



# EVENT GUIDE

SUNDAY | JUNE 18 | 2023

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# WELCOME

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Welcome to the Road Book for the 2023 Dragon Ride, your go to for all information relating to the event. We can't wait to see you all on 18th June for what will be a momentous day. You're participating in one of the oldest and most acclaimed cycling sportives in the British Isles. The days riding will be tough and exhausting but you will experience a feeling like no other when you eventually cross that finish line.

We are excited to be returning once again to Margam Park for what will be the 19th edition of the Dragon Ride. Starting on the doorstep of Bannau Brycheiniog (the Brecon Beacons), within the first hour you'll begin to ascend into the national park itself. Last year we welcomed over 4,000 riders and we are expecting a similar number this June. We encourage you to speak to your fellow riders when you get the chance as you take on this challenge together. It's this comradery and friendly atmosphere that make this ride so special.

We have prepared this Road Book to get you in gear for the day and to make sure everything runs as smoothly as possible for everyone. 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 Wales in a few weeks time.



# TRAVEL TO DRAGON RIDE 1/2

## BY ROAD

The Dragon Ride is based at Margam Park, Port Talbot, South Wales, SA13 2TJ. The what3words location of the entrance gate is <https://what3words.com/expiring.jelly.hack>. On Sunday 18th June, please follow the signs for Margam Park from Junction 38 off 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 try and access via any other gate or drop off elsewhere. This is to prevent queues backing up behind you, and riders will be leaving from other designated gates so entry will not be permitted.

## CAR PARKING

There will be free car parking available at Margam Country Park. Car parking is limited. For this reason 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. The event car parking is situated a few hundred metres from the start/finish area.



# TRAVEL TO DRAGON RIDE 2|2

## **DROP OFF**

For those requiring a drop off location, follow directions By Road above and carry on driving through the car park to the designated location. Then follow the exit signs/directions from parking stewards. Please do not try and access via any other gate or drop off elsewhere. This is to prevent queues backing up behind you and riders will be leaving from other designated gates so entry will not be permitted.

## **BY TRAIN**

If you are coming by rail, there are 2 stations close by, Port Talbot Parkway & Pyle, both within 5 miles of the site (Pyle is approximately a 15 minute cycle from the station and Port Talbot Parkway approximately 25 mins).

## **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. The closest postcode is **SA13 2TL** and what3words location is <https://what3words.com/social.craziest.verbs>. 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.



# RIDER PACKS 1/2

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Your Rider Pack will be posted to you prior to the event. Packs will begin to arrive with participants from the 5th June but can arrive any time until a few days before the event. If you have not received your pack by Friday 16th June or you are an overseas entrant, you will need to collect a pack from the Information Desk (in the Event Village) on Sunday 18th 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 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 rider pack and number are your passport to the day. Please note that for safety reasons, rider packs are non-transferable. Any participant caught wearing someone else's number will be removed from the event. Thank you for your understanding.





# RIDER PACKS 2/2

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

## **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.

## **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. Please note it is possible to drop down a distance without receiving a new race pack.

## **HELMET AND BIKE STICKERS**

These stickers, printed with your event number, should be affixed as follows: ● One small numbered sticker for the FRONT of your helmet (so we can identify you from the front). ● One small numbered sticker for the Coloured Card provided. ● The long numbered sticker is to be attached around your bike seat post pointing backwards (so we can identify you from the side).

## **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 numbered sticker is securely attached to the seat post of your bike. If it is not attached correctly or damaged in any way, your results may be affected.



# DRAGON DEVIL ROUTE

The infamous Devil is one of the toughest sportives in the UK! With 4614m of ascent, and the distance coming in at a monstrous 296km.

## CLIMBING

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

## TIMED CLIMBS

There are two timed climbs, Devil's Staircase at 132km and Devil's Elbow at 228km.

## FEED STATIONS

Seven stops at approximately 65km, 102km, 134, 168km, 204km, 228km, and 256km.

## CUT OFF

### CUT OFF 1

Riders must get to the Gran Fondo split at Pont-ar-Llechau (88km / 54.8m) by 11:20hrs

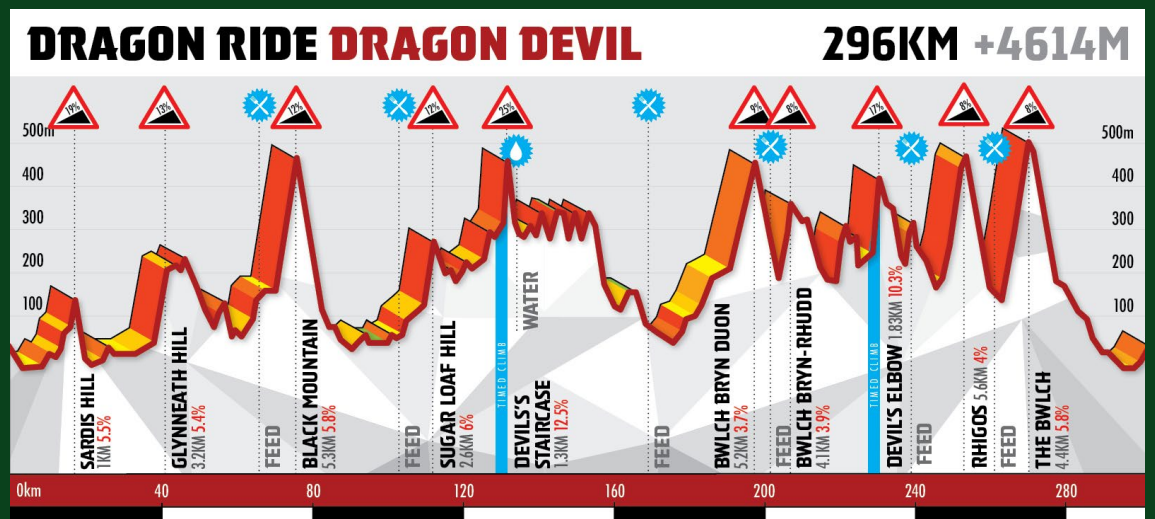
### CUT OFF 2

Riders must get to Feed Station 2 at Llandovery College (102km / 63.4m) by 12:01hrs

These times are based on riders cycling at an average speed of 20km/hr or 12.5m/hr

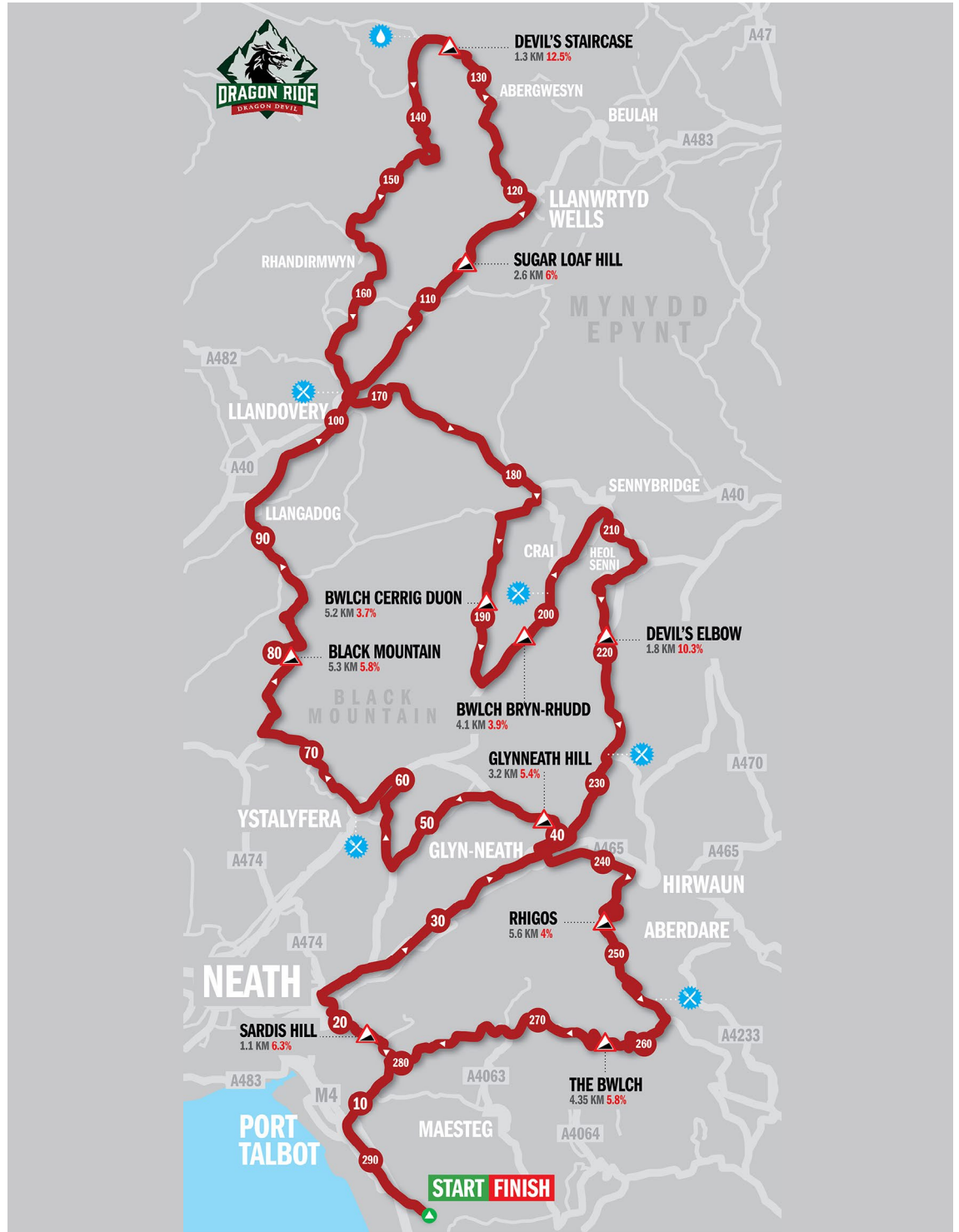
## SIGNAGE

Follow the red signs all the way to the finish





# DRAGON DEVIL ROUTE



**DRAGON RIDE DRAGON DEVIL**  
DISTANCE 296KM ASCENT 4614M





# 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

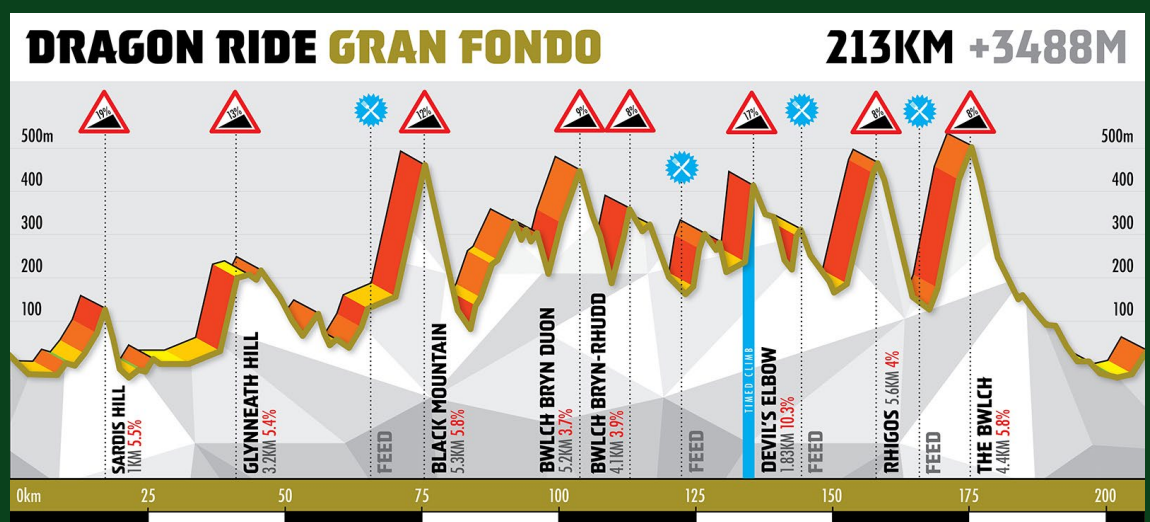
Four stops at approximately 65km, 120km, 146km and 176km.

## CUT OFF

Riders must get to the Medio Fondo split on the A4221 junction with A4109 (45km / 27.96m) by 10:40hrs This is based on riders cycling at a speed of 18km/hr or 11.18m/hr

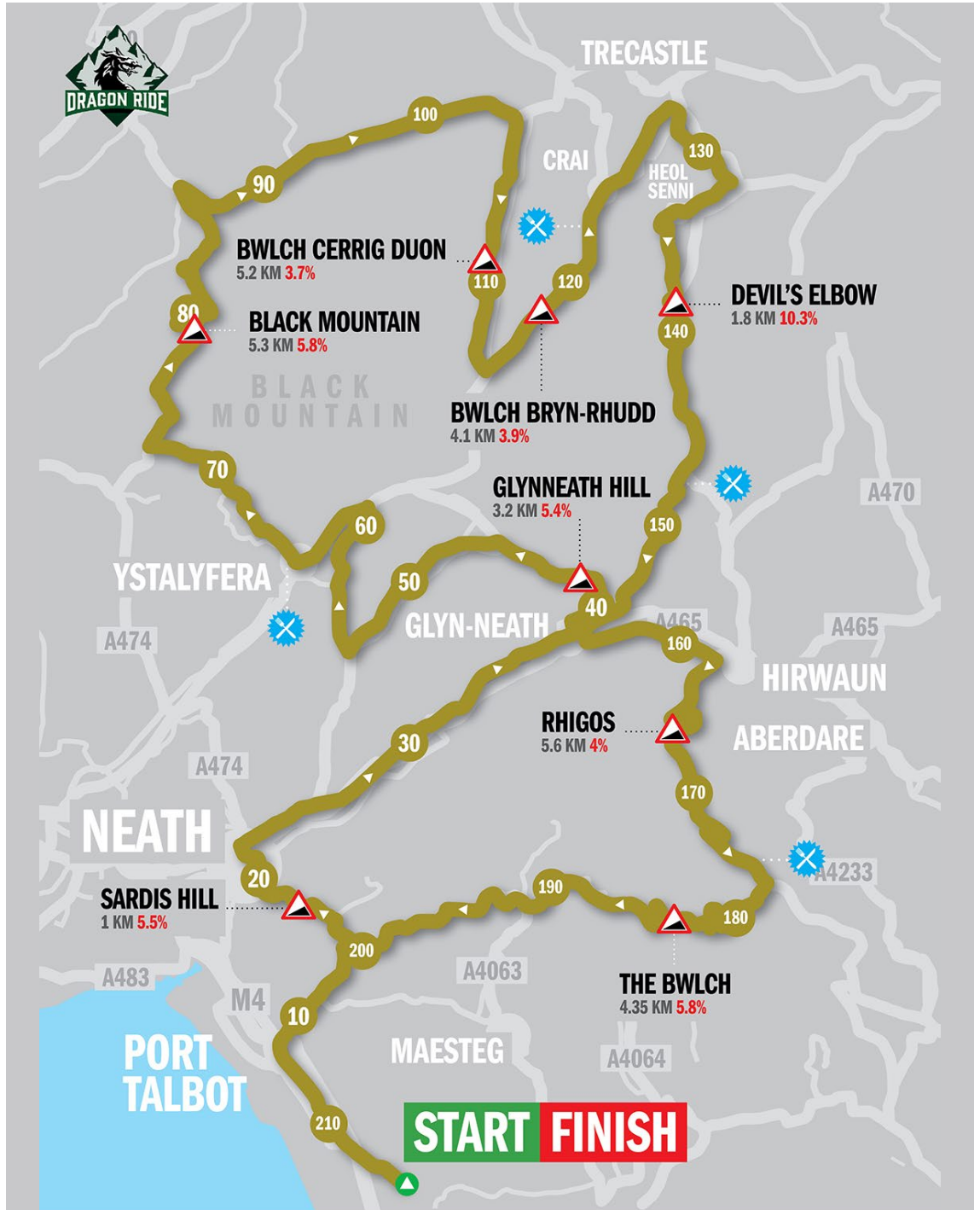
## SIGNAGE

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





# GRAN FONDO ROUTE



## DRAGON RIDE GRAN FONDO

DISTANCE 213KM ASCENT 3488M

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# MEDIO FONDO ROUTE

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

## CLIMBING

The route features 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

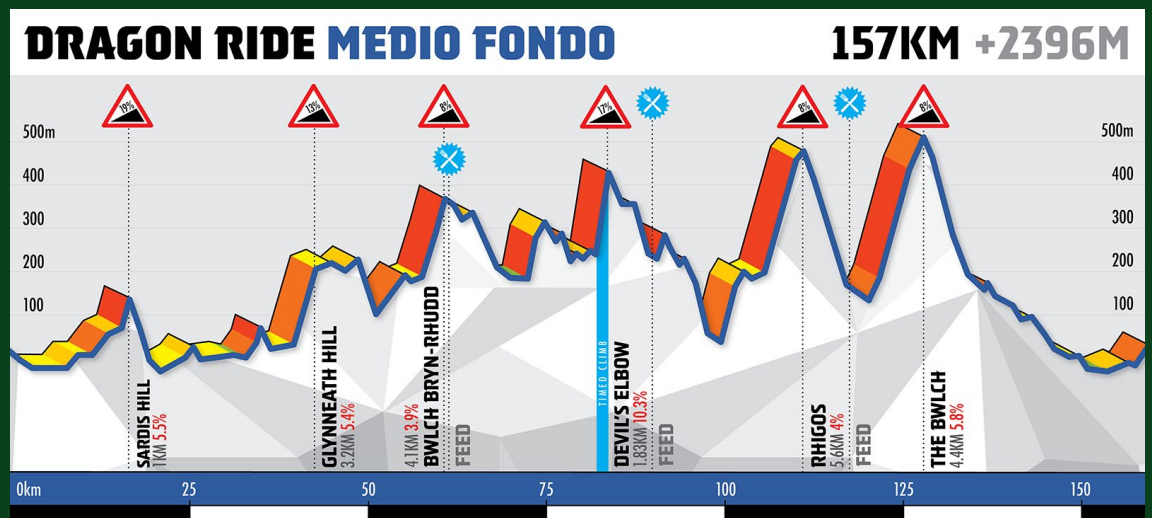
Three stops at approximately 64km, 88km and 117km.

## CUT OFFS

Riders must get to the Macmillan split in Glyn-Neath (38.5km / 23.9m) by 11:27hrs This is based on riders cycling at a speed of 15km/hr or 9.5m/hr

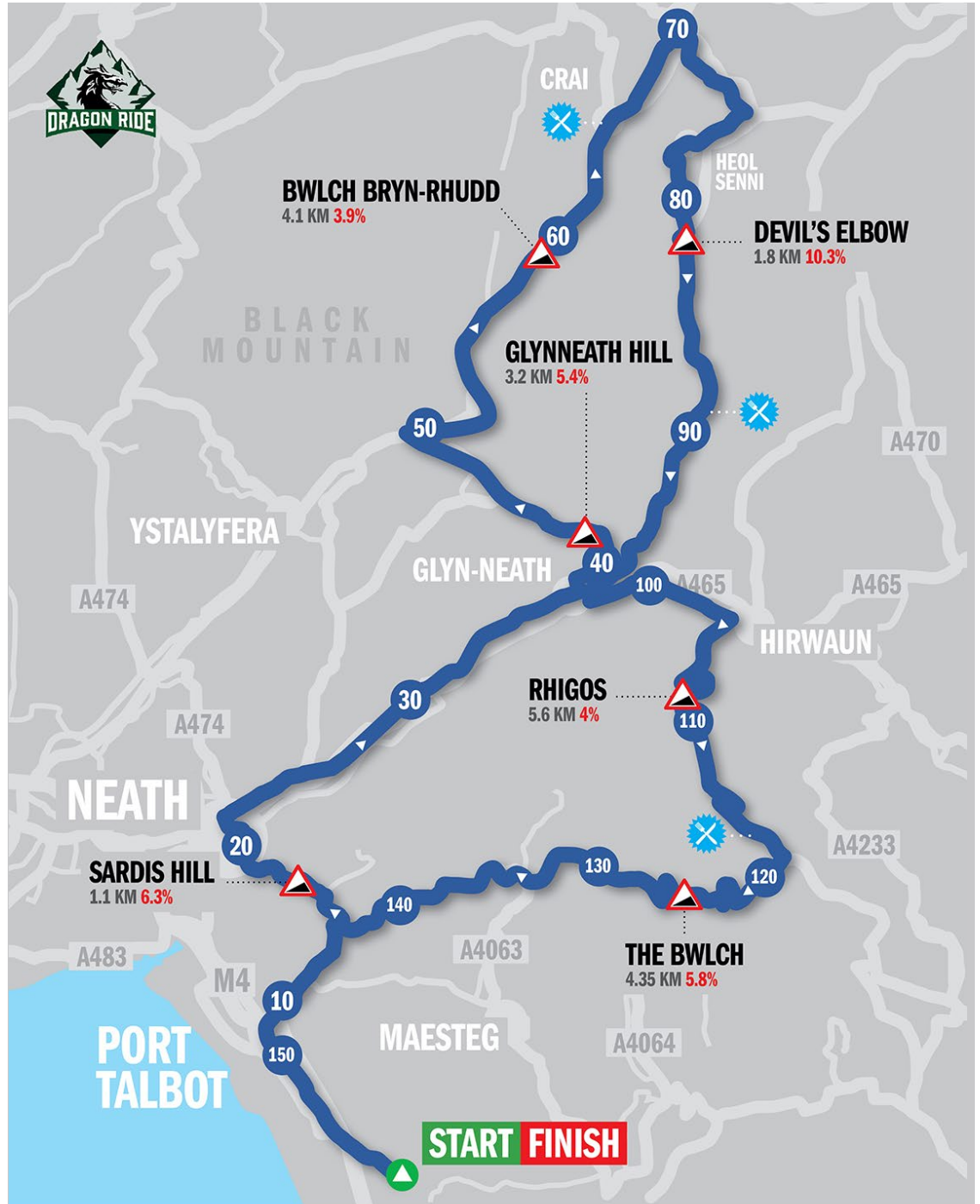
## SIGNAGE

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





# MEDIO FONDO ROUTE



## DRAGON RIDE MEDIO FONDO

DISTANCE 157KM ASCENT 2396M





# 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

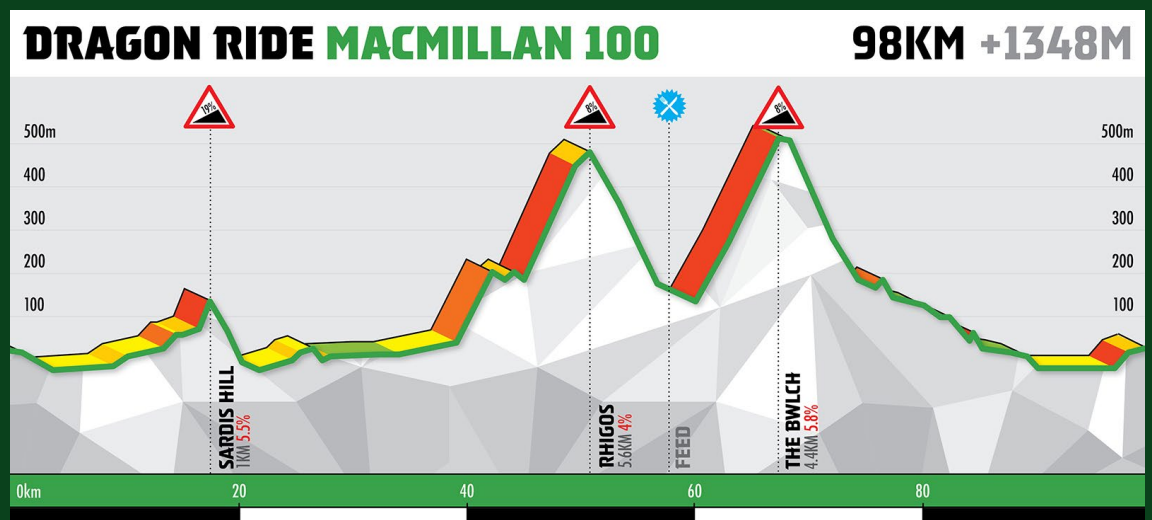
One stop at 58km.

## 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 signs until the Macmillan 100 splits from the Devil and then follow the green signs until the route merges with the Devil where you then follow the red arrows all the way to the Finish.





# MACMILLAN 100 ROUTE



**DRAGON RIDE MACMILLAN 100**  
DISTANCE 98KM ASCENT 1348M





# SUNDAY TRANSITION

Individual start times will be published on Thursday 18th May. 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:

DRAGON RIDE	START PERIOD		DISTANCE	CLIMBING	FEEDS
	FIRST WAVE	LAST WAVE			
DEVIL	06.25	06.55	297KM / 184 MILES	4,614M / 15,137FT	6 + 1 WATER ONLY
GRAN FONDO	07.05	07:55	215KM / 134 MILES	3,488M / 11,443FT	4
MEDIO FONDO	08.03	08.38	157KM / 98 MILES	2,396M / 7,860FT	3
MACMILLAN	08.46	08.56	98KM / 61 MILES	1,348M / 4,422FT	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

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If you do not feel that you can complete the distance you have entered, we recommend that you drop down a distance. You can either drop down on the morning of and enter into the correct wave for your new distance, or 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

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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 below and on the individual route pages. Route cut offs are in place for the safety and welfare of all the riders and 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 21:45hrs, so please aim to finish before then to receive your medal moment!



# CUT OFF TIMES

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## **DEVIL**

**CUT OFF 1** Riders must get to the Gran Fondo split at Pontar-Llechau (88km / 54.8m) by 11:20hrs

**CUT OFF 2** Riders must get to Feed Station 2 at Llandovery College (102km / 63.4m) by 12:01hrs

These times are based on riders cycling at an average speed of 20km/hr or 12.5m/hr from the last possible start time

## **GRAN FONDO**

**CUT OFF** Riders must get to the Medio Fondo split on the A4221 junction with A4109 (45km / 27.96m) by 10:25hrs This is based on riders cycling at a speed of 18km/hr or 11.18m/hr from the last possible start time

## **MEDIO FONDO**

**CUT OFF** Riders must get to the Macmillan split in Glyn-Neath (38.5km / 23.9m) by 11:15hrs This is based on riders cycling at a speed of 15km/hr or 9.5m/hr from the last possible start time

## **MACMILLAN 100**

Although there are no cut off points on the route, we recommend that you aim to finish before 19:30hrs

Please note again that the gantry closes at **21:45hrs**



# SWEEP VEHICLES 1/2

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 riders in a similar situation, 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 have 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!



# SWEEP VEHICLES 2/2

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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)



# ROUTE SIGNAGE

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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

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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

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## **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. To avoid queuing you must check over or get your bike serviced before you arrive to ensure it is in good working order before arriving at the event.

## **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.





# DON'T FORGET

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**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.

**RIDER PACK** For details see pages 4/5.

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



# OTHER KEY INFORMATION

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- Human Race, the 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 and massages will be on a first come first serve basis. Please bring cash to pay for your massage - (suggested donation of £10 which will go to Macmillan)



# EVENT VILLAGE

## MACMILLAN CANCER SUPPORT

Right now, millions of people living with cancer in the UK rely on Macmillan Cancer Support for physical, financial, and emotional support.

At Dragon Ride 2023, we're supporting our Team Macmillan riders right up to event day:

- Riders who reach their fundraising pledge earn a jersey.
- We've a VIP marquee for riders to rest-up and grab a refreshment.
- We offer riders a post-race massage.
- Riders can have access to virtual coaching sessions, training plans and more.

**START FUNDRAISING HERE**

## 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.

**ERDINGER**   
**ALKOHOLFREI**

Is ERDINGER Alkoholfrei one of your rituals? Do you lay out your kit the night before a sportive, or put your left sock on first? We all have our own rituals before we do any activity, but ERDINGER Alkoholfrei should always be your ritual after sport! The only isotonic recovery drink your body needs!

  
**SIS**  
**SCIENCE IN SPORT**

Our Official Nutrition Partner, Science in Sport will be providing a range of products for riders on course and at the event village to help push your endurance to its limits.



# EVENT NUTRITION

## SIS GO ISOTONIC ENERGY GELS

GO Isotonic Energy Gels 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.



## SIS GO ENERGY BAKES

GO Energy Bake adopts a scientific approach to energy bars, delivery 30g of carbohydrate in a soft filled baked. Each bake has a fruit centre providing 10g fructose. It's unique texture provides a great carbohydrate alternative to consume during exercise, which has the added bonus of being easily digestible.



## SIS HYDRO

SiS 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 REGO RAPID RECOVERY SACHETS

You cross the finish line, get your medal, you have achieved something special! Enjoy the moment and repair with a Science in Sport REGO Rapid Recovery sachet - with 20g of protein and 22g of carbohydrates. Just mix with water and drink immediately to kick off your recovery journey and be back to race ready as quickly as possible.





# EVENT PHOTOS



All your official digital photos for just £20 if you buy now (post-event price £40). Offer ends midnight Saturday 17th 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. ORDER YOURS **HERE**

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AWOL



# EVENT MERCHANDISE

The Dragon Ride is the most legendary and iconic sportive in the UK, therefore celebrate your achievement and ride out in our Official 2023 Merchandise. With a huge range of clothing to choose from, including this all new race cut, premium cycling jersey, you can rest assured our commemorative clothing is designed with performance, sustainability and affordability in mind.

Check out our online shop [HERE](#)





# MAKE YOUR EVENT COUNT

Macmillan Cancer Support has around 600 riders taking on Dragon Ride 2023, with a fundraising target of £190,000. With these funds, Macmillan will do whatever it takes to give people living with cancer the support they need.



Around 3 million people in the UK are currently living with cancer, with 360,000 more diagnosed every year. We're here to help everyone with cancer live life as fully as they can. In 2021, Macmillan secured a total of £315 million in benefits and grants for people affected by cancer. We do whatever it takes, but because 98% of our work is funded by voluntary donations, now more than ever we need your support. We'd like to say a MASSIVE thank you to all our riders for helping us achieve this goal.

Sign-up for a Team Macmillan place or use your own place to fundraise for Macmillan at Dragon Ride 2023. Make those miles count, and in-return we'll support you right up to and including event day.

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# SUSTAINABILITY

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We are constantly striving to improve the sustainability of Dragon Ride, continuing to work closely with our stakeholders and our suppliers, to reduce the impact on the environment. Our overall approach for 2023 is to reduce, re-use and recycle wherever possible. You can find out more about the measures we are putting into place on our website **HERE** but we have split them into the following categories:

- Recycling and reducing waste
- Race packs & pre-event communication
- Finish line items and gifts





# OUR PARTNERS

**MACMILLAN  
CANCER SUPPORT**

**ERDINGER**   
**ALKOHOLFREI**

**SIS**  
SCIENCE IN SPORT

**AWOL** 

**JustGiving™**



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RITUAL  
AFTER  
SPORT.**



**ERDINGER**  
ALKOHOLFREI

ISOTONIC  
REDUCED CALORIES  
CONTAINS VITAMINS





# LAST WORD

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We hope you have a fantastic day whilst tackling the Dragon Ride challenge! Pushing yourself to take on some of the best and toughest climbs in the UK against the stunning backdrop of Bannau Brycheiniog will create memories to last a lifetime.

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 or emailing **[cycling@humanrace.co.uk](mailto:cycling@humanrace.co.uk)**.

