on the route card that you collect at Registration and on your rider number) or report to a food stop. If you don't have a mobile or can't get a signal (a common problem out here) then please ask another rider to call us with your location once they pick up some reception...there are also quite a few public phone boxes around the route.

Please note: do not undertake the longer route unless you have prepared properly for it and are sure that your equipment is in good working order. If in doubt about your fitness levels please opt for the shorter route.

If you are unable to complete the route but your bike is still in working order please make your way to a food stop, or if you cannot make that you should head to the nearest main road junction. These are the points at which your waiting time will be minimised and at which we will be able to locate you most easily - in any event the roads will be full of cyclists and many are relatively narrow, so the broom wagons will be able to travel at little more than cycling speed and they may also be busy on other calls, so please be patient if waiting to be picked up: our broom wagon will come but it may take some time to reach you and get you back to your car.

Outriders from the **National Motorcycle Escort Group Wales** will be in attendance, and will be carrying minor spares, but these will be limited so please ensure that your bike is in good working order.

We will be supported on the 1st aid front by **Sports Care**, who will be present on the route in mobile units. Their main role is to deal with minor injuries, illness and exhaustion – but not broken bikes (!).

In the unlikely event of a serious road accident you should call the emergency services on 999.

While there will be mechanical support at the event centre, and some basic spares out on the route, you should carry a multi-tool, pump and tubes etc, as it is sod's law that if you need something it will be when you are in a place with no mobile signal - or someone else will just have bagged the last one.

Punctures - the roads round here are quiet and in most places pretty well surfaced, but the lack of traffic means that there aren't many car tyres to pick up thorns. So please make sure that you carry spare tubes.

## PHOTOGRAPHY

**Jon Brooke** of [www.rightplacerrighttime.co.uk](http://www.rightplacerrighttime.co.uk) will be out on the route in suitably scenic spots and will have photographs of all riders up on the web within 48 hours.

## ORGANISERS

The best way to get in touch with us before the event is by email: [autumnepic@cycloportives.co.uk](mailto:autumnepic@cycloportives.co.uk)

Postal address:

Autumn Epic  
66 Highfield Avenue  
Leeds  
LS12 4BY  
Website: [www.cycloportives.co.uk](http://www.cycloportives.co.uk)

Please keep an eye on the event website for any late breaking news.

We look forward to seeing you on the day and hope you have a great ride.

With thanks to Phil and Anna Weaver and Chris Lines of Epic Cycles