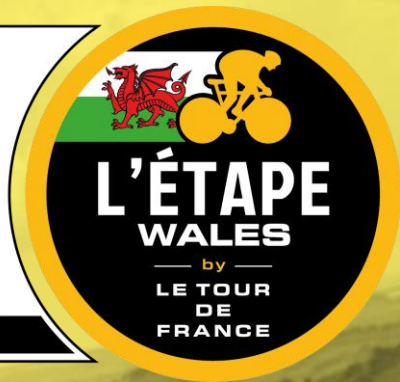


Dragon
Ride

IN PARTNERSHIP WITH



ROAD BOOK

SUNDAY 10 JUNE 2018





DIRECTIONS

BY ROAD

Dragon Ride L'Étape Wales by Le Tour de France is based at Margam Park, Port Talbot, SA13 2TJ.

On Sunday 11th June, please follow the signs for Margam Park from Junction 38 of the M4.

For those visiting the site on Saturday 10th June please follow signs to Margam Park, SA13 2TL (note different post code). There will be signs along the A48 directing you to the site.

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.

BY TRAIN

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





ARRIVAL

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.

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.

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 released on Wednesday 30th May and will be emailed to you. They will also be posted on the Human Race website. You can however get an idea of when you will be setting off from the table below:

Distance	Start Time	Distance	Climbing	Feed Stations
DEVIL	06:45 – 07:03	300km / 186 miles	4,829m / 15,843ft	6
GRAN FONDO	07:10 – 08:52	223km / 139 miles	3,616m / 11,683ft	4
MEDIO FONDO	09:00 – 10:12	153km / 95 miles	2,389m / 7,838ft	2
MACMILLAN 100 & CYCLETTA	10:20 – 10:40	99km / 62 miles	1,422m / 4,665ft	1

Please arrive at least 60 minutes before your published start time in order to take your place on the start line. 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.



DEVIL

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 @ 90km & Devil's Staircase @ 190km).

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

Cut Off 1: Riders must get to the Gran Fondo split (138km/86 miles) by 13:45 = average speed of 20kmh/13mph.

Cut Off 2: Riders must get to Llandovery Feed Station (154km/96 miles) by 14:30 = average speed of 20kmh/13mph.

Signage: Follow  until the Gran Fondo splits and then  until the route re-joins the Gran Fondo where you then follow  all the way to the Finish.

CLICK HERE TO
FIND THE
ROUTE MAP



GRAN FONDO

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 @ 90km).

Feed Stations: 4 stops at 59km, 96km, 122km & 179km.

Cut Off 1: Riders must get to the Medio Fondo split (112km/69 miles) by 14:15 = average speed of 20kph/13mph.

Signage: Follow  all the way round the entire route.

CLICK HERE TO
FIND THE
ROUTE MAP



MEDIO FONDO

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

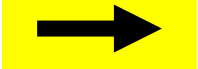


Climbing: The route features 2 x Category 5 climbs and nearly 2,500m of total climbing.

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

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

Cut Off 1: Riders must get to the Macmillan 100km split (54km/34 miles) by 13:30 = average speed of 10mph.

Cut Off 2: Riders must get to Glynneath (105km/65 miles) by 16:30 = average speed of 10mph.

Signage: Follow  until the Medio Fondo 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.

CLICK HERE TO
FIND THE
ROUTE MAP



MACMILLAN 100




The newest distance to the ride and 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 on this route.

Feed Stations: 1 stop at 55km.

Cut Off 1: There are no cut offs on this route.

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.

CLICK HERE TO
FIND THE
ROUTE MAP



CUT OFFS

CUT OFFS

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. 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). 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 appreciably bigger than returning to Margam Park in the back of the sweep vehicle.





SWEEP VEHICLES

There will be three sweep vehicles operating at the event. Each will have a specific deployment and will leave Margam Park at intervals designed to be able to collect riders who are unable to complete the event. Sweep vehicles will be able to collect both riders and their bikes.

Please note that sweep vehicles will stick to their deployments so if you require it you will have to wait for it to reach you which may take some time. We would ask you to please be patient with this service. We suggest that if you don't want to wait that you 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 – **07999 083 526.**





WHAT TO BRING

BIKE - Please make sure it is in good condition. There will be mechanics at the Start and at all Feed Stations on the route, but we would advise making sure your bike is in top condition prior to arriving at the event.

HELMET - Helmets are compulsory and **MUST** be worn at all times during the event.

DRINKS BOTTLES & REFRESHMENTS - You will be able to replenish at the Feed Stations but ensure you start out with full drinks bottles.

BIKE REPAIR KIT - Spare inner tubes, pump, puncture repair kit including tyre levers, multi-tool, chain tool, Shimano pin, etc.

CLOTHING - Conditions can vary greatly across the route, so please ensure you bring wet weather gear, sun screen, mobile phone, money and some form of identification.

EVENT PACK - for details see next page.



EVENT PACK

EVENT PACK

This will be posted to you 7-10 days prior to the event depending on when you registered (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 ID (or you can come along on the Saturday if you are in the area) and we will be able to issue a new pack to you.

Within your pack, you will receive your event number, helmet and bike stickers, coloured card and timing chip, 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 not transferable to other people. Any caught wearing someone else's number will be removed from the event. Thank you for understanding.





EVENT PACK

LARGE EVENT NUMBER

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).

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 – two cable ties around the top and one around the bottom to go round your bike stem or wires.

HELMET & BIKE STICKERS

These stickers, printed with your event number, should be affixed as follows:

- One small one to the FRONT of your helmet (so we can identify you from the front)
- One small one on the bottom of your Coloured Card
- The long one around your seat tube pointing backwards (so we can identify you from the side)

TIMING CHIP

This is a very important bit of equipment. If it is not attached correctly it may result in a fault. It should be attached to the LEFT hand side of your helmet as per the instructions provided in the pack.



ROUTE SIGNAGE

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 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



Cycling Code

From start to finish participants will be expected to adhere to Human Race's cycling code as follows:

All roads are open to live traffic, you must ride safely & remain aware of your surroundings plus other road users, and you must follow / obey all Highway Code rules & road regulations at all times.

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 of the route.

Please always remain / be aware of your fellow cyclists, other road users & pedestrians, give way where required, and obey all road regulations, highway signage, and any specific event signage which has been erected.





Cycling Code

Please always indicate and signal your intention to stop, change direction, or manoeuvre at a junction.

Please do not pass through any red traffic lights but wait as directed. Similarly give way at all pedestrian crossings to any persons using them.

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. Event stewards, motorcycle marshals and staff are located out on route and will be clearly visible, they are there primarily for your safety and to be the eyes & ears of the event. Please listen and obey their instructions at all times.

Please observe at all times all highways signage relating to descents, bends, general road regulations, cattle grids and any other hazards



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 will be carrying tools and equipment with them to help you if you have broken down and act as first responders in the event that there is an incident on the route.

MECHANICS

There will be mechanics located at each feed station and at Margam Country Park 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 ([07999083526](tel:07999083526)) and we will be able to deploy resources to you.





EVENT MERCHANDISE

This year we have partnered with world famous cycling jersey designers Castelli, to create a commemorative jersey for participants.

This year's jersey design has subtle connections and creative tributes to the Welsh country side 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](#).

All pre orders can be collected from the merchandise stand on the day of the event.



Price: £65



Order a personalised medal insert:
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](#).



EVENT NUTRITION



Our Official Sports Nutrition Partner, Optimum Nutrition, will be providing a range of product for the Dragon Ride L'Étape Wales.

On route there will be Gold BCAA Train + Sustain drink sachets to reduce tiredness and support your immune system, and Nutramino Carbo Energy Gels* specifically designed to help you maintain performance during high intensity and prolonged exercise, and a Protein Oats Flapjack bar as a quick and convenient source of carbohydrates and protein!

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](#).

*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.



EVENT NUTRITION



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

Protein Oats Flapjack Bar

- A quick and convenient source of protein and carbs
- High Protein 20 g
- Complex Carbs from Oats
- Source of Fibre
- 295 kCal, 8.6g Fat, 37g Carbohydrates, 20g Protein

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.

Nutramino Carbo Energy Gel

Nutramino Carbo Energy Gel gives you 23g of carbohydrate in 2:1 mixture of maltodex steps, fructose and a carefully balanced balance of 4 electrolytes that together with the carbohydrate content can improve the absorption of water during exercise. Easy to take, open and take during exercise.

No artificial dyes or sweeteners. Suitable for vegetarians



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!

There is free hot food and paid for massage available to all riders in the event village when you finish your ride.





MAKE YOUR EVENT COUNT

Why not make your event count and raise money for Macmillan?

Thank you to everyone who is supporting our official charity partner, Macmillan Cancer Support. 2.5 million people are currently living with cancer in the UK. Macmillan aims to provide practical and emotional support to help people hold on to who they are and what's important after a cancer diagnosis. Life with cancer is still life – let's help people live it.

It's not too late to raise funds, simply set up a fundraising page on [JustGiving.com](https://www.justgiving.com) or you can make a donation at their stand in the event village to help improve the lives of those affected by cancer.

Anyone who raises £100 or more for Macmillan by 18th June will be placed into a draw to win 1 of 4 incredible Tour de France jerseys. Plus if you raise £200 you will receive a coveted Team Macmillan jersey.

**WE ARE
MACMILLAN.
CANCER SUPPORT**



**Start fundraising
with JustGiving**





EVENT VILLAGE

**WE ARE
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.


VONCRANK

VONCRANK are the mobile bike mechanics that come to you. [Download the app](#) today for 50% off your first order.

Track all the details of your bike within the app with a unique VONCRANK Bike ID. Come and see us for a bicycle tune up before your event

PedalSure
Insurance For You And Your Bike

PedalSure covers you and your bike with the widest range of options including; competition cover (sportive as standard), Dental, physio, overseas, air-transit and more. Get 50% discount on your second and third bike. To find out more and to claim your 15% discount visit www.pedalsure.com/hrace



Try an [ERDINGER Alkoholfrei](#) natural, isotonic sports recovery drink at this event.



We will have post-event massage available for all riders after Sunday's ride. It will be £10 for 15 mins or £20 for 30mins. Pre-book yours [here](#).

**WE ARE
MACMILLAN.
CANCER SUPPORT**

 **OPTIMUM
NUTRITION**

 **SIGMA
SPORTS**

#FEELFRANCE



PedalSure
Insurance For You And Your Bike

 **CASTELLI**

 **VONCRANK**







SIGMA SPORTS CHECKLIST

You've done all the hard work and training and with the big event fast approaching now's the time to double check you have all the equipment you need to perform at your best. Sigma Sports has put together this handy checklist to make sure there are no surprises on the morning.



- Bike: [click here](#)
- Helmet: [click here](#)
- Jersey: [click here](#)
- Shorts: [click here](#)
- Jackets: [click here](#)
- Gilets: [click here](#)
- Gloves: [click here](#)
- Cycle Shoes: [click here](#)
- Sunglasses: [click here](#)
- Spare Tubes: [click here](#)
- Tools: [click here](#)
- Puncture Repair: [click here](#)
- Pumps: [click here](#)
- Saddle Bag: [click here](#)
- Tyres: [click here](#)
- Lights: [click here](#)
- Bottles & Hydration: [click here](#)
- Nutrition: [click here](#)
- Cycle Computer/GPS: [click here](#)

Everything is available with the click of a mouse with free UK delivery. [Sigma Sports](#) can even guarantee next day delivery for a little more! Sigma Sports are also offering discounts on your next order – simply enter the codes below at the online checkout to receive the following discounts:

HR20 for £20 off all orders over £200

HR15 for £15 off all orders over £100

HR10 for £10 off all order over £60



WHERE TO WATCH THE TOUR DE FRANCE

The Grand Depart of the Tour de France in Pays de la Loire

The Loire à Vélo covers 300km within the region, running along the Loire from Cuffly in the department of Cher, out to Saint-Nazaire and the Atlantic. The Vélodyssée (French leg of EuroVelo1 linking Norway with Portugal) spans 420km in Pays de la Loire, taking cyclists along the Nantes-Brest canal and the Loire estuary, and then hugging the coast to the south of Vendée. Finally, the Vélo Francette's 250km regional section crosses Mayenne, Anjou and Vendée, following the course of several rivers on its way from Normandy to the Atlantic.



STAGE 1: SATURDAY 7 JULY Noirmoutier → Fontenay-Le-Compte (189km)

STAGE 2: SUNDAY 8 JULY Mouilleron-Saint Germain → la Roche Sur Yon (183km)

STAGE 3: MONDAY 9 JULY Cholet (Team time trial - 35km)

STAGE 4: TUESDAY 10 JULY La Baule → Sarzeau (192km)

With its 2,800km of cycle routes, few French regions are better suited to two-wheeled exploration than Pays de la Loire. And this year, it's under an even brighter cycling spotlight as it hosts the Grand Départ and first four stages of the 105th Tour de France.

[Find out more about #FeelAtlanticCoast.](#)



THE LAST WORD...

We hope you have a fantastic ride at Dragon Ride L'Étape Wales by Le Tour de France! Bringing the spirit of the world's most prestigious cycling event to Wales is very exciting and we are thrilled to partner with ASO to bring this experience to the Dragon Ride.

The event village at Margam Park will feature a number of unique Le Tour experiences including the L'Arc de Triomphe podium and a Le Tour inspired start.

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 back 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.letapeuk.co.uk/wales – or get in touch either by calling 020 8391 3913 or emailing cycling@humanrace.co.uk.

