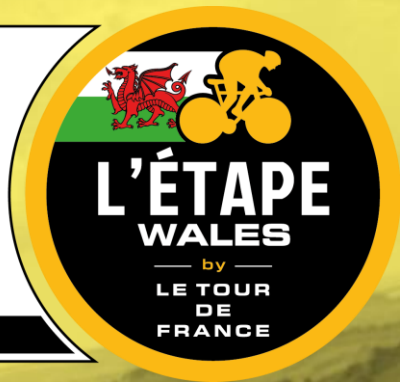


Dragon
Ride

IN PARTNERSHIP WITH



ROAD BOOK

SUNDAY 5 JUNE





DIRECTIONS

BY ROAD

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

On Sunday 5th June, please follow the signs for Margam Park from Junction 38 of the M4.

For anyone visiting the site on Saturday 4th 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 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 1st June and will be emailed to you. They will also be posted on the [event 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 – 07:10	305km / 190 miles	4,852m / 15,919ft	5
GRAN FONDO	07:15 – 09:00	230km / 143 miles	3,616m / 11,864ft	4
MEDIO FONDO	09:05 – 10:00	153km / 95 miles	2,405m / 7,892ft	2
MACMILLAN 100	10:05 – 10:20	100km / 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: 5 stops at 59km, 96km, 159km, 223km & 260km.

Cut Off 1: Riders must get to the Gran Fondo split (144km/89 miles) by 13:45 = average speed of 13mph

Cut Off 2: Riders must get to Llandovery Feed Station (159km/99 miles) by 14:15 = average speed of 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.





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, 139km & 186km.

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

Signage: Follow  all the way round the entire route.





MEDIO FONDO

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



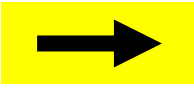
Climbing: The route features 2 x Category 5 climbs and nearly 2,500m of total climbing.

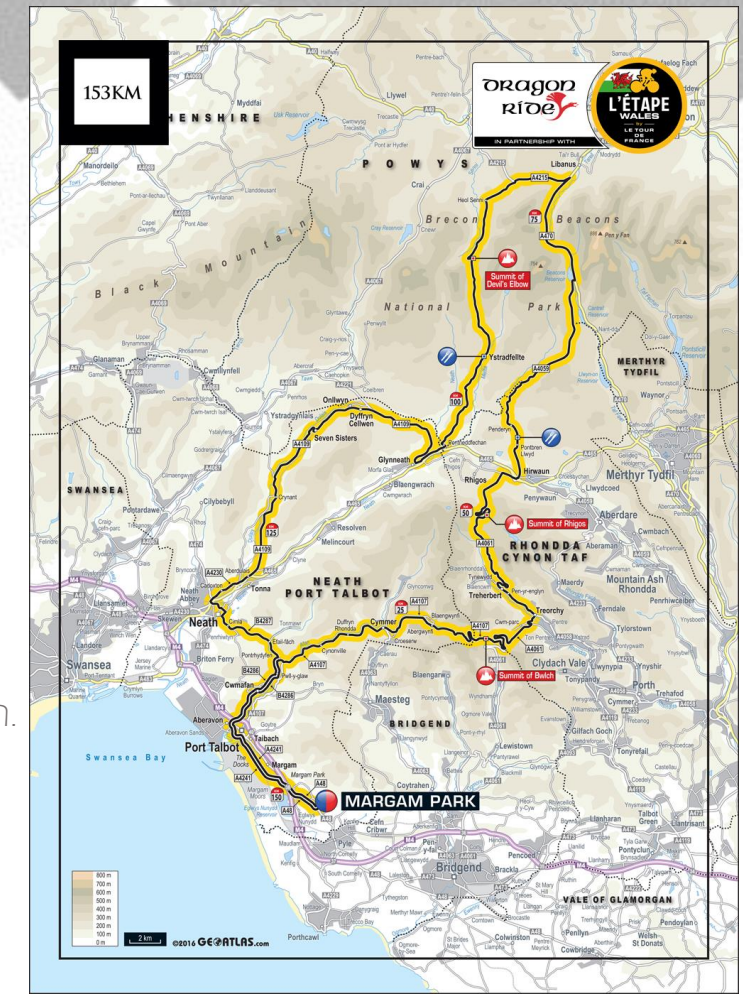
Timed Climbs: There is one timed climb (Devil's Elbow @ 90km).

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.





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.

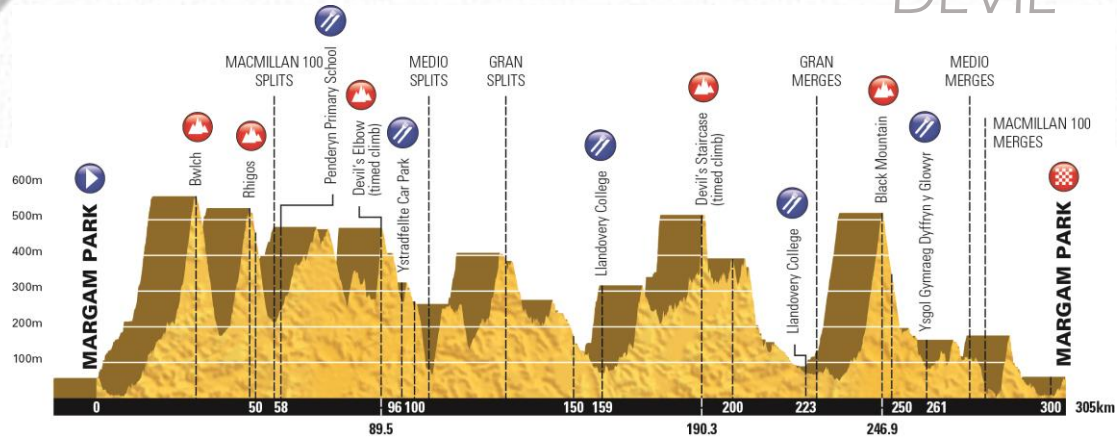
Cut Off 1: There are no cut offs on this route.

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.

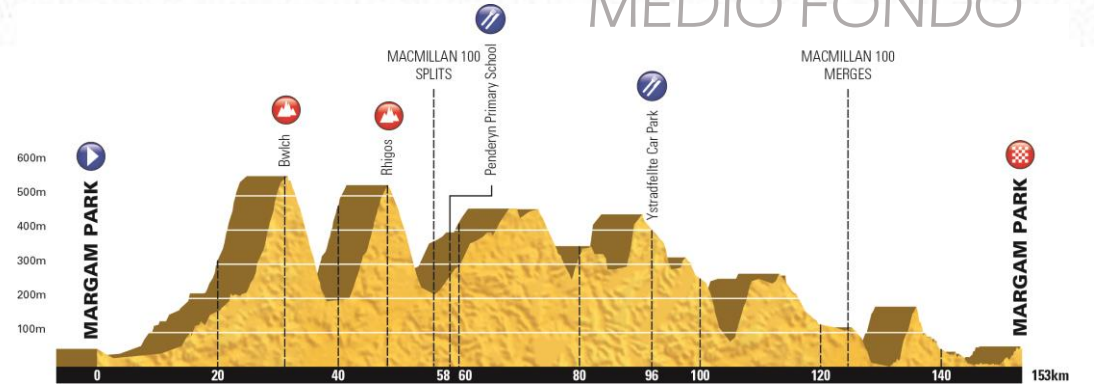


ELEVATION PROFILES

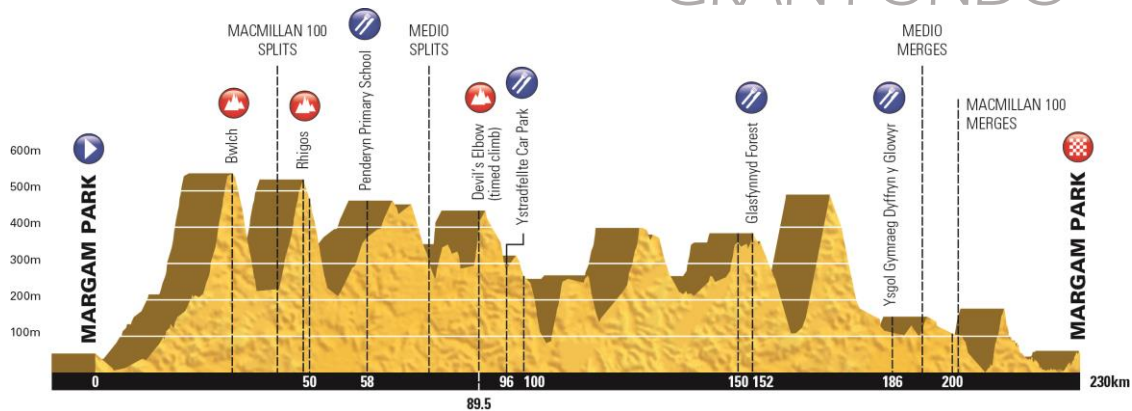
DEVIL



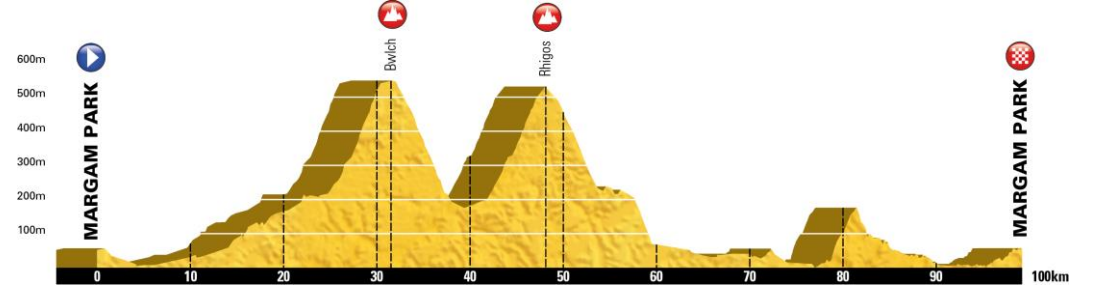
MEDIO FONDO



GRAN FONDO



MACMILLAN 100





CUT OFFS

CUT OFFS

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 – 07541 575 783.





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 - Your 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, 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 approximately 7 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 ID (or you can come along on the Saturday between 11 and 4 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.

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).





EVENT PACK

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.

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 the route arrows that direct you around the roads, there are numerous other signs to provide information to you and to other road users. Many of these are caution signs where there are hazards on the route such as: SLOW / CAUTION / DESCENT / SHARP BEND / JUNCTION AHEAD / CATTLE GRID

There are also:

- Signs that denote where the various routes split off and re-join again.
- Signs denoting the feed stations.
- Signs denoting the major climbs.

Please ensure you know what route you are following and if you do drop down a distance, what coloured arrows you will be following. You can view the routes and route profiles beforehand on the Maps tab of the [event website](#).





ROUTE INFO

ROAD AWARENESS

The roads are open and you must obey all Highway Code Rules at all times.

You are requested to ride in single file where appropriate and no more than 2 abreast at any time.

Please be aware of your fellow cyclists and other traffic.

Please indicate your intention to stop or change direction.

Please do not pass through any red traffic lights, we have had instances in the past of the Police contacting us to identify riders who have skipped lights.

STEWARDS

There will be high-vis marshals located on the route both in vehicles and at stationary posts. All volunteers and staff involved in the event will be clearly identifiable. The marshals do not have the authority to direct traffic; they are there for your safety and other road users. Please listen to and obey their instructions.





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 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 – 07541 575 783 and we will be able to deploy resource to you.





EVENT NUTRITION

The feed stations on the route will feature water and a range of sweet and savoury products. Plus at some stations we will have our new nutrition partner [Science in Sport \(SiS\)](#) fuelling you with their great range of high performance energy products.

On offer there will be:

- [SiS GO Isotonic Energy gels](#) which deliver an easily digestible and quick supply of 22g carbohydrate for energy during exercise.
- [SiS GO Energy Bars](#) which provide a nutritious, easily digestible and high carbohydrate based snack that is made from real fruits and wholesome ingredients.
- [SiS GO Electrolyte](#) which contains a blend of an easily digestible and quick supply of carbohydrate for energy as well as electrolytes that are required to promote optimal hydration.

Make sure you check out the [SiS Cycling Nutrition Guide](#) to ensure you're fully prepared for event day





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 thirteen 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 food and paid for massage available to all riders in the event village when you finish your ride.





SIGMA SPORT 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 Sport has put together this handy checklist to make sure there are no surprises on the morning.

**SIGMA
SPORT**
.co.uk

- 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 Sport](#) can even guarantee next day delivery for a little more!



EVENT MERCHANDISE

To make sure you look the part come event day, you can get your hands on our official Dragon Ride L'Étape Wales Merchandise. [Order your items now and collect them at the event!](#)

The Official Dragon Ride L'Étape Wales by Le Tour de France [Jersey](#)
(Male and Female sizing available) - (£49.50)

The Dragon Ride [cap](#) - (£12.99)

The Dragon Devil [cap](#) - (£12.99)



Items will also be available to purchase on the day subject to availability.





EVENT VILLAGE



Sigma Sport will be offering any last minute purchases at great prices



Vita Coco will be keeping you naturally hydrated when you cross the finish line



Complete cover for your bicycle, whatever the race, wherever you are, with our 60% multi-bike discount. Maximum flexibility with one-off event policies, short term, or your entire season covered.

Have a look at what we offer, and use exclusive discount code HUMAN5 at www.YellowJersey.co.uk



Find out more about the great work Macmillan do for those affected by cancer plus make a donation at their stand



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



Science in Sport will be fuelling you at the event with their top of the range sports nutrition products. They will be on hand in the event village offering you a free WHEY20: their new low carb & low fat protein snack perfect for recovery.



Find the SWISS ipad at the help desk to enter the SWISS & Switzerland Tourism competition to win 2 entries for the Cyclo sportive des Vins du Valais plus return flights, 3 nights B&B for two including wine tasting and return airport transfers!

Recovery tubs and sports massage

To help those tired legs post ride, there will be recovery tubs (both ice and hot) available in the event village plus we will have sports massage which you can pre-book [here](#).



Our official health and wellbeing partner Nuffield Health will be on hand offering you top advice from their range of experts





MAKE YOUR EVENT COUNT

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

Thank you to everyone that is supporting our official charity partner, Macmillan Cancer Support. Macmillan provides practical and emotional support to people affected by cancer and their families. No one should have to face cancer alone, and with your help, one day no one will.

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 £50 or more for Macmillan by 12th June will be placed into a draw to win the full set of official Tour de France jerseys! Plus if you raise £200 you will receive a coveted Team Macmillan jersey.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**G Start fundraising
with JustGiving**





ACCOMMODATION

Need a place to stay for the event?

We have partnered with a range of hotels in the local area to offer you special cycling packages for the event weekend. All of our partner hotels include:

- Secure bike storage in the hotel
- Early breakfast (from 5.30am)
- Free onsite parking
- Guaranteed best price

Prices range from £30 - £160 per person per night. To book your hotel rooms for the Dragon Ride weekend, please click [here](#).





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, the famous red cars and a dedicated Le Tour de France museum chronicling the history of the race.

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.humanrace.co.uk/event/dragon-ride or get in touch either by calling 020 8391 3913 or emailing cycling@humanrace.co.uk.

See you at the event!





COMING SOON...

Mountain stage done, why not complete your Le Tour de France experience with the sprint edition of the L'Étape UK Series...



15% OFF
ICAP L'Étape London
by
Le Tour de France
Taking place Sunday 25th September 2016

Use code DRAGON when entering at
www.humanrace.co.uk/event/letape-london
for your discounted place

