



EVENT BIBLE

Dear Athlete,

Welcome to the coolest ride in the country! This document is based on information all registered athletes **NEED TO KNOW**. You are responsible for these contents. We appreciate you attending the event and look forward to hearing about your experience. Have a great time out there and be safe.

Please remember the following:

1. This is **NOT** a race – only 3 zones will be timed.
2. Obey all traffic laws at all times.

Be safe and have fun!!

The Epic Sports Marketing Team

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General Information

- Each zone has the words “Zone Start” on the road and a Vertical Flag
- Each zone has a sign that reads “Zone End” and a Vertical Flag
- As you cross the “Zone Start” sign you will cross a ‘detection point’ which time stamps your passing.
- As you cross the “Zone End” sign you will cross a ‘detection point’ which time stamps your passing again.
- Your zone time is the difference between these 2 time stamps.
- NEVER enter the zone and then turn around to restart – if you do your time for that zone will be disqualified.
- There are no ‘do-overs’ or restarts – if you flat or crash in a zone that zone will be disqualified.
- All of our courses contain 3 zones which are climbs.
- Awards:
 - Long Distance
 - Lowest male and female cumulative zone time get a Yellow jersey and trophy each.
 - Intermediate Distance
 - Lowest male and female cumulative zone time get a Yellow jersey and trophy each.
 - Short Distance
 - Lowest male and female cumulative zone time get a trophy each.
- Results will be determined by overall cumulative zone time and split up by age groups. The age groups are 14 & Under, 15 to 19, 20 to 24 and every 5 year increments through 80+. You will be placed in the age group based on your age on 12/31/12.
- Full zone times will be posted online at www.epicsportsmarketing.com. Athletes who registered online will be notified when the results go online.
- You must be able to complete the full course in 9 hours (12.0 mph average)
- All SAG stops and zones will close based on minimum speed of 11.1 mph.
- Recommended minimum gearing – 39 x 23
- Be sure to carry all repair items you anticipate requiring.
- This course has 3 SAG stops, which will be visited a combined 4 times throughout the ride for 93 miles riders, 3 times for 62 miles riders and 1 time for the 30 miles ride.
- **All athletes are required to return Transponders at the 1st SAG station, corner of Sugarloaf Mt. Rd and 561A.(Inside mile 19)**
 - Astatula Landfill Rd. closes at 1:00 pm
 - West Orange Trailhead - Killarney Station closes at 2:00 pm
 - Corner of Sugarloaf MT. Rd. and 561a closes at 2:30 pm

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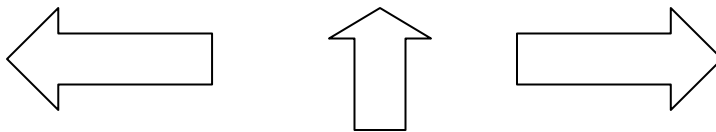
- **Course markings**

All rides will follow our Logo. The logo is as follow, pay attention to the numbers 30, 62 or 100. If there's no number everyone is riding the same course.

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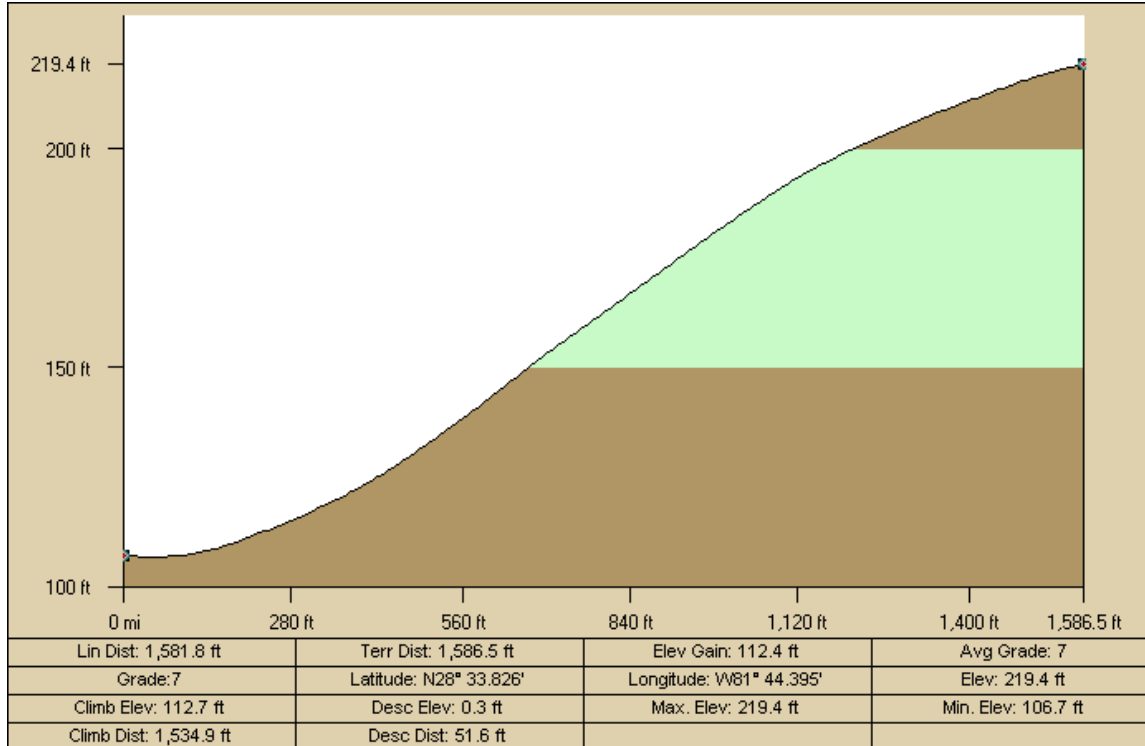
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- Course map for each event available at www.orlandocycling.com
 - Scroll down and click on the course section

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Zone 1 – Citrus Tower

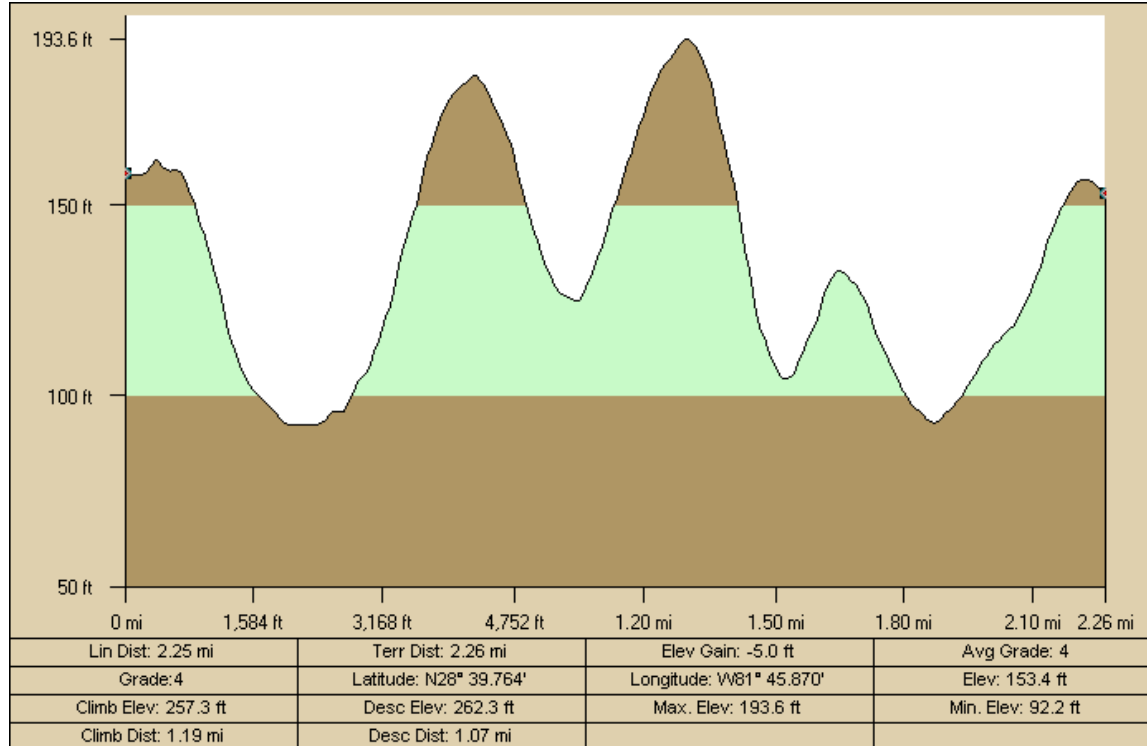


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Zone 1 starts approximately 0.5 miles from the start of the event. **WARM UP!!!** This zone will close at 8:20 am. This hill is very short but vicious, only well warmed up athletes will get a good time on this one. **Tip to maximize speed:** Build up speed on the downhill prior to the hill and do this one in the big ring.

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Zone 2 – Buckhill Road

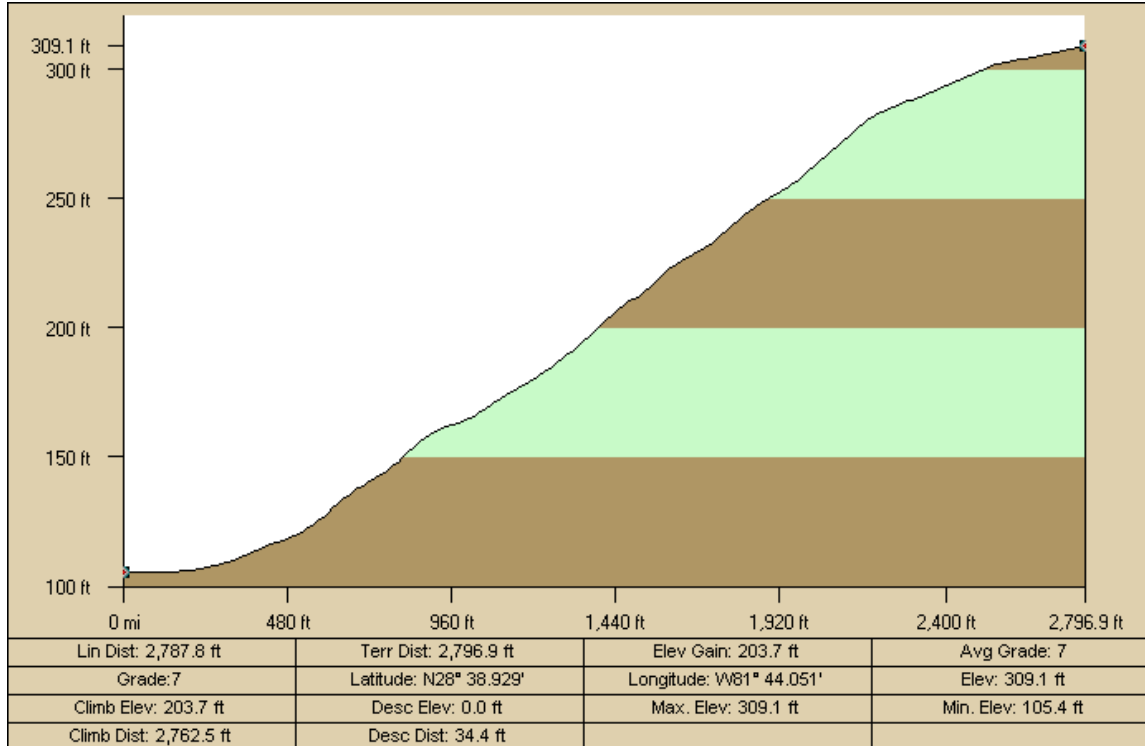


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Zone 2 starts approximately 9 miles from the start of the event. This zone will close at 9:00 am. This series of hills can be brutal but the roller coaster nature will allow just a little recovery. **Tip to maximize speed:** pedal on the downhill – ride uphill at the upper end of your threshold.

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Zone 3 – Sugarloaf



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Zone 3 starts approximately 14.5 miles from the start of the event. This zone will close at 10:00 am. This hill will be the most severe – especially due to the fact that this will be the 3rd major climbing effort in less than 15 miles. **Tip to maximize speed:** there is none for this hill – keep it in the little ring and get ready to accept pain if you want a good time.

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