

Autumn Epic 2016 – 80km route

Quick essentials

Key times:

Registration open 8am

First riders away 8.30am (Classic 150km/Short Cut 130km) – set times (see Start List)

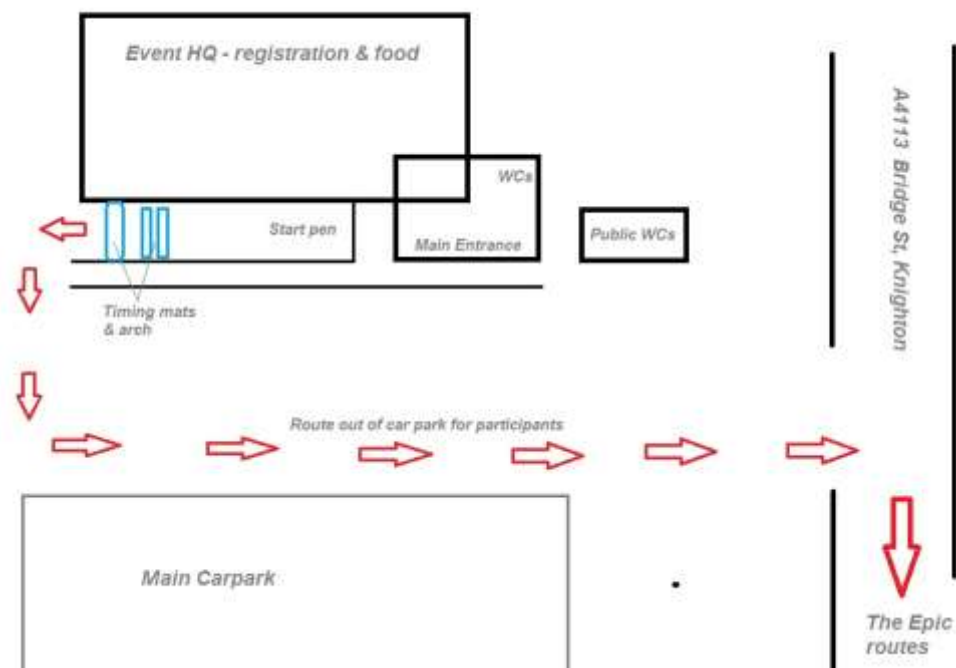
New 80km riders away 9am

Rhayader cut-off point – reach the Food Stop at Rhayader after 12? You are advised to take the Short-cut route in order to get back before dark.

All riders expected back by 4pm

Event HQ/timing services start packing up at 5pm

FREE hot food available at Knighton



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 handlebar number board) and zip-ties – open 8am to 9am.



Setting off times – Classic 150km and Short Cut 130km will receive a suggested setting off time between 8.30 and 9am. This is intended to reduce queuing at the start gate. If you need to start at a different time feel free to ignore but be prepared to queue a bit.

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

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 each climb (see example left).

New 80km – after the Abbey cwm Hir route split follow **blue A4 signs with yellow arrows** back to Knighton.

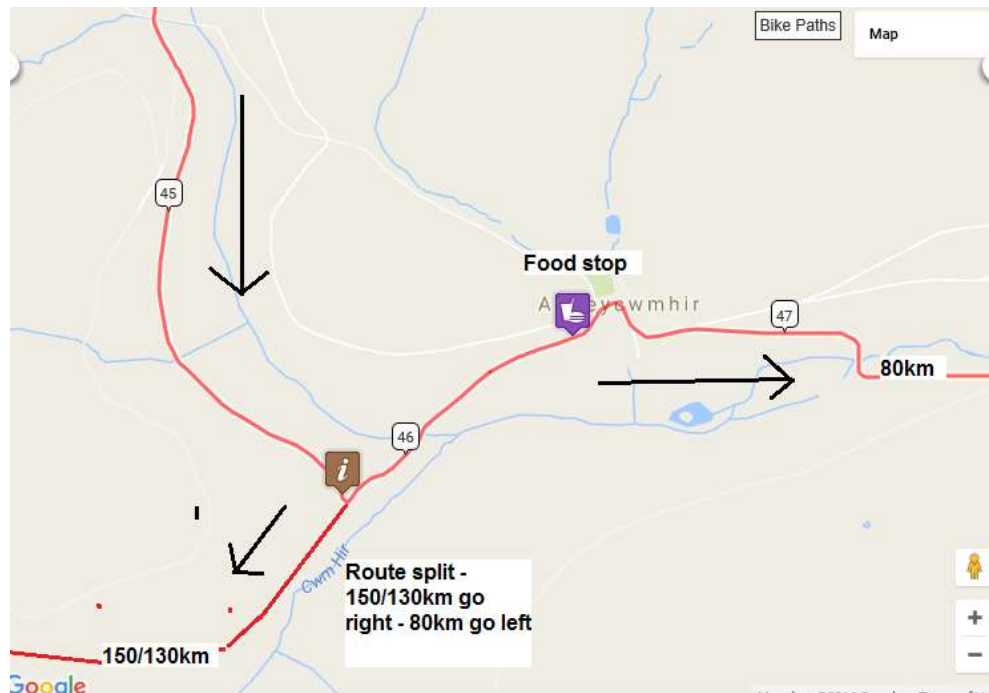
Route downloads – go to the Autumn Epic website for links to the routes plus a guide about how to upload them to your Garmin – www.autumnepic.com

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

Assistance phone number – 0777 323687 – its printed on your handlebar number board

Emergency number – 999

Food Stop:



1 on the New 80km (at 46km Abbey cwm Hir) – just after the route split:

Selection of cake, flapjack, sports bars and bananas plus water and energy drink, gels and tabs.

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

What to bring with you:

Roadworthy bike – please check before coming and particularly check the brakes – one hazardous descent will test them fully (Plush Hill Cycle shop will be on hand first thing to fix any last minute problems)

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 Short Cut 130km. All riders getting to the 150/130km split after 12 are advised to take the Short Cut (otherwise you may be very late back)

Timing:

StuWeb Timing Services are doing the timing. You'll be able to print out your own time immediately after you have finished. Times for everyone are expected to be available by the evening on the StuWeb website.

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

Photographer:

SportivePhoto are taking pictures around the course. Pics should be uploaded to their website by Tuesday evening.

Social Media

Use **#AutumnEpic** on Tweets and Facebook postings.

Epic 2017

Sun 1st October 2017 – thank you for supporting the Epic in 2016!