



VITUS DRAGON RIDE 2019

ROAD BOOK

DEVIL | GRAN FONDO | MEDIO | MACMILLAN 100



OUR PARTNERS



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CANCER SUPPORT

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WOUND CARE

AWOL
ADVENTURE





TRAVELLING TO THE EVENT

BY ROAD

The Vitus Dragon Ride is based at Margam Park, Port Talbot, SA13 2TJ.

On Sunday 9th June, please follow the signs for Margam Park from Junction 38 of the M4.

If you are being dropped off and collected, there are designated areas within the Park for this, please follow the flow of traffic and the stewards will direct you to the right place. Please do not drop off elsewhere, this is to prevent queues backing up behind you.

BY TRAIN

The nearest train stations are Port Talbot & Pyle, both within a couple of miles of the site.





ARRIVAL

CAR PARKING

There will be free car parking available at Margam Country Park for all riders. Please follow the signed route from the Main Gate to the car parks, and then from there by bike/foot to the start area.

DROP OFF

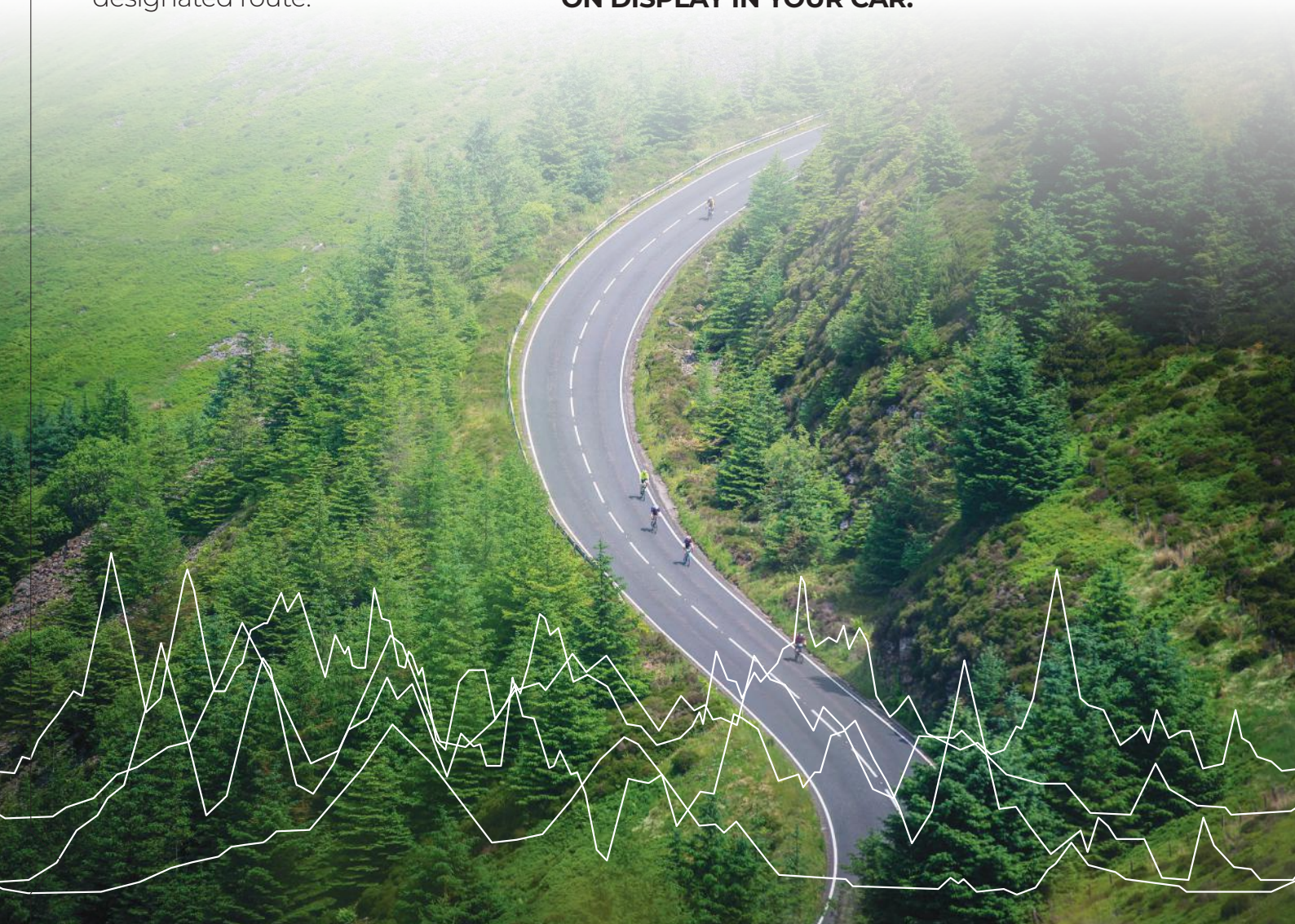
For those requiring a drop off location, carry on driving through the car park to the designated location and follow the exit signs/directions from parking stewards. Please do not attempt to access the start other than by the designated route.

ARRIVING BY BIKE

If you are cycling to the site, please come into the park via the East Gate and not the Main Gate that the cars will be using. This will be the quickest route in for those on bikes and will help to keep vehicle movement flowing freely into the park in order to get everyone in on time. Please ensure you keep left at all times.

**PLEASE DO NOT PARK
ON THE HIGHWAY.**

**DO NOT LEAVE ANY VALUABLES
ON DISPLAY IN YOUR CAR.**





START TIMES

Individual start times will be published on Wednesday 15th May, for riders who sign up before 13th May. Start times for later sign ups will be updated on a weekly basis. All individual start times will be posted on the event **website**. You can get an idea of when you will be setting off from the table below.

Please arrive at least **60 minutes** before your published start time in order to take your place on the start line. The start venue provides refreshments, toilets, mechanical support and information. You do not need to register on the day unless there is an issue with your event pack. If you would like to ride with your friends and you have been given different start times, simply move to the latest time allocated within your group. You do not need to let us know if this is what you have decided to do. Please note, you must remain in the start time range for your chosen distance.

DISTANCE	Start Time	Distance	Climbing	Feed Stations
DEVIL	06:45 – 07:00	300km / 186 miles	4,829m / 15,843ft	6 (Plus an extra water station)
GRAN FONDO	07:08 – 08:08	223km / 139 miles	3,616m / 11,683ft	4
MEDIO FONDO	08:16 – 08:51	153km / 95 miles	2,389m / 7,838ft	2
MACMILLAN	08:59 – 09:09	99km / 62 miles	1,422m / 4,665ft	1





DROPPING DOWN A DISTANCE?

- If you do not feel that you can complete the distance you have entered, we recommend that you drop down.
- You can drop down on the morning of, and enter into the correct wave for your new distance.
- During the ride you can also decide to drop down a distance by looking for the new arrow colour for your new chosen distance.
- Due to the staggered start times, if you make the decision to drop down to a shorter distance then there is a possibility that the

course, feed stations and finish will NOT be ready for you.

- Again, we strongly advise you to drop down a distance and to complete the ride rather than be collected by a medic or sweep vehicle. The sense of euphoria of crossing the finishing line under your own steam is appreciably bigger than returning to Margam Park in the back of the sweep vehicle!



Failure to maintain the minimum speeds will result in your ride either being shortened at a designated cut off point or terminated early at the discretion of the event organisers (at such time you will be required to drop out of the event or board the sweep bus).

You can find the specific route cut off times on the individual route pages. Route cut offs are in place for the safety of all riders and the support teams out on the route.

In addition, Human Race, organisers of the Vitus Dragon Ride, reserve the right to alter or cancel the event, or to terminate participation on health and safety grounds. This includes, but is not limited to, the re-direction or closure of sections of the route, due to rider route progress (those

who fail to maintain the required average speed to complete the course or sections of the course), or in the event of severe weather conditions.

Whilst we cannot kidnap you from the roads, if you do fall behind time on your route and refuse to take the cut off, we will ask you to sign a disclaimer saying that you are riding outside the responsibility of the event, meaning you will no longer have route support (signage, stewards, motorcycle marshals, medics, feed stations). We strongly advise taking the advice of the support team on the route who work on these types of events week in week out.

The Official Finish Gantry closing time is 10pm, so please aim to finish before then to receive your medal moment!



Arguably the toughest one-day ride in the UK, the Devil distance is as tough as it gets and riders need to be prepared for a long day in the saddle:

Climbing

The route features 6 x Category 5 climbs and close to 5,000m of total climbing.

Timed Climbs

There are two timed climbs (Devil's Elbow at 90km & Devil's Staircase at 190km).

Feed Stations

6 stops at approx 59km, 96km, 122km, 154km, 219km & 256km. There will also be a water station at 185km.


Cut Off 1

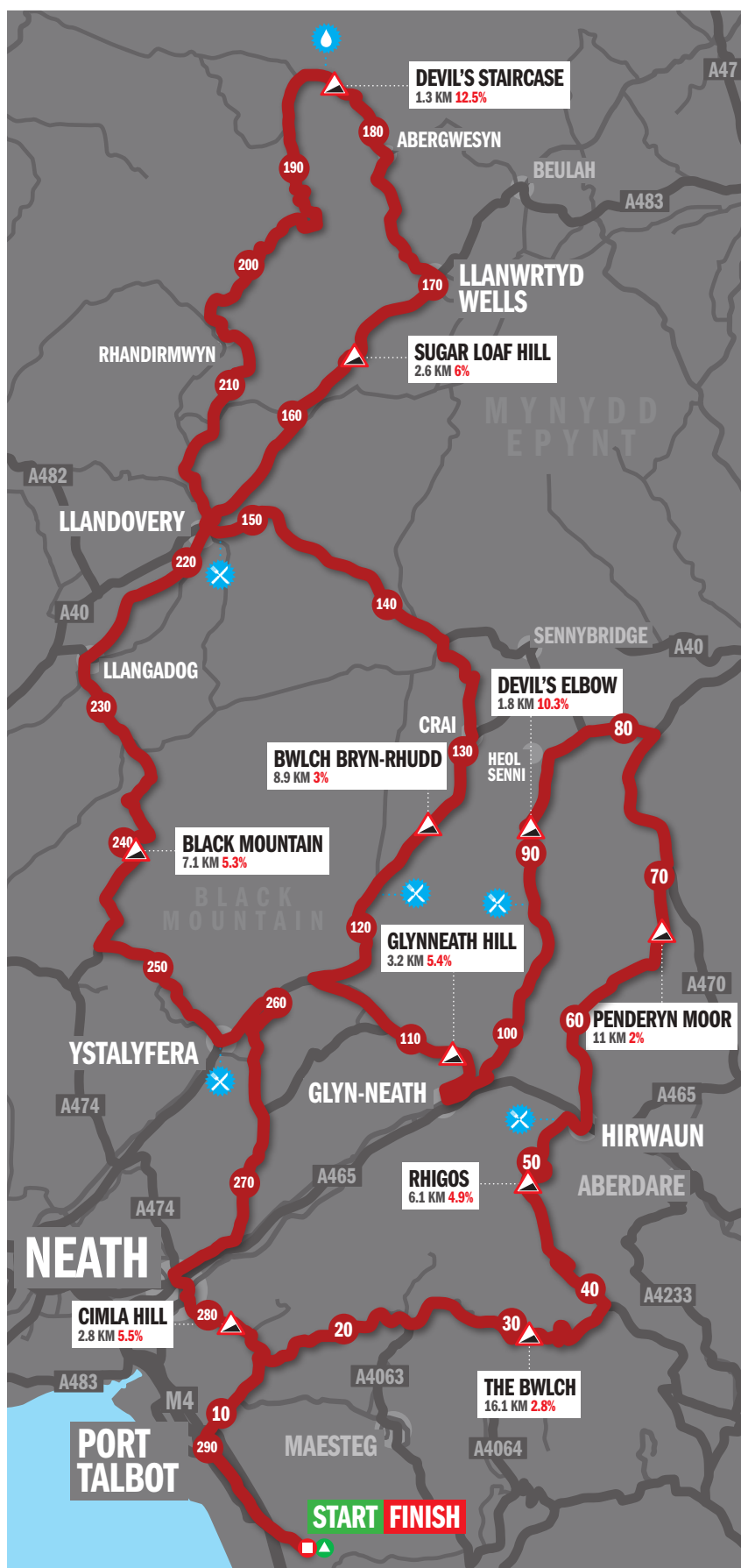
Riders must get to the Gran Fondo split (138km/86 miles) by 13:55 = average speed of 20kmh/13mph.

Cut Off 2

Riders must get to Llandoverly Feed Station (154km/96 miles) by 14:40 = average speed of 20kmh/13mph.

Signage

Follow  for the whole route.

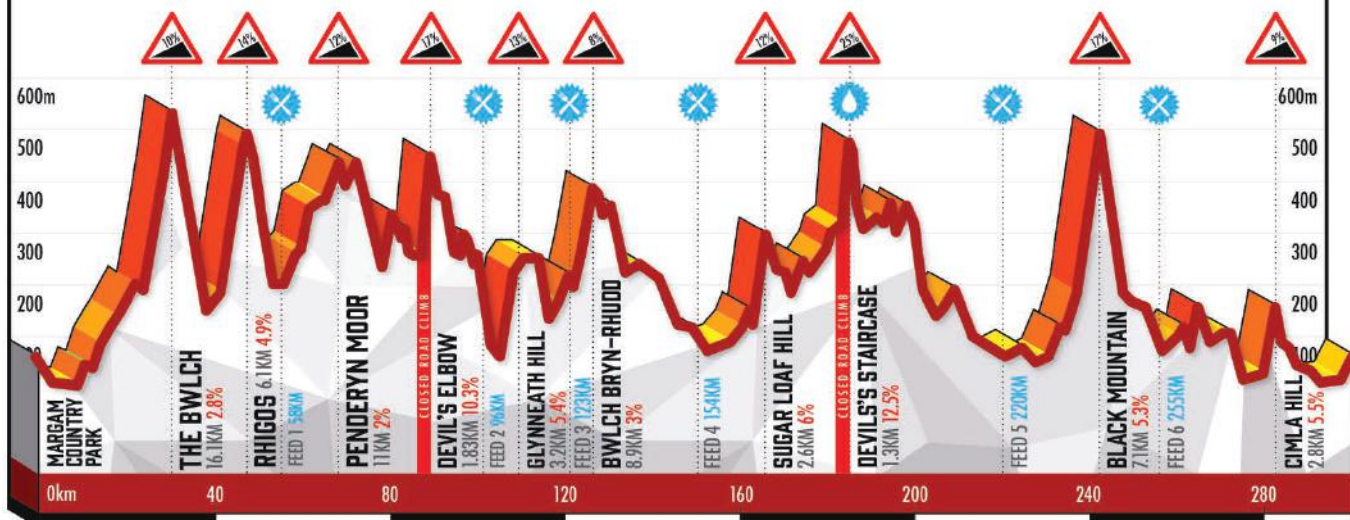




DEVIL ROUTE

DRAGON RIDE DRAGON DEVIL

DISTANCE 298KM ASCENT 4396M





GRAN FONDO ROUTE

The original distance and a huge test for cyclists of all abilities:

Climbing

The route features 3 x Category 5 climbs and over 3,500m of total climbing.

Timed Climbs

There is one timed climb, (Devil's Elbow at 90km).




Feed Stations

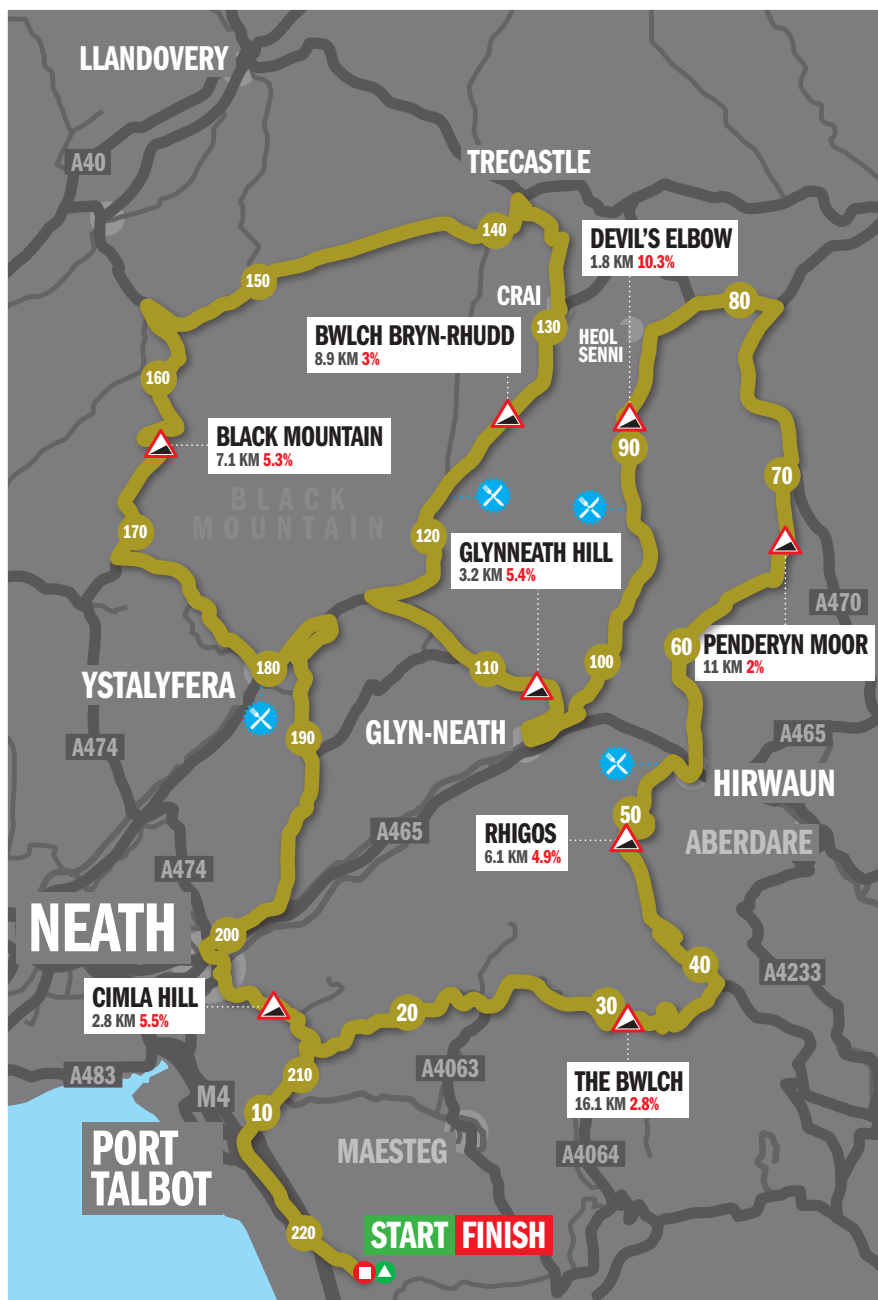
4 stops at approx 59km, 96km, 122km & 179km.

Cut Off

Riders must get to the Medio Fondo split (112km/69 miles) by 14:05 = average speed of 20kph/13mph.

Signage

Follow  until the Gran Fondo splits from the Devil, then follow  until the Gran Fondo and Devil meet and follow  all the way to the Finish.





MEDIO ROUTE

A really challenging ride featuring three of the four signature climbs of the Gran Fondo route:

Climbing: The route features 2 x Category 5 climbs and nearly 2,500m of total climbing.

Timed Climbs

There is one timed climb (Devil's Elbow @ 90km).

Feed Stations: 2 stops at approx. 59km & 96km.




Cut Off 1

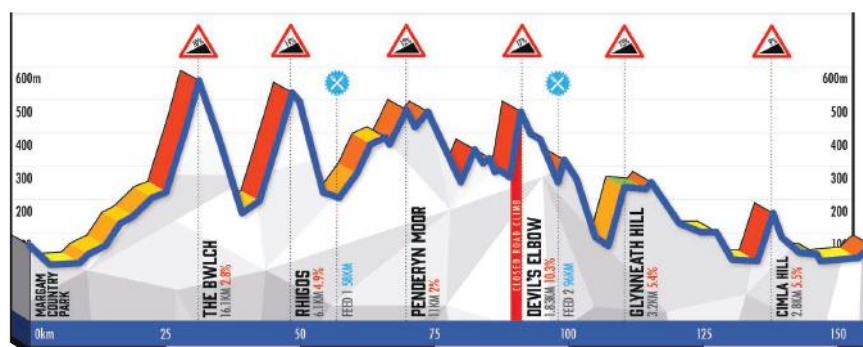
Riders must get to the Macmillan 100km split (54km/34 miles) by 12:30 = average speed of 12mph.

Cut Off 2

Riders must get to Glynneath (105km/65 miles) by 15:55 = average speed of 10mph.

Signage

Follow  until the Medio Fondo splits from the Gran Fondo and then follow  until the route merges with the Gran Fondo where you then follow  all the way to the Finish.





MACMILLAN 100 ROUTE

Now a permanent fixture at the Vitus Dragon Ride, the Macmillan 100 is a great test featuring two cracking climbs:

Climbing

The route features the Bwlch and Rhigos climbs featured on all other routes and over 1,400m of total climbing.

Timed Climbs

There are no timed climbs.




Feed Stations

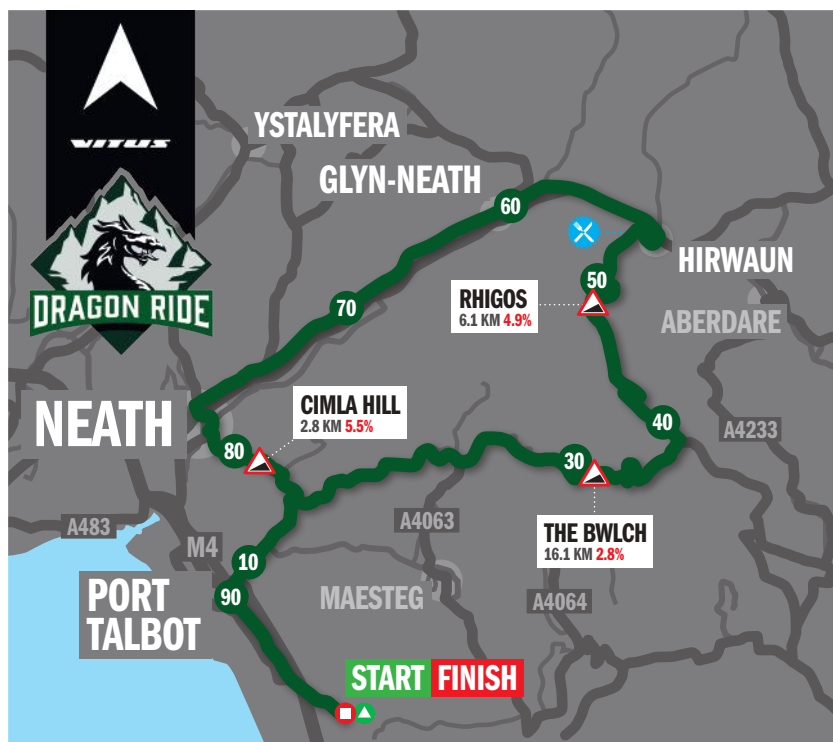
1 stop at 55km.

Cut Off

There are no cut offs.

Signage

Follow  until the Macmillan 100 splits from the Gran Fondo and then  until the route merges with the Gran Fondo where you then follow  all the way to the Finish.





SWEEP VEHICLES

There will be three sweep buses **only** operating at the event, which are coaches that will depart from set locations and return to Margam Park at these set times:

12:30 Collection from Feed

Station 1 Penderyn Community Centre, CF44 9UX (58KM).
All routes except Macmillan.

15:00 Collection from Pontrefechan, (110KM)

All routes except Macmillan.

17:30 Collection from Feed

Station 5, Ysgol Gymraeg Dyffryn Y Glowyr, 69 Bethnal Road, SA9 2PT.
Devil and Gran Fondo routes.

The sweep vehicles will be able to collect both riders and their bikes. If things aren't going to plan and you feel you may drop out please keep

in mind these locations and try to get to them (this may include riding or walking back down the route) if you can.

However, if you need collecting from a location not in the above plan, please call us on the emergency number below. We may be able to send a route manager to collect you and bring you to the nearest sweep bus. However, given the length of the route, and other support that maybe being given, you should be aware that our route managers may not be able to get to you for a long time. Therefore, please make sure you have made alternative arrangements to get back to Margam Park in advance with your family/friends or call a taxi company just in case.

Emergency rider number
07593 005663





DON'T FORGET!

Drinks Bottles & Refreshments

You will be able to refuel at the feed stations but please make sure you start your ride with the right sustenance (we recommend 2 full drinks bottles and snacks).

Lights & Reflectors

Please ensure that your bike is fitted with reflectors and/or bike lights.

Bike & Helmet

Please make sure your bike is in good working condition and recently serviced. Helmets are compulsory and **MUST** be worn on the day.

A Bike Repair Kit

This should include plenty of spare inner tubes, a pump, a puncture

repair kit, multi tool, tyre levers and spare chain links. Mechanical support will be available at feed stations but bringing your own provisions will mean you can get back on your bike much quicker and are less likely to face the disappointment of having to drop out due to a technical fault.

Clothing

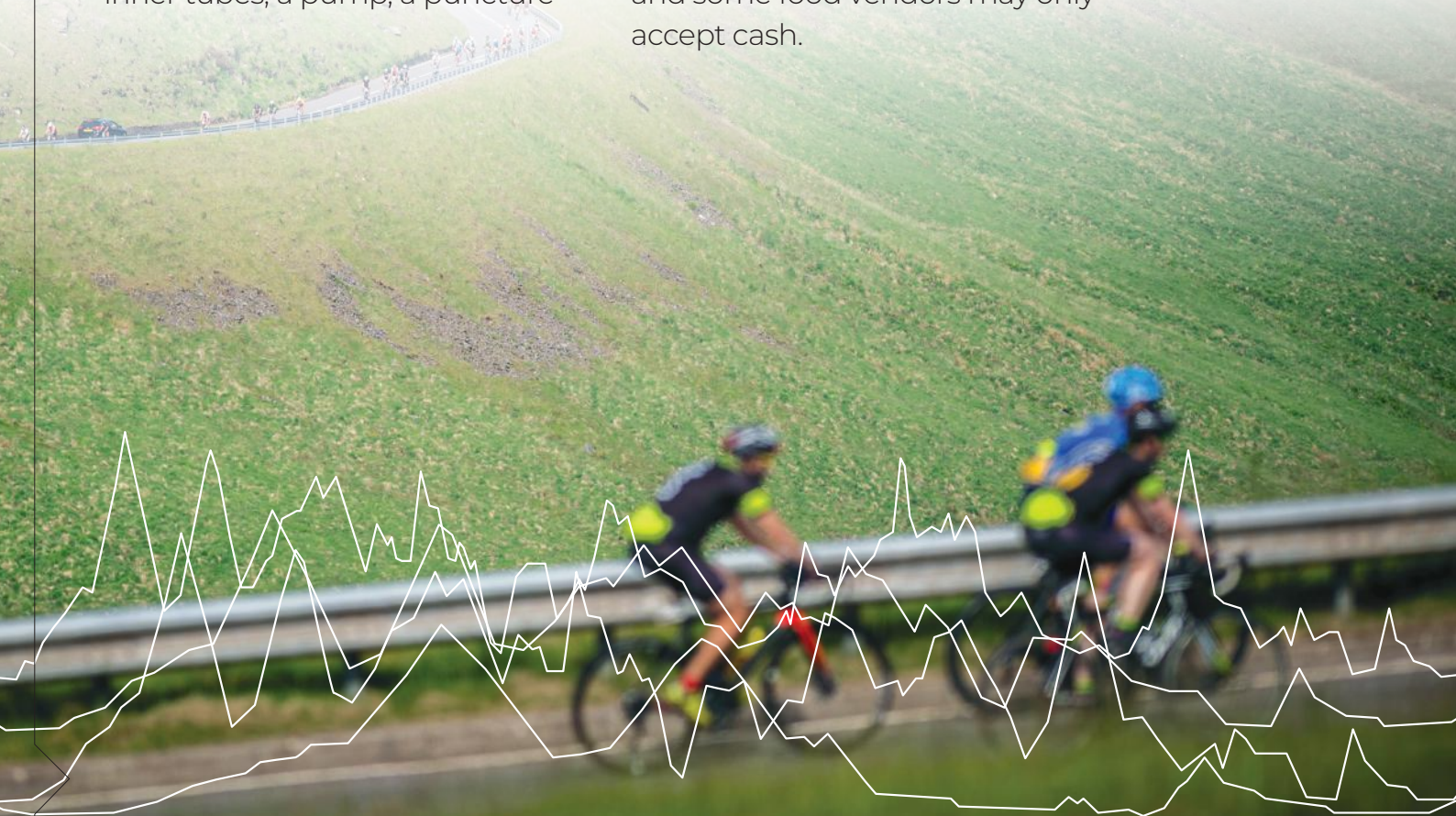
Conditions can vary across the route. Please ensure you bring appropriate clothing for all cycling conditions.

Event pack

For details see next page.

Cash

There are no cash points on site and some food vendors may only accept cash.





EVENT PACK

Your Rider Pack will be posted to you prior to the event. Packs will begin to arrive with participants from 28th May but can arrive any time until a few days before the event.

If you have not received your pack by Friday 7th June or you are an overseas entrant, you will need to collect a pack from the Information Desk (in the Event Village) on Sunday 9th June. Please allow at least 45 minutes prior to your start time for pack collection. Please bring some form of photo ID with you. If you are in the area, you can also stop by the information point at the Dragon Tour (Newport Stadium) on Friday or Saturday, between 9 – 3pm.

If you receive your pack in the post, you will not need to register on the day.

Within your pack, you will receive your event number, helmet and bike stickers (with timing chip) and bike coloured card, all of which you need to bring with you to the event.

Your event pack and number are your passport to the day. Please note that for safety reasons, event packs are non transferable. Any participant caught wearing someone else's number will be removed from the event. Thank you for your understanding.

Within your pack, you will receive the following, all of which you need to bring with you to the event:

1. Large Event Number This must be attached to your back, on the outside of your clothing (safety pins are not included). This must be visible at all times during the ride and is your passport to the feed stations and sweep vehicle where required.

2. Coloured Card This is for us to identify who is riding which distance so the colour you have received will match your chosen distance. Please attach this to the front of your bike with the cable ties provided.

3. Helmet and Bike Stickers These stickers, printed with your event number, should be affixed as follows:

- One small sticker for the FRONT of your helmet (so we can identify you from the front)
- One small sticker for the Coloured Card provided
- The long sticker is to be attached around your bike seat post pointing backwards (so we can identify you from the side)

4. Timing Chip Your timing chip is the small silver tag which is stuck onto the long rectangular seat post sticker. This is very important so please ensure the long sticker is securely attached to the seat post of your bike. If it is not attached correctly or damaged in anyway, your results may be affected.



This event is an open road sportive, not a race. From start to finish there will be signage marking the route, please see your distance page for this information.

In addition to route arrows, signs may also indicate when you are approaching a feed station, climbs, route split or route merge.

Additionally, there may be 'Caution', 'Junction Ahead', 'Slow', 'Caution Course Narrows Ahead',

'Single File', 'Keep Left' and other signage along the route.

Please observe the signs on route, they are in place for your safety and to warn you of what is approaching on the highway.

HOWEVER, signs will not and cannot highlight every risk or road condition, so you must be alert and maintain awareness of your surroundings and other road users at all times.





ROAD AWARENESS / CYCLING CODE

All participants will be expected to adhere to all briefings/information given in communications shared in advance of the event, briefings given on the day (which may supersede previous information if there have been any changes), highway code and also to the Human Race cycling code, which includes the following:

Unless otherwise or expressly stated, the roads should always be considered as open to traffic (even if signs suggest they may be shut) and you must ride accordingly – including obeying all Highway Code rules and road regulations at all times.

<https://humanrace.co.uk/article/key-points-cyclists-highway-code>

- You are requested to ride in single file where appropriate and no more than 2 abreast at any time. Single file riding is mandatory when double white line systems are in operation on the roads.
- Unless required during a safe overtaking procedure you should not cross the centre line whilst riding, and should make sure, particularly on descents, that you slow down sufficiently to be able to make a turn onto a side road without having to cross onto the 'wrong' side of the road.
- Please always remain aware of your fellow participants and all other road users (including motor vehicles, other cyclists, horse riders and pedestrians) and ensure you always leave sufficient space / give way where required.
- Please always indicate and signal your intention to stop or change direction, including at junctions.
- Please do not pass through any red traffic lights, but wait as directed. Similarly give way at all pedestrian crossings to those wishing to use them.
- Please look out for and observe all highways signage relating to

descents, bends, road regulations, cattle grids and other hazards.

● Please also take note of any specific event signage which has been erected for the event as this will be in place for your safety and to warn you of what is approaching– **HOWEVER these will not and cannot highlight every risk and so you must remain alert and maintain an awareness of your surroundings at all times.**

● You should remain in control and ride according to your ability as well as the road conditions / environment. So think and look ahead to look out for any potential obstacles / risks coming up. This may include hidden dips and obstacles / hazards around corners – if you cannot see a good way along the road ahead of you or around a corner then slow down accordingly so you can respond / react if necessary.

Please note that we reserve the right to terminate your participation if you fail to comply with any of the above, or are seen to be riding dangerously.





ROUTE SUPPORT

MOTORCYCLE MARSHALS

There will be a fleet of motorcycle marshals out on the route who are clearly identifiable as being part of the event. They are there to help you, and act as first responders in the event that there is an incident on the route.

MECHANICS

There will be mechanics located at the start venue and at each feed station to assist with any issues you

have with your bike. There are no spare bikes available. If you require mechanical parts, you will be charged so please ensure you have cash to pay for this.

MEDICAL SUPPORT

St. John Ambulance provide medical cover for the event and are located at each feed station and in vehicles around the route. If you need medical attention, please call the emergency number **07953 005663** and we will be able to deploy resources to you.





KEY INFORMATION

Human Race, organisers of the event, reserve the right to terminate participation on health and safety grounds. This includes the re-direction or closure of sections of the route due to events outside our control or in the event of severe weather conditions or traffic incidents.

Mobile phone reception can be poor on some sections of the route. If you are unable to get a signal for assistance please ask a fellow rider to relay your message when further along the route or wait for a Motorcycle Marshal or Route Vehicle to assist you.

Please support your fellow riders around the route and back at the finish when you have completed your ride. For over fourteen years, participants in the event have raised many thousands of pounds for charities across the UK and beyond, and all cyclists will welcome encouragement on the climbs and at the finish line!

There is free hot food available to all riders in the event village when you finish your ride. There is also a massage tent, more information on price and pre-booking can be found on the Event Village page of this guide.





MAKE YOUR EVENT COUNT

MACMILLAN CANCER SUPPORT

Thank you to everyone who is supporting our official charity partner, Macmillan Cancer Support. Macmillan provides physical, emotional and financial support to help people with cancer to live life as fully as they can.

Every two minutes someone in the UK is diagnosed with cancer. With your help, Team Macmillan are aiming to raise over £86,000 at the Vitus Dragon Ride 2019. This could pay for a Macmillan social care worker or family support worker for 3 years, helping patients, family members, and carers manage the social and practical problems of living with cancer.

It's not too late to join Team Macmillan and use your cycling challenge to help people with cancer to live life as fully as they can. You can fundraise



£506

could support our welfare rights advisers run the welfare rights element of our phone service for 1 hour. In this time, they could, on average, deal with 15 cases and help secure around £20,000 in unclaimed benefits for people affected by cancer.



£335

could pay for a Macmillan Grant that helps a family affected by cancer take a holiday and enjoy precious time together.



£250

could pay for a cancer self-help and support group to set up its own website. The group could then use the website to promote itself, list the dates of meetings and encourage members to keep in touch and chat online.



£112

could pay for a Macmillan Support Worker for 1 day, helping people living with cancer receive the support they need.



£50

could help run a large Macmillan information and support centre for 1 hour, helping people affected by cancer to find information and support.

by setting up an online giving page or make a donation at the Macmillan stand in the event village. To find out more visit www.macmillan.org.uk/dragonride

If you fundraise £200 before the event weekend, you'll receive a newly branded Macmillan jersey, which you can collect on the day. You'll also be entered into a prize draw to win an official Tour de France Green Jersey signed by 6-time winner, Peter Sagan!





EVENT NUTRITION

Our official sports nutrition partner, **Optimum Nutrition**, will be providing a range of product for the Vitus Dragon Ride.



On route there will be **Gold BCAA Train + Sustain** drink sachets to reduce tiredness and support your immune system, and **Optimum Nutrition Carbo Energy Gels** specifically designed to help you maintain performance during high intensity and prolonged exercise.

Post event, you will be able to pick up an **Optimum Nutrition Gold Standard 100% Whey Protein Shake** to help with your recovery.

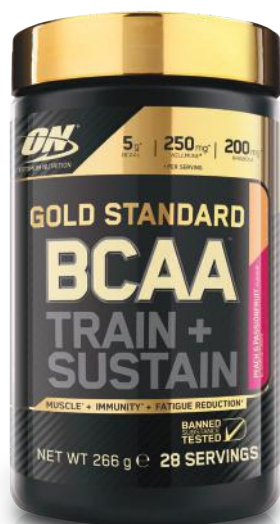
Find out more about Optimum Nutrition products here.

www.optimumnutrition.com

*Please note, these gels are not currently available for purchase. If you do not feel comfortable using a gel on event day that you have not sampled before, please bring your preferred brand. Optimum Nutrition products are Informed Choice.

Gold Standard BCAA Train + Sustain

- 5 g BCAAs in 2:1:1 ratio
- Vitamin C to support immunity
- Magnesium for muscle support
- Magnesium and vitamin C to reduce tiredness and fatigue
- Unique formula that contains Rhodiola rosea, Wellmune® and a blend of electrolytes.
- Light, refreshing and easily drinkable



Optimum Nutrition Gold Standard 100% Whey Protein Shake

After cycling, your body uses protein to help repair and rebuild muscle fibres. Gold Standard 100% Whey™ protein is easily digested in the stomach, meaning it provides a fast delivery of protein to muscles. This is especially important immediately after training, when the muscle has been broken down. Whey is also a source of branched chain amino acids (BCAAs), including Leucine.



OPTIMUM™ Bar:

The OPTIMUM™ bar is the new perfect balance of high protein and great taste! A delicious, soft and whipped base topped with layers of crispies and caramel and enrobed in real dark Belgian chocolate coating for an unrivalled taste experience. Protein bars aren't supposed to taste this good.

- The optimum balance of High Protein and great taste
- 20 g HIGH PROTEIN
- NO ADDED SUGARS* contains naturally occurring sugars.
- Made with real Belgian chocolate
- Suitable for vegetarians



Optimum Nutrition Carbo Energy Gel

gives you 23g of carbohydrate in 2:1 mixture of maltodex steps, fructose and a carefully balanced combination of 4 electrolytes that together with the carbohydrate content can improve the absorption of water during exercise.

- 96 kcal
- 24g Carbohydrates
- Fat free



If you are in training for a Human Race event get your exclusive 20% discount.

Simply use code **HR20** at check out on all purchases at: www.optimumnutrition.com



EVENT MERCHANDISE

JERSEY

This year we have partnered with world famous cycling jersey designers **Rapha**, to create a commemorative jersey for participants. This year's jersey design has subtle connections and creative tributes to the Welsh countryside and some of the climbs you will face on the ride. To pre order this jersey and other event merchandise, please visit the **Event shop**.



Rapha®



ITAB PERSONALISED MEDAL

Make your finish medal even more special with an engraved ITAB medal insert. If you ordered your ITAB whilst entering the event, you don't need to do anything, your ITAB will arrive in the post shortly after event day. If you still need to personalise your medal just click here to log in to your **MyEvents** portal and select 'purchase merchandise'.



EVENT PHOTOS

All your official digital photos for just £20 if you buy now - post-event price £40 so **order now**. Offer ends midnight Thursday 6th June. We will have professional photographers stationed all over the course and finish line ready to capture that timeless photo - Just don't forget to SMILE





SUNDAY EVENT VILLAGE

MACMILLAN CANCER SUPPORT

Any riders raising money for Macmillan will become a Vitus Dragon Ride VIP and be entitled to enjoy the VIP marquee on event day featuring free post-ride massage, snacks and drinks. You can also find out more about the great work Macmillan do plus make a donation at their stand.

LQD

WOUND CARE

The Human Puncture Repair Kit - LQD Spray seals, heals, and gets you back on wheels. Come and relax in the LQD Crash and Graze Zone and learn more about this new and unique wound care spray.



Our official sports nutrition partner, Optimum Nutrition, will be on hand in the event village to kick start your recovery with free samples of Gold standard 100% Whey protein shakes.

FOOD

A FREE wholesome meal will be provided to all riders post event. Simply show your race number to receive your meal. Please remember to bring cash with you as there are no cash points on site

Rapha®

Come check out our Dragon Jersey and more stylish cycling clothing in the event village to see why for the past 15 years Rapha is committed to making cycling the number 1 sport in the World!



Try an ERDINGER Alkoholfrei natural, isotonic sports recovery drink at this event.



Hiring a bike from British Bike Hire gives a great range of options, as well as delivery to the event and fitting by a team of expert mechanics all included in the price.

Book yours now.

wiggle / GET THERE

SPORTIVE KIT LIST

CHECK OUT THIS HANDY SPORTIVE KIT LIST TO ENSURE YOU'RE RIDE READY. YOU CAN EVEN GET FREE UK DELIVERY WHEN YOU SPEND OVER £16 OR YOU CAN PAY A LITTLE EXTRA TO GET GUARANTEED NEXT DAY DELIVERY.

MEN'S OUTFIT



[SHOP NOW](#)

NUTRITION



[SHOP NOW](#)

TOOLS & SPARES



[SHOP NOW](#)

WOMEN'S OUTFIT



[SHOP NOW](#)

TECHNOLOGY

GARMIN EDGE 1030 CYCLING COMPUTER



[SHOP NOW](#)





VITUS

R I D E M O R E



INTRODUCING THE
2019 VITUS ROAD BIKE COLLECTION



GET OUT MORE

> CYCLE ROUTES IN THE ATLANTIC LOIRE VALLEY

The Atlantic Loire Valley is a paradise for cyclists, with over 2,800km of dedicated cycle paths and three major cycling routes. Whether you're with friends, family or as a couple, everyone can enjoy the beauty and diversity of the Loire countryside and take the time to savour new experiences on two wheels!

La Loire à Vélo

This trail follows the mighty River Loire for 230km, beginning in Montsoreau and passing the Château of Saumur, Serrant, Oudon, Brissac, Angers and Nantes, as well as the magnificent Fontevraud Abbey. If good food and drink is a must for you then you can easily sample the local fouace, pike in beurre blanc sauce and the wine from the Vallée de Loire wine-making area.

La Vélodyssée

Hugging the Atlantic coast, this is France's longest cycle route (1,200km) and one of the most dramatic, linking Roscoff with Hendaye. It is the French leg of the EuroVelo1 linking Norway with Portugal and spans 420km in the Atlantic Loire Valley taking cyclists along the Nantes-Brest canal and

Loire estuary, through the coves and rocky coastline of the Côte de Jade and finishing in the iodine beauties of the Vendée with its forests, fishing villages and captivating viewpoints.

The Vélo Francette

This 250km pretty cycle trail is France's newest, linking Ouistreham in Normandy with the Atlantic resort of La Rochelle. It's an ideal family-friendly option if you've got the kids in tow and allows you to experience the restorative and idyllic pleasure of slow tourism while following a meandering river and stopping for well deserved breaks to soak up the local heritage and taste the local cuisine.

atlantic-loire-valley.com
BRIMMING WITH HOLIDAY IDEAS



We hope you have a fantastic ride at the Vitus Dragon Ride! Challenging yourself to tackle some of the best and toughest climbs in the UK against the stunning back drop of the Brecon Beacons.

The most important aspect of the day is the riding. It is challenging. Please respect your fellow riders and other road users and be

sensible in your ambition. You will have a much better day by riding under the finish gantry than you will in the back of a sweep vehicle so take it steadily, and if you need to, drop down a distance.

For any further information you may require, please check the website – **www.dragonride.co.uk** – or get in touch either by calling **020 8391 3913** or emailing **cycling@humanrace.co.uk**.





OUR PARTNERS



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