



DRAGON TOUR 2019

ROAD BOOK





OUR PARTNERS





DIRECTIONS

BY ROAD

The **Vitus Dragon Tour** is based at Newport Stadium. Please enter via the Langland Way entrance, there will be signs along the A48 directing you to the event site. Please be aware that when arriving and departing the venue you will be driving on the cycling route. Please drive carefully and be aware that there may be cyclists on the roads around you. If you are being dropped off and collected, please follow the flow of traffic and our stewards will direct you to the right place.

PARKING

There will be free car parking available at Newport Stadium Velodrome Way, Newport NP19 4RA. A parking pass will be emailed to you the week of the event, please ensure that you have this printed and displayed for our stewards when you arrive. If you are cycling to the site, please follow the same directions as vehicles.

DO NOT LEAVE ANY VALUABLES ON DISPLAY IN YOUR CAR.





START TIMES

We will be starting riders at the following times: **Friday 7th: 9:30am. Saturday 8th: 8:30am.**

Please arrive 20 minutes prior to the start time, to give you time to use the toilets and get prepped

before you start. You do not need to register on the day unless there is an issue with your event pack. You do not need to tell us in advance which distance you will ride on the Friday/Saturday, you can decide on the day.

DATE	ROUTE	DISTANCE	CLIMBING	FEED STATIONS
FRIDAY 7TH	Long	112km	1,191M	1
FRIDAY 7TH	Shorter	92km	898M	1
SATURDAY 8TH	Long	100km	1,264M	1
SATURDAY 8TH	Shorter	73km	781M	1





FRIDAY 7TH JUNE

The Friday route takes in the countryside to the North and East of Newport riding through Chepstow, Monmouth and Llanllywel.

Climbing

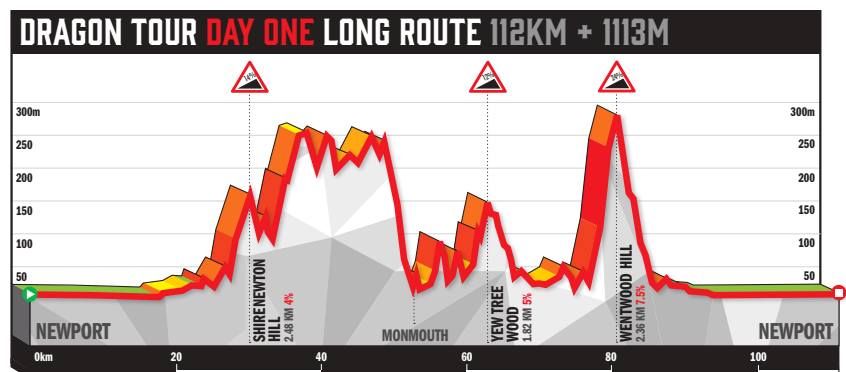
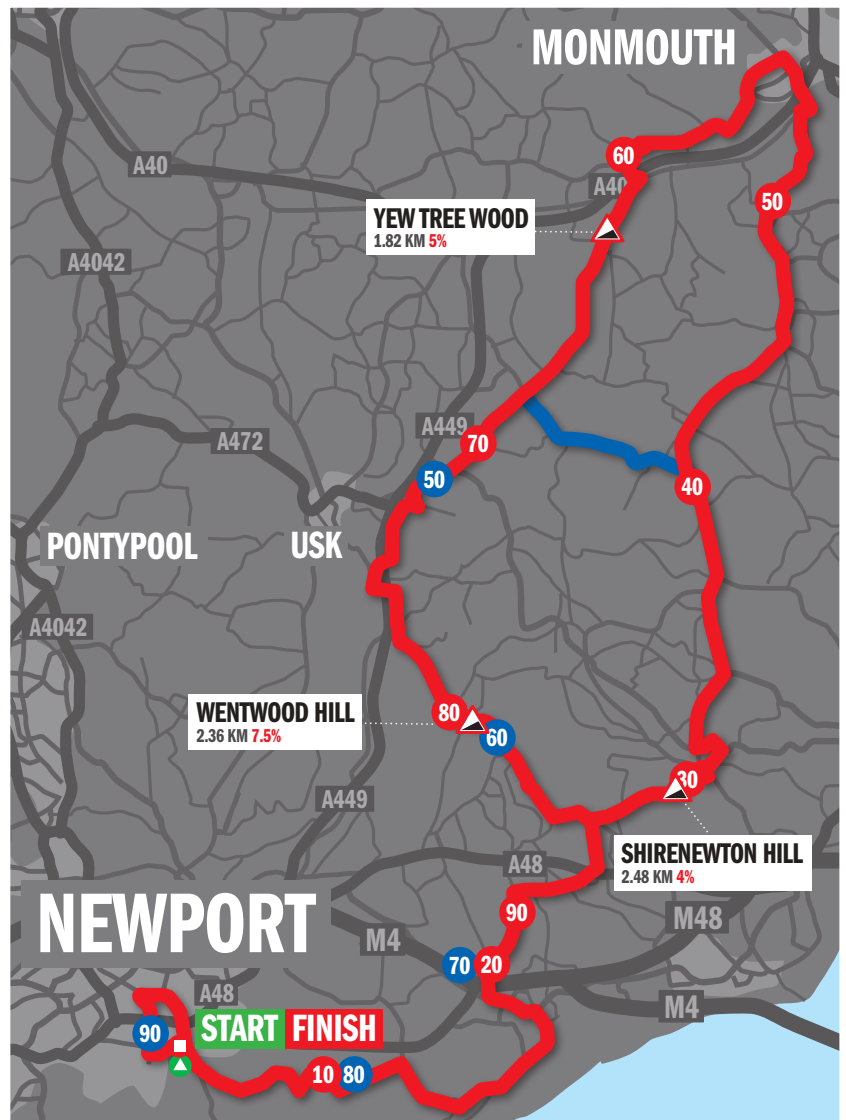
2 x Category 3 climbs,
1 x Category 4 climb,
3 x Category 5 climbs.

Feed Stations

Both routes will have 1 feed station located at 42km.

Evening - 7pm

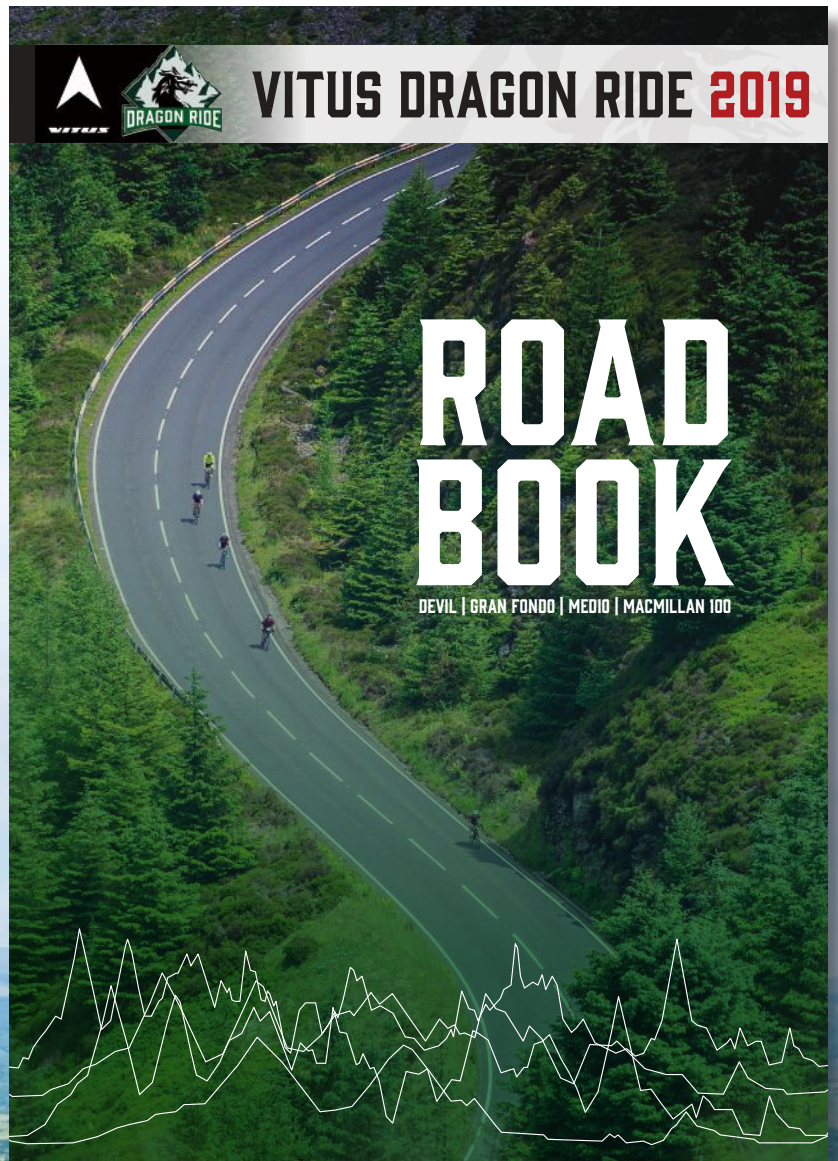
Drinks and entertainment at the local pub – The Blaina Wharf pub
www.blainawharfpubnewport.co.uk





SUNDAY 9TH JUNE

For more information regarding the final day of the Vitus Dragon Tour, please download the Vitus Dragon Ride Event Guide from our website. www.dragonride.co.uk.



Route cut offs are in place for the safety of all riders and the support teams out on the route. 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 (stewards, motorcycle marshals, medics, signage, feed stations). 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. We strongly advise taking the advice of the support team on the route who work on these types of events week in week out.

DISTANCE DROP DOWN

If you are finding the going tougher than you had anticipated, 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 far more satisfying than returning to Newport Stadium in the back of the sweep vehicle.





SWEEP VEHICLES

There will be a limited number of sweep vehicles operating at the event. Each sweep vehicle will have a specific deployment and will be able to collect both riders and their bikes. Please note that sweep vehicles will stick to their deployment plan, if you require collection you will have to wait for the vehicle to reach you which

may take some time. We would ask you to please be patient with this service. We suggest if you don't want to wait, please make alternative arrangements to get back using friends/family/taxi. Please keep us informed of your location if you do require a sweep pick up by calling the emergency rider number – **07593 005663**





DON'T FORGET!

Drinks Bottle & 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 drink 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 & are less likely to face the disappointment of having to drop out due to e.g. 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

Tour Riders will receive one event pack for the entire weekend.

This will be posted to you approximately 5-10 days prior to the event depending on when you've entered (overseas entrants will need to collect their pack on the day). If, for whatever reason, you have not received your event pack by the event weekend, simply come and see us at the event information desk on the day with photo ID and we will be able to issue you a new pack.

PACK CONTENTS

1. Two x large event numbers

Your number will stay the same for the entire weekend but your bib will change on Sunday. This must be attached to your outside garment on your back with safety pins. This must be visible at all times (on your back) during the ride and is your passport to the Feed Stations and Sweep Vehicle (if 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 an race. From start to finish there will be signage marking the route. Everyone will initially follow **WHITE ON RED** arrows until you reach a 'Route Split' location.

Please ensure that you look out for 'Route Split' signs and make sure that you are then following the correct arrows for your chosen route (as shown).

When you see a 'Route Merge' sign you will then return to following **WHITE ON RED** signs. Signs may also indicate when you are approaching a feed station,



**LONG ROUTES
WHITE ON RED**



**SHORT ROUTES
WHITE ON BLUE**

climbs, descents, route splits or route merges. Additionally, there may be '**Caution**', '**Junction Ahead**', '**Slow**', '**Caution Course Narrows Ahead**', '**Single File**', '**Keep Left**' and other signage along the route. Please observe these, signage is in place for your safety and to warn you of what is approaching on the Highway. **HOWEVER** signs will not & cannot highlight every risk or road condition and so you must be alert & 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 & 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 & 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 feed stations and at Newport Stadium 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 **07593 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. 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!





MACMILLAN CANCER SUPPORT

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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

- 5g 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. Why 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.

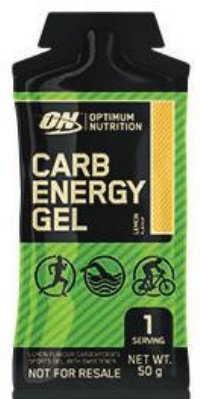
- The optimum balance of High Protein and great taste
- 20g HIGH PROTEIN
- NO ADDED SUGARS* contains naturally occurring sugars.
- Made with real Belgian chocolate
- Suitable for vegetarians



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.

L Q D

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.



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



A. RAPHA CLASSIC JERSEY II
B. DHB AERON SPEED BIB SHORTS
C. GIRO APECK X ROAD SHOE
D. KASK MOJITO X ROAD HELMET

[SHOP NOW](#)

NUTRITION



A. OPTIMUM NUTRITION PROTEIN WHIPPED BITES B. OPTIMUM NUTRITION GOLD STANDARD BCAA
C. OPTIMUM NUTRITION AMINO ENERGY

[SHOP NOW](#)

TOOLS & SPARES



A. LIFELINE PERFORMANCE CNC MINI PUMP
B. X-TOOLS 10 IN 1 FOLDING MULTI TOOL
C. LIFELINE CO2 INFLATOR VALVE HEAD
D. LIFELINE CO2 TYRE INFLATOR CARTRIDGE

E. LIFELINE ROAD INNER TUBE
F. X-TOOLS TYRE LEVERS
G. LIFELINE PUNCTURE REPAIR PATCHES

[SHOP NOW](#)

WOMEN'S OUTFIT



A. RAPHA WOMEN'S CORE JERSEY
B. DHB AERON WOMEN'S HALTERNECK BIB SHORTS
C. GIRO SAVIX WOMEN'S ROAD SHOE
D. KASK MOJITO SPORT ROAD HELMET

[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 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



Taking on the Vitus Dragon Tour is as tough as it gets in terms of UK cycling. South Wales offers some stunning scenery and very challenging riding. Riding for three days is a uniquely tough experience which is why we advise you ride within your abilities for the opening two days to ensure you leave enough in the tank for the Vitus Dragon Ride on the last day.

We will provide free massage at Newport Stadium for Tour riders on Friday and Saturday to ensure that you keep yourself in as good a shape as possible and make sure you have plenty of fuel to get round. Please note that queues will be likely and the

massage therapists will work as hard as possible to ensure everyone gets a massage. Please note that Sunday's massage is a paid for service only.

The most important element of the Tour is the sense of community and camaraderie that you and those around you will feel at completing something that you will be eternally proud of. Whether you are riding for fun, for the challenge or for charity, we wish you the best of luck in your considerable endeavours!

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

