

Autumn Epic 2017

Quick essentials

Key times:

Registration open 8am

First riders away 8.30am (Classic 150km/Short Cut 130km)

New 80km riders away 9am

Cut-Off:

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

All riders expected back by 4pm

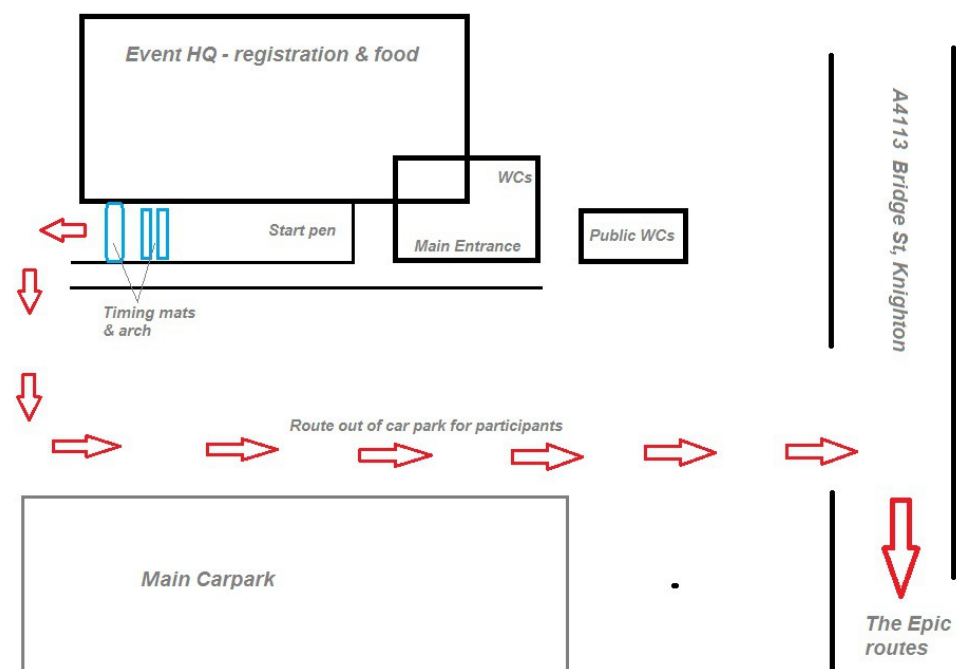
Event HQ/timing services start packing up at 5pm

FREE hot food available at Knighton once you have finished

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 – Classic 150km and Short Cut 130km between 8.30 and 9am



80km - 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

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

Emergency number – 999

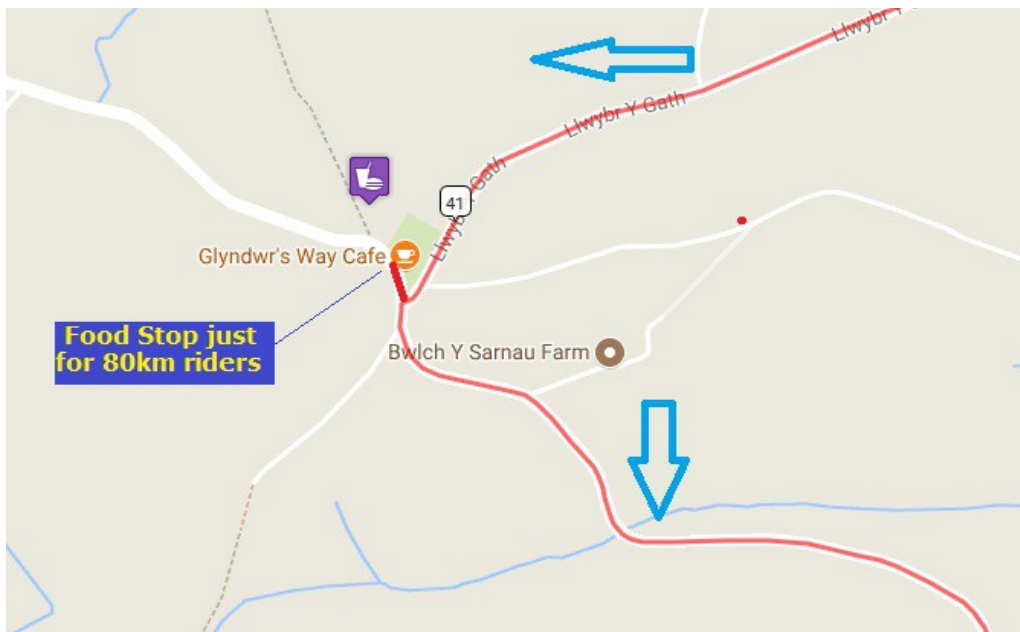
Food Stops:

2 on the Classic 150km/Short Cut 130km (at 50km Rhayader and 100km Newbridge)

1 on the 80km (at Bwlch Y Sarnu) – new for 2017 we are using the cyclist friendly Glyndwr's Way Cafe

PLEASE NOTE – all riders will pass through Bwlch Y Sarnu but only the 80km riders will get free food at the Cafe (hand in the ticket you'll receive at registration). Other riders can of course stop but will have to pay – their free food is 15km further on in Rhayader

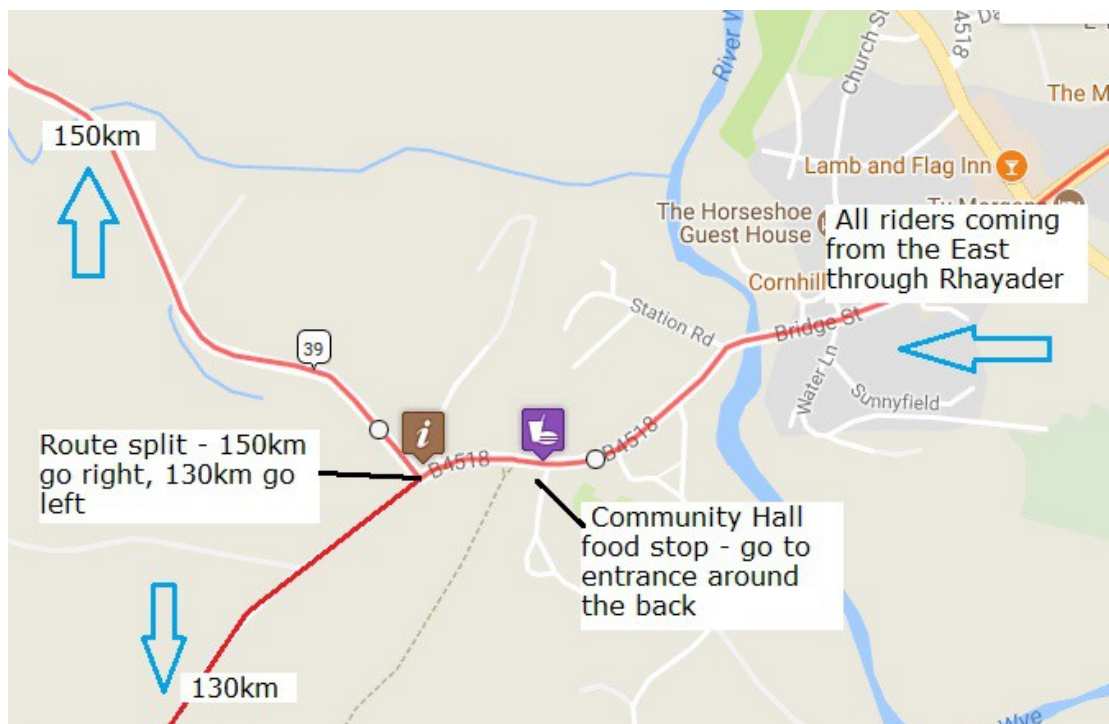
80km only Food Stop at Bwlch:



130/150km riders have their own food stop in Rhayader 15km further on. 130/150km riders can call in at the Glyndwr's Cafe but will have to pay – your free food is in Rhayader.

Rhayader Food Stop

1st stop for 130/150km riders – this is the traditional Epic food stop on the left as you leave Rhayader. Go around the back to find the entrance.



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

2nd Food Stop

Newbridge on Wye – stop is slightly off course at the Primary School. Retrace your wheeltracks to get back on course.



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 should 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.