



ROAD BOOK

GRAN FONDO | MEDIO | MACMILLAN 100

26 SEPTEMBER 2021





OUR PARTNERS

MACMILLAN
CANCER SUPPORT



Rapha®



JustGiving™





HERE BE DRAGONS

Welcome to the Road Book for the legendary Dragon Ride, you have been lucky (or brave/crazy) enough to get yourself a place to one of the oldest and most popular sportive's in the UK. Renowned for being tough and gruelling but immensely satisfying in what, we unbiasedly think is the most beautiful setting in the world.

We are proud that through the adversity of COVID-19 we will be returning to the Brecon Beacons for what will be the 17th edition on 26th Sept 2021.

We are also extremely proud of and thankful for each of you, our amazing participants. Firstly, for putting in all the training to complete this feat over a tumultuous time and secondly for showing such huge support through demand for places (yet again).

We have prepared this Road Book to get you up to speed for the event day and make sure everything runs as smoothly as possible for everyone, so please read it carefully and keep an eye on your emails for any additional details closer to the time.

We look forward to welcoming you to these Welsh Hills of ours in a few weeks...





TRAVELLING TO THE EVENT

BY ROAD

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

On Sunday 26th September, 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. Car parking is limited, and for environmental reasons too, please do car share wherever possible. 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.**





SUNDAY TRANSITION

Individual start times will be published on Thursday 16th September. 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.

DISTANCE	START TIME	DISTANCE	CLIMBING	FEED STATIONS
GRAN FONDO	07:05 - 08:08	211km / 131 miles	3,000m / 9,843ft	4
MEDIO FONDO	08:13 - 08:52	157km / 97 miles	2,111m / 6,926ft	3
MACMILLAN	08:57 - 09:09	99km / 62 miles	1,212m / 3,976ft	1

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.





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!





CUT OFFS

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 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 7.30PM, so please aim to finish before then to receive your medal moment!





OUR NEW ROUTES

For 2021 we scoured the Brecon Beacons and our vault to redesign all 4 routes. For the first time in 12 years – we’re challenging our riders to take on the Dragon in reverse. Each route will begin and end at our event village in the beautiful Margam Park near Port Talbot and head into, in our opinion, the best riding in the UK.

Komoot are the Official Route Partner for the Dragon Ride 2021! This means that you, our brave Dragon Slayer, get exclusive access to a free regional bundle for the South Wales region where you can download the GPX files – perfect for navigating your way around The Dragon Ride routes

You can sync with your Garmin or Wahoo: Using Garmin Connect or the Wahoo ELEMNT apps, you can easily sync your route in just a few taps for tracking on your devices. Find your unique code in the email sent to you on 28th July and redeem it by going to www.komoot.com/g
If you can't find your code, please email Cycling@humanrace.co.uk





GRAN FONDO ROUTE

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

CLIMBING

The route features five x Cat 5 climbs and over 3000m of total climbing.

TIMED CLIMBS

There is one timed climb, Devil's Elbow at 136km.

FEED STATIONS

Four stops at approx 65km, 121km, 144km & 170km

CUT OFF

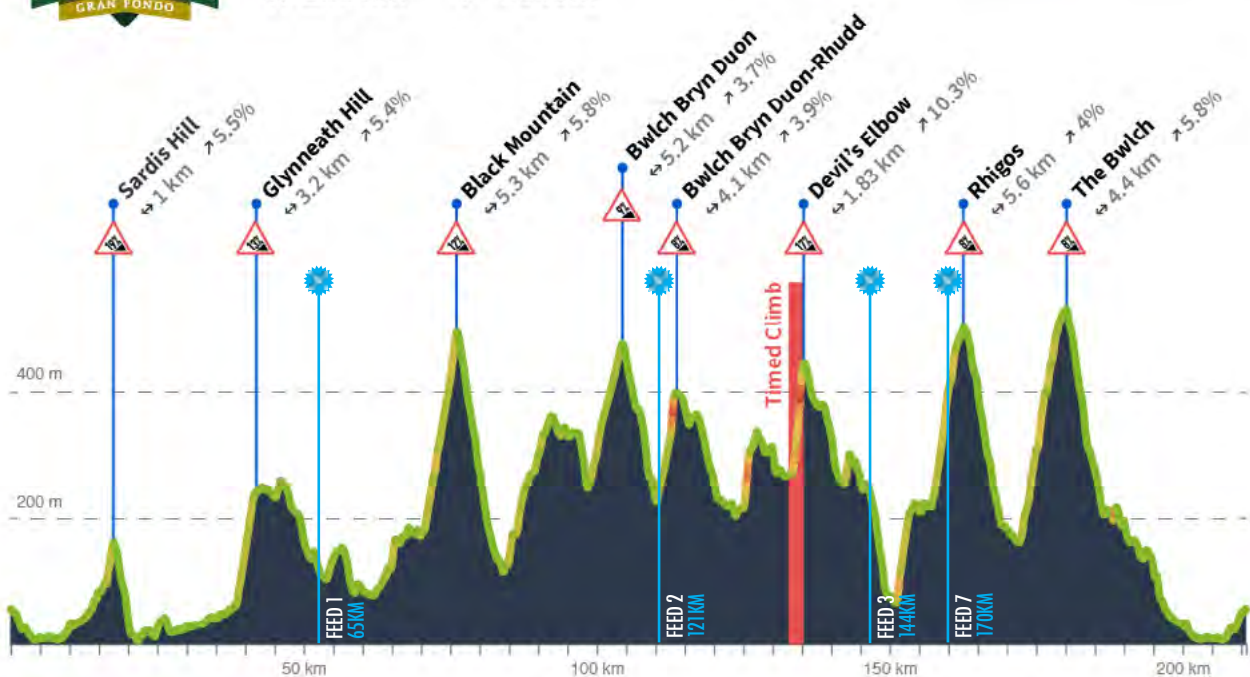
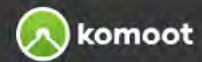
Riders must get to the Medio Fondo split (61km/38 miles) by 10:35 = average speed of 20kph/13mph.

SIGNAGE

Follow the red signs all the way around to the finish



↔ 211 km ↗ 3040m



Dragon Ride Gran Fondo



🕒 10:16

↔ 211 km

↗ 3040 m



MEDIO FONDO ROUTE

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

CLIMBING The new route has added to the climbs totalling 3 x Cat 5 climbs as well as 1 Cat 4 climb with 2,111m of total climbing

TIMED CLIMBS There is one timed climb (Devil's Elbow at 80km).

FEED STATIONS

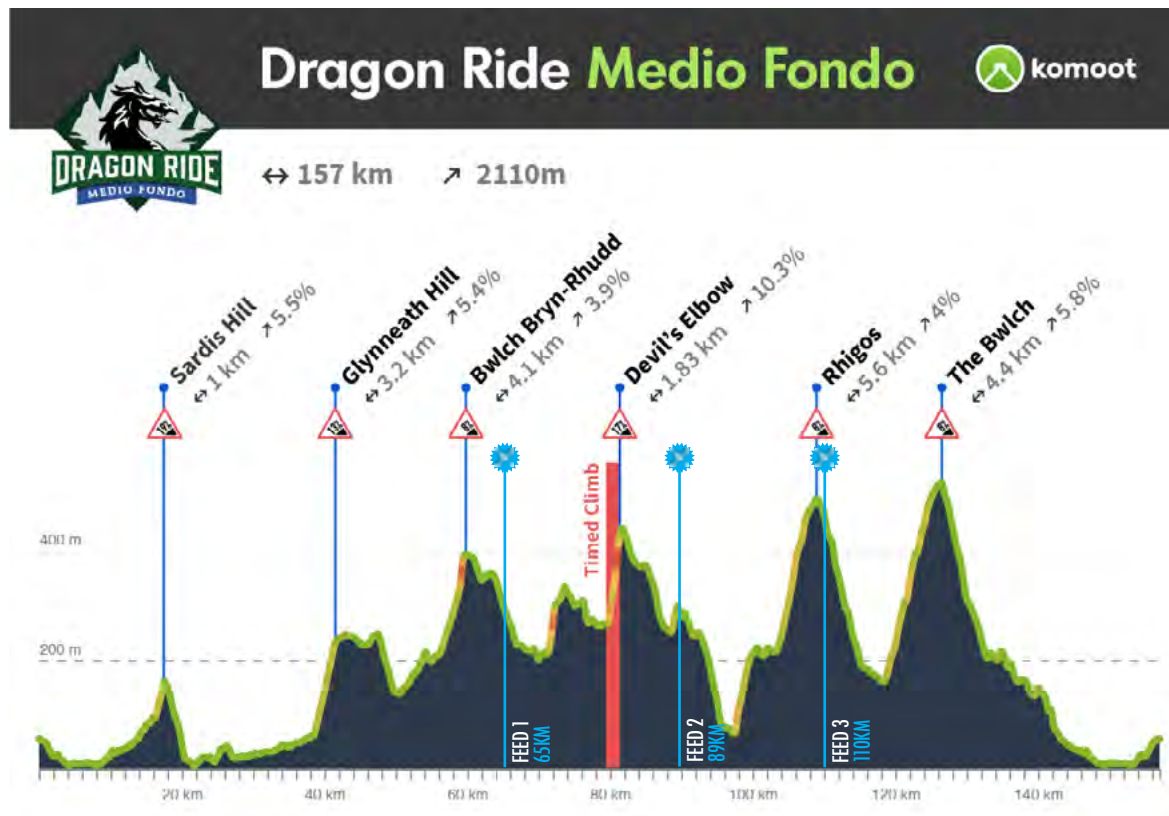
Three stops at approximately 65km, 89km & 119km

CUT OFFS

1. Riders must get to the Macmillan 100km split (40km/25 miles) by 11:30 = average speed of 12mph.
2. Riders must get to Glynneath (100km/62 miles) by 15:55 = average speed of 10mph.

SIGNAGE

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



Dragon Ride Medio Fondo



🕒 7:28 ↔ 157 km ↗ 2110 m



MACMILLAN 100 ROUTE

Now a permanent fixture at the 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 1,212m of total climbing.

TIMED CLIMBS

There are no timed climbs

FEED STATIONS

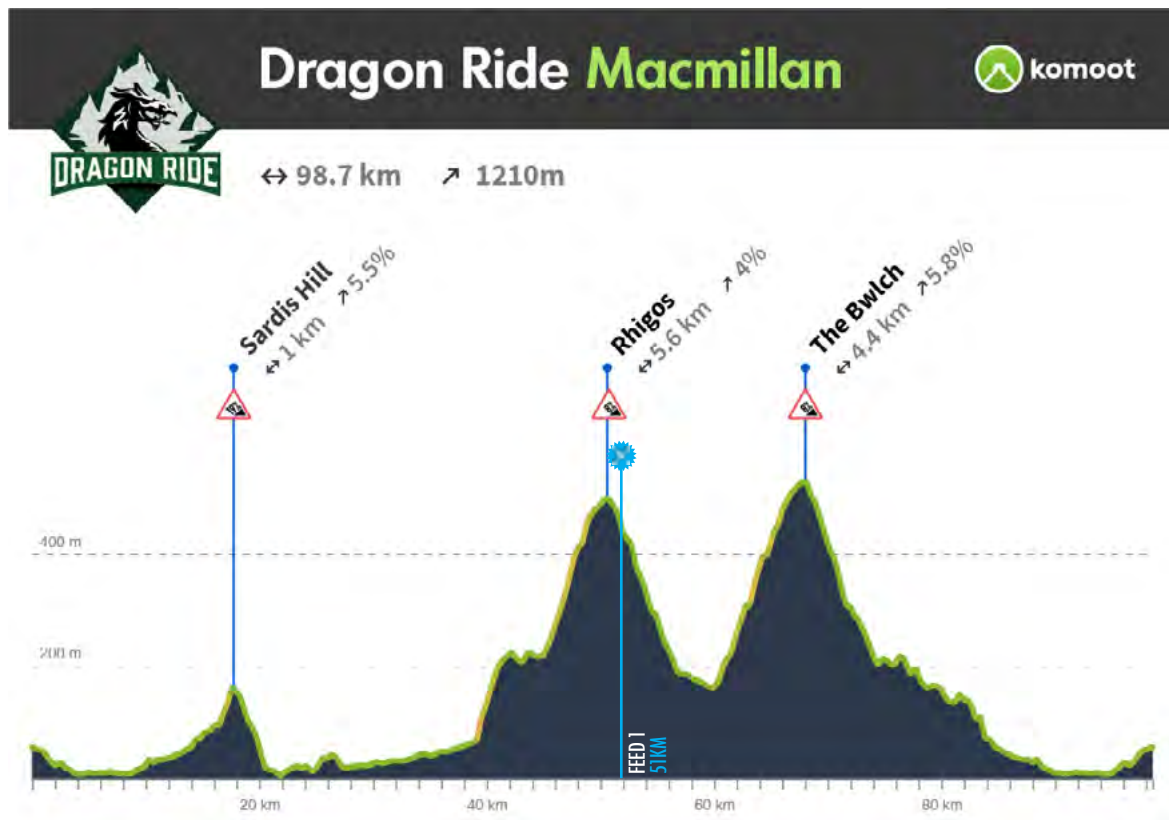
One stop at 55km.

CUT OFF

There are no cut offs on the route itself, but please note the finish gantry closure time mentioned on previous pages.

SIGNAGE

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



Dragon Ride

Macmillan 100



4:36 98.7 km 1210 m



SWEEP VEHICLES ^{1/2}

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:

SWEEP 1 12:30

DEPARTURE LOCATION: Ysgol Gymraeg Dyffryn y Glowyr, Bethel Road, Lower Cwmtwrch, SA9 2HW (65km) Gran Fondo route only

SWEEP 2 15:00

DEPARTURE LOCATION: Pontneddfechan, Glynneath (approx 150km for Gran Fondo; 100km for Medio & 40km for Macmillan)

SWEEP 3 17:30

DEPARTURE LOCATION: Collection from near FS4, Treorchy Coop, Station Road, Treorchy CF42 6UA (170km for Gran Fondo, 119km for Medio and 58km for Macmillan)





SWEEP VEHICLES 2/2

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 listed, 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

IMPORTANT: Please also ensure that before the event you have downloaded and also familiarised yourself with the App '**what3words**'- giving us your location via this will mean we should be able to locate your position more easily - better than trying to describe the field gate you are next to!





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 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 1/2

Your Rider Pack will be posted to you prior to the event. Packs will begin to arrive with participants from 12th September but can arrive any time until a few days before the event.

If you have not received your pack by Friday 24th September or you are an overseas entrant, you will need to collect a pack from the Information Desk (in the Event Village) on Sunday 26th September. 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 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.

You 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.





EVENT PACK 2/2

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.





ROUTE SIGNAGE

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 ^{1/2}

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), the 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.





ROAD AWARENESS 2/2

- 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 ^{1/2}

MACMILLAN CANCER SUPPORT

Thank you to everyone who is supporting our Official Charity partner, Macmillan Cancer Support. There are over 2.5 million people living with cancer in the UK and this is set to grow to almost 4 million by 2030. Macmillan



provide physical, financial and emotional support to help people with cancer to live life as fully as they can.

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 by setting up an online giving page or make a donation at the Macmillan stand in the event village. To find out more click [HERE](#).

If you fundraise £200 before the event weekend, you'll receive a newly branded Macmillan jersey, which you can collect on the day.





MAKE YOUR EVENT COUNT 2/2

WHAT DO TEAM MACMILLAN RIDERS GET?

All VIP riders will receive support from Macmillan's specialist cycling team including a welcome pack with advice on training and some top fundraising tips. (You'll receive this once you've signed up).

We'll also be there on the day to cheer you on and as a Macmillan rider you'll receive:

- Entry into our VIP marquee
- Space to sit down stretch and relax
- A complimentary post-ride massage
- Refreshments before and after the ride to fuel and re-fuel
- A technical cycling jersey if you raise £200 or more

If you're looking for a way to make your event count, why not raise money for a cause you care about? Head to **Just Giving**, make a fundraising page in a few simple steps, and share it far and wide by email and social media.

JustGiving™





EVENT MERCHANDISE 1/2

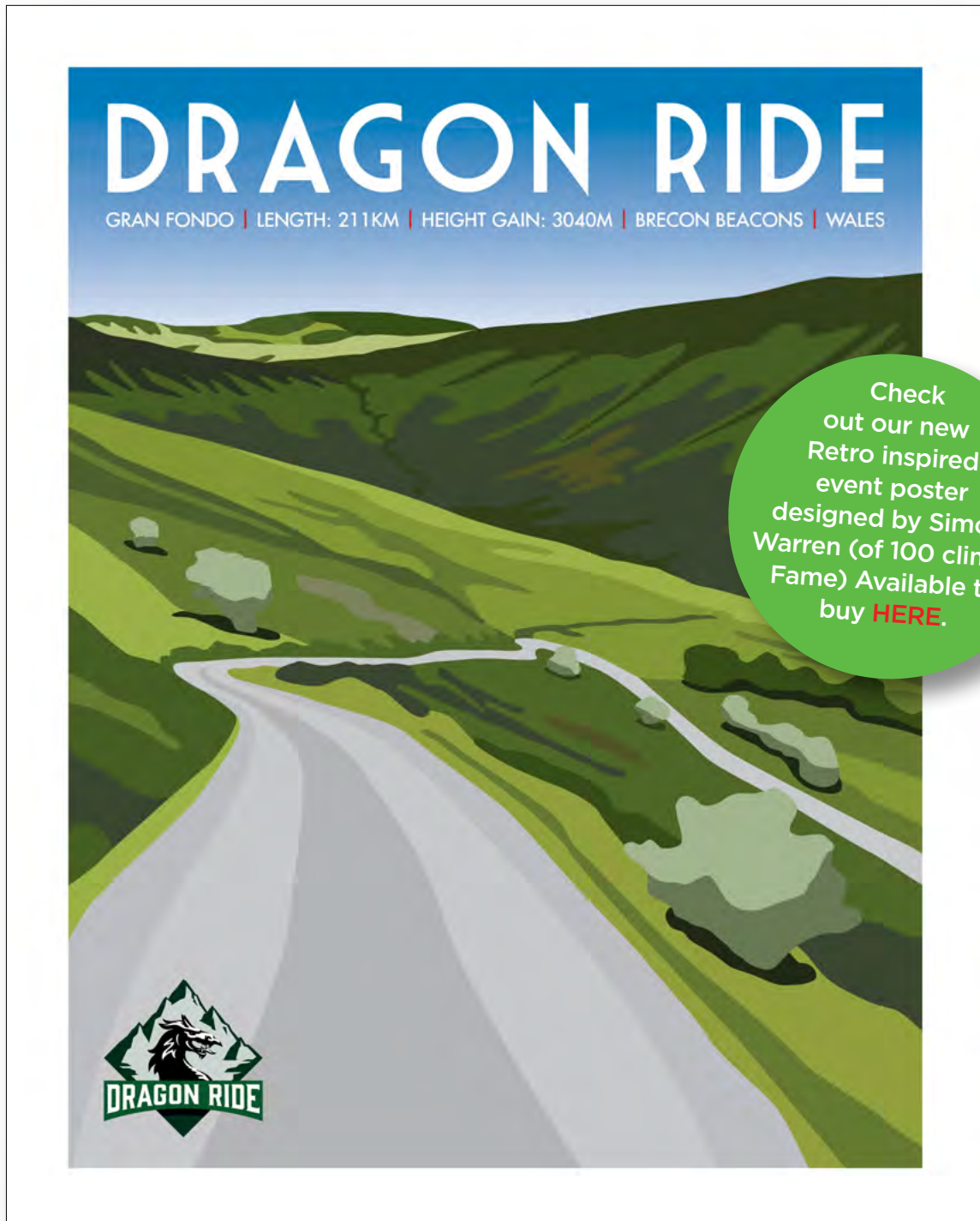
OFFICIAL JERSEY

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. Check out the jersey and other event merchandise at our online Event **SHOP**.





OFFICIAL POSTER



Check out our new Retro inspired event poster designed by Simon Warren (of 100 climbs Fame) Available to buy [HERE](#).



EVENT MERCHANDISE 1/2

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 Saturday 25th September. 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





EVENT VILLAGE

MACMILLAN CANCER SUPPORT

Any riders raising money for Macmillan will become a 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.



Our Partners from SIS will be providing a range of products for riders at the event village including: GO isotonic energy gels, GO energy bars, GO hydro effervescent tablets and REGO Rapid Recovery powder

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 will be there on the day to congratulate you after you ride and offer some much needed coffee and a chance to browse their cycling gear. Come and see why for the past 16 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**.



EVENT NUTRITION

Our Partners from **SIS** will be providing a range of products for riders at the event village including: GO Isotonic Energy gels, GO Energy bars, GO Hydro tablets and REGO Rapid Recovery powder.

THE GO ISOTONIC ENERGY GEL was the world's first isotonic gel effectively delivering an easily digestible and quick supply of carbohydrate for energy during exercise. Provides you with 22 grams of carbohydrate per gel.



HYDRO is designed to ensure you are effectively hydrated to produce your best performance. Hydro meets your sodium requirements at a specific concentration (30mmol/L) that is scientifically proven to produce superior hydration compared with water alone.



SIS GO ENERGY BARS are a nutritious, easily digestible and high carbohydrate based snack made from fruits and wholesome ingredients. SiS GO Energy Mini Bars banana fudge are high in carbohydrate (26 grams), moderate in protein (4.5 grams) and low in fat (2 grams).



SIS REGO Rapid Recovery is a complete recovery product to be consumed immediately after exercise. Containing a blend of carbohydrate (22g), protein (20g) and electrolytes with vitamins and minerals REGO Rapid Recovery is also an ideal food supplement to help you meet your macro-nutrient needs.



Your **nutrition** will be make or break when it comes to not just surviving the miles in the saddle but actually enjoying the event when race day comes. SiS has key tips in order to make sure your nutrition is the best it can be, visit our website to gain top tips so that you make it to the top on race day!



DRESSED FOR THE DRAGON

Whether you're riding the Macmillan 100 or taking on the Devil, your choice of kit matters. Every piece of Rapha clothing is the product of 17 years of relentless research and development, informed by close collaboration with some of the world's fastest riders.

Proven to perform in the professional peloton, our broad collection of performance roadwear is designed for consistent comfort on even the longest rides so that you can take on challenges like this one with complete confidence that your kit won't hold you back.

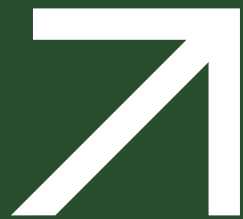
JERSEYS The Pro Team collection comprises highly technical jerseys for men and women, each designed for a specific range of conditions. For your fastest rides, the Aero Jersey has been designed from a pro racer's perspective to minimise drag and maximise speed. If you're clocking up the kilometres, the Pro Team Training Jersey provides a less compressive, all-day, fit. And at the heart of the collection is the Pro Team Jersey, a supremely comfortable all-rounder that every racer needs for both training and racing in warm weather.

BIB SHORTS Every pair of bib shorts in the Pro Team collection has been designed for a specific type of ride and varying weather conditions. Tried and tested at the world's toughest races, the Pro Team Bib Shorts feature low-profile leg grippers and a compressive, race-ready fit. Engineered with groundbreaking woven fabric technology, Now made using recycled materials, the Training Bib Shorts are a reliable pair for comfort during long days clocking the kilometres.

JACKETS & GILETS Weatherproof outer layers provide protection when riding in less than ideal conditions. The Pro Team Winter Jacket is driven by detail to strike the perfect balance between body insulation and breathability. In wet conditions, there's no beating the Lightweight Gore-Tex Jacket for complete protection when riding in the rain and the Insulated Gore-Tex Jacket for particularly chilly rides and races.

Rapha.

RAPHA.CC



FIND YOUR VENTOUX

Find your route to adventure
with komoot



[komoot.com](https://www.komoot.com)



ENERGY UNLEASHED

NEW BETA FUEL RANGE

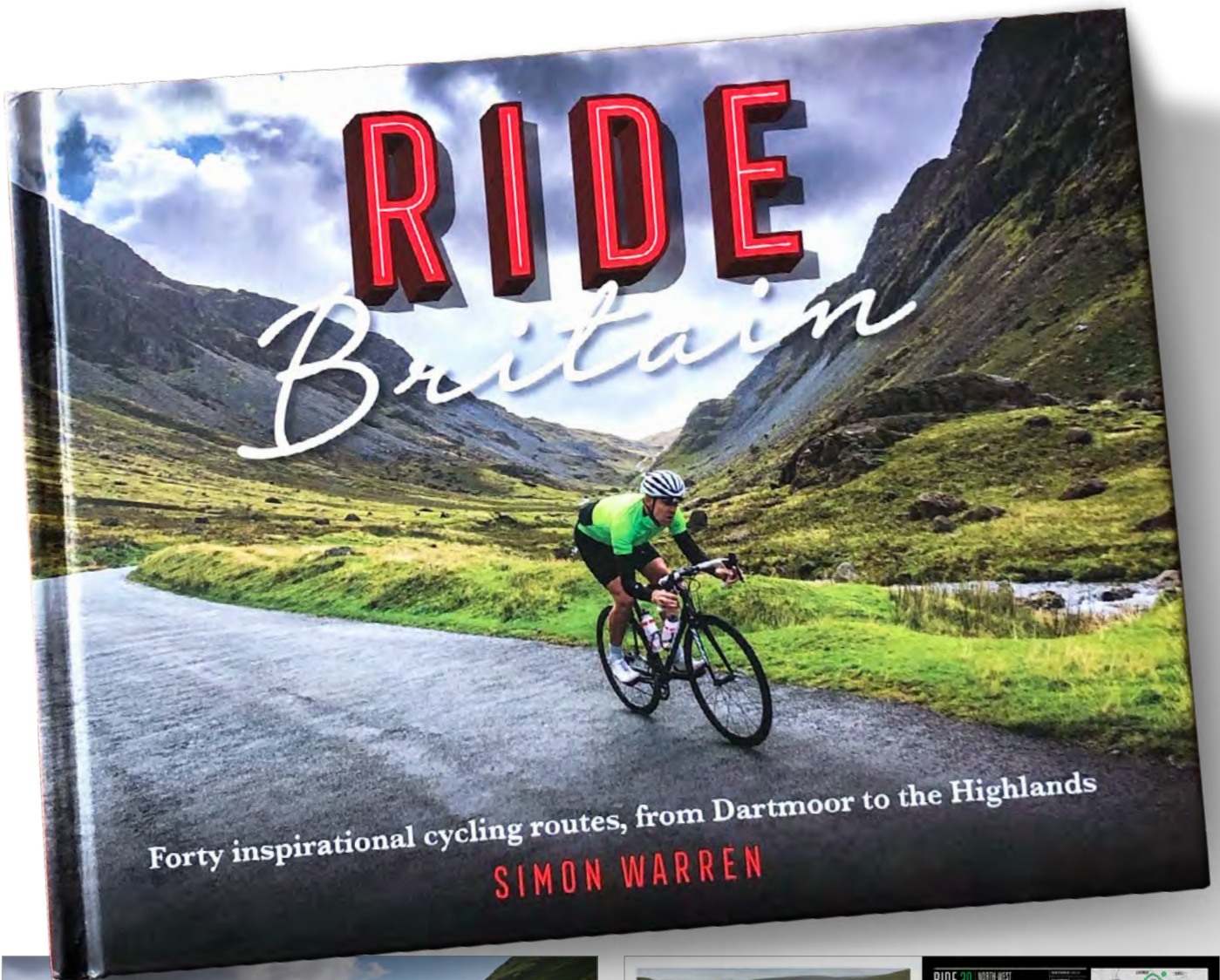
A SCIENTIFICALLY SUPERIOR FUEL FOR ENDURANCE ATHLETES



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RIDE BRITAIN is the new book by Simon Warren author of **100 Greatest Cycling climbs**, who has joined the dots between the famous hills to create forty challenging routes through forty remarkable areas of natural beauty.

AVAILABLE HERE

SIGNED COPIES HERE





THE LAST WORD

We hope you have a fantastic ride at the 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 and support 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](#) or get in touch either by calling [020 8391 3913](tel:02083913913) or emailing cycling@humanrace.co.uk





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