

Devil Ride Info Sheet

18th June 2017

Quick Overview

Event HQ - LD1 6AN – Llandrindod Wells Sports Centre, Dyffryn Rd.

Parking – plenty at the HQ

Start Times – Devil Ride 8.30am, Diablo/Demon 9am

Food Stops – 3 on Devil/Diablo, 1 on Demon

Rider assistance no. – 0777 3236187

WARNING: the full 100mile Devil Ride is recommended for well trained athletes only. If in doubt about your fitness pick the Diablo or Demon Ride

More Detail

Arrival



Sports Centre HQ is west of the town centre – postcode LD1 6AN

Take care when arriving – cyclists are about

Registration – look out for the registration gazebo – each rider needs to sign the register and collect a handlebar number with disposable timing chip

Registration open from 8am

Disclaimer

You will be asked to sign the following disclaimer:

"I understand and agree that I participate in this event entirely at my own risk, that I must rely on my own ability in dealing with all hazards, and that I must ride in a manner which is safe to myself and others. I agree that no liability whatsoever shall attach to the organiser, event sponsor or any event official in respect of any injury, loss or damage suffered by me in or by reason of the event however caused."

Big Rule – all participants must wear a cycling helmet

What to bring

Well maintained road-worthy bike
Puncture repair kit and at least 2 inner tubes
Some food and drink
Legs of steel...

What you'll get

Free tea and coffee at the start in the morning

Food stops will have cake, flapjacks, bananas, sports bars, energy gels, isotonic tabs, energy drink and water – all sports products are SIS

Food stops have First Aid kits and spare inner tubes, and all stops have toilets

Broom wagons will have First Aid and inner tubes

Free hot food at the finish to help you recover

Setting Off – cyclists will be set off in groups of 20, after a short briefing

Devil Ride participants can start from 8.30am

RIDEVENTURES

Diablo and Demon Riders from 9am

All riders are expected back by 5pm

Changing Routes during the ride

Swapping from the Devil to the Diablo? Be aware you may arrive at the first food stop too early

Swapping from the Devil to the Demon? You may be very early for the food stop in Rhayader

Better if you decide before you start and go after 9am, if possible

Signs

Devil Ride – follow yellow signs with black arrows all the way around

Diablo Ride – look for the 2nd “Route Split” sign then follow blue signs with yellow arrows until rejoin the Devil route (the rejoin will be indicated)

Demon Ride – look for the 1st “Route Split” sign then follow blue signs with yellow arrows until rejoin the Devil route (the rejoin will be indicated)

Food Stops

3 on the Devil/Diablo Ride

1 on the Demon Ride

Food Stop intervals:

Devil Ride – 58km/95km/133km

Diablo Ride – 30km/66km/100km

Demon Ride – 47km

Builth Wells (Devil Ride only)

Due to the one-way system the route doubles back on itself twice – please study the map to help you get through:



Support

Before you start – Plush Hill Cycles will be on hand for last minute mechanical issues

During the ride – broom wagons follow at the back of each field of riders – call the Assistance number if you need help – 0777 3236187

Emergencies

If you have a **serious accident** and need medical attention call **999**

Broom wagons have **First Aid kits**, and food stops too

Local hospitals – Llandrindod Wells has a Minor Injuries Unit – postcode LD1 5HF, nearest MIU for the Devil's Bridge area is Aberystwyth, SY23 1ER

Return

Be sure to ride over the timing strips to stop your chip timing. You can collect a timing ticket immediately from the StuWeb timing van (and full results should be up on their website that evening)

Get a bowl of hot pasta – free from the caterers

Showers/changing rooms are available in the Sports Centre

Take care when departing from the Sports Centre – other cyclists may still be returning