



The Natchaug Epic
March 31, 2019
Registration Opens 9 a.m.
First Start 10 a.m.
205 E. Thompson Road
Thompson CT 06277

The event starts and finishes at the Raceway Restaurant. Registration is indoors. There is free parking. Indoor changing rooms are available.

1. **What is the route?** The GPS file for the route is here: <https://ridewithgps.com/routes/29109669> There is 4,000+ feet of climbing but the course favors a *rouleur*. The steepest grade is 10.5 percent.
2. **How hard are the gravel/dirt sectors?** There are 13 “sectors” that range from hard-pack gravel to soft dirt on a railbed. In wet weather they can be akin to riding in wet cement. The longest sector is 7+ miles. There are two rocky roads that are challenging. Simply keeping both eyes forward and both hands on the bars will keep one safe.
3. **What bike should I ride?** While the gravel sectors are not extremely technical the surface will likely be very soft and some of the roads are particularly rocky. We recommend a tire wider than 30 mm preferably with a file tread. But a skilled rider on a road bike could get by. There may be downed trees and the likelihood of a dismount is very real. Hence mountain bike pedals are suggested. Fenders are always advised for spring rides in New England.
4. **Where are the timed segments?** There are no timed segments in the first 25 miles. Riders will not be notified in advance. There will be a 500 meter warning, a start sign and a finish sign for each segment. The shortest is two miles; the longest is four miles.

5. **How are riders scored?** Riders will be chip timed by Raceday Services. Each rider's accrued times will be used to determine ranking. To be eligible for prizes, riders must finish by 4 p.m.
6. **How do I join a team?** All riders may register as part of a "team" (not to be confused as their "club"). Men's team must have four members; women's teams need only have three members; Co-ed teams must have four members, one of which must be a female. The combined times of the entire team will be used to determine their ranking. Each team member is also scored as an individual.
7. **When do I start?** This is a "soft" start that allows riders to depart at any time between 10 and 10:30 a.m. The organizers will organize three waves with "Domestiques" who can serve as guides and support riders. E-bikes are asked to start at 10:30.
8. **Is there a rest stop?** There is one rest stop with food, water and electrolyte mix at mile 35. There will be vegetarian, gluten free and vegan options. A cafe with a full menu is close to the rest stop. NOTE: Riders will also be offered a bag at registration to have additional clothing, food and/or supplies waiting for them at the rest station. Organizers will only transfer these official bags that may be marked at the start.
9. **Is there SAG and mechanical support?** Riders should travel with a pump, spare and multi-tool. Mechanical support will be provided by Southbridge Bicycles at the start. The mechanic will follow the ride and stop at five pre-determined "service stations". A SAG van will follow the ride.
10. **Is private support allowed?** Riders are welcome to accept assistance in the form of feeds, clothing, supplies and/or mechanical service provided it is done so in a safe fashion from a fixed position. Drivers should use care when passing. No rolling support will be tolerated. For those seeking to drive the course there is a special route that intertwines with the route when it uses the Airline Trail, on which motor vehicles are prohibited. That route is posted here:
<https://ridewithgps.com/routes/29509058>
11. **How is the course marked?** There will be arrows marking each turn. Those will be complemented by pavement markings. Given the possibility of course sabotage (it happens) riders should travel with a cue sheet and/or a GPS device.
12. **Is there food afterwards?** A post ride chili bar will be served at the Raceway Restaurant. Each rider will receive a beverage ticket and food ticket. A full menu and bar is available.