

LVIS AUDAX

A self guided, non competitive, long distance on-road cycling event through 100 or 200km of beautiful westcountryside

With cake!



Only £6

28th March 2010

Start: Long Ashton Village Hall

Times: 8:00am for 200km

9:30am for 100km

<http://tinyurl.com/lvis-audax>



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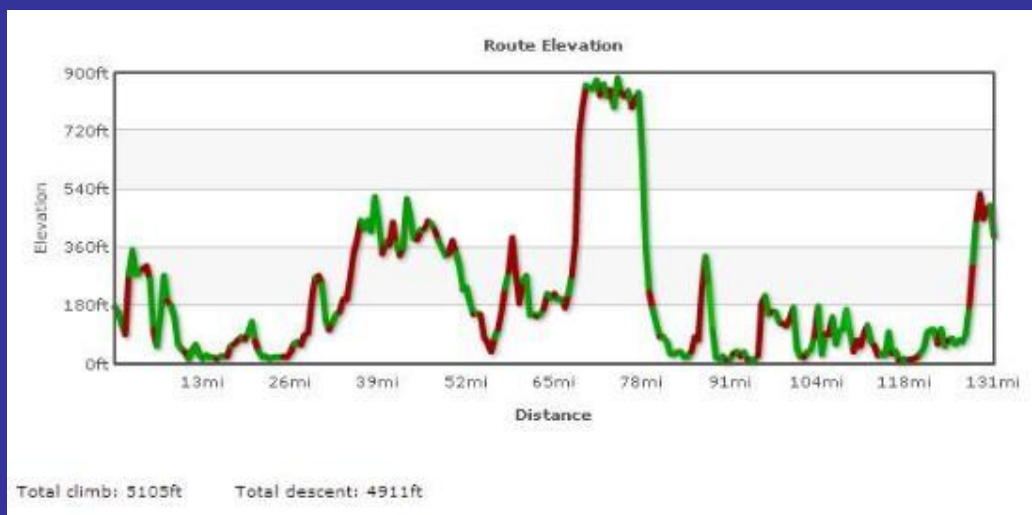
The Las Vegas Institute Of Sport (<http://www.lvis.org.uk>) is proud to introduce two challenging Audax routes to the South West calendar taking in some of the sights of Bristol, it's outskirts and beyond. Both are being held in honour of the illustrious founder of the Institute, Mr Barry Jaeger.

We hope to encourage new riders to discover the wonderful world of Audax riding by offering both a 100km and 200km route with the majority on quiet, pleasant roads.

Barry's Bristol Ball Buster

The 'classic distance' 200km route (Brevet 'Randonnée') circumnavigates the city of Bristol before climbing up on to the Mendip hills then down to the Somerset levels before returning to the start point in Long Ashton.

Highlights include: Clifton Suspension Bridge, views of both Severn Road crossings, Cotswold escarpment, the Mendip Hills, Glastonbury Tor, Somerset levels, Gordano Valley.

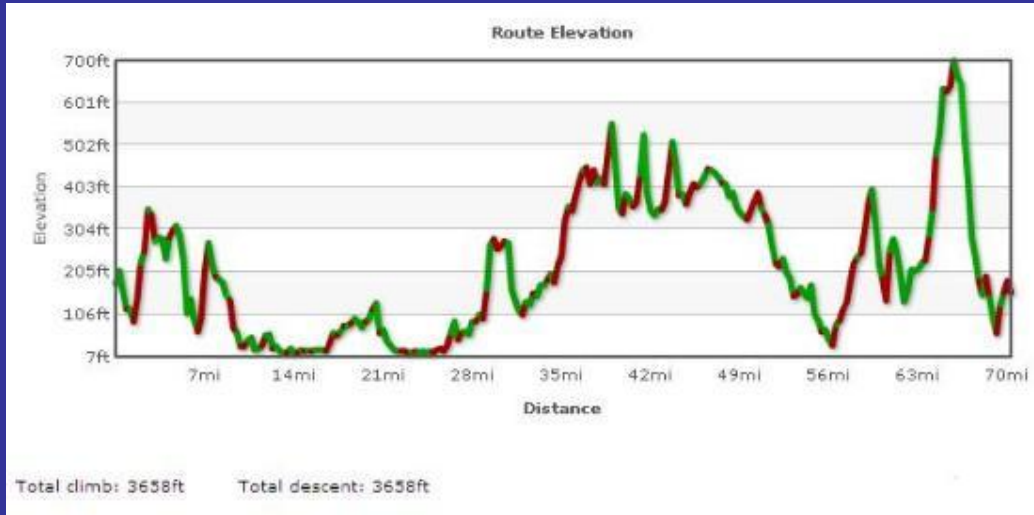


With over 1500m of climbing over the 210km distance this is sure to test the legs of most riders.

Barry's Bristol Bash

The shorter 100km route (Brevet Populaire) takes in the same route as the start of the 200km option but heads back to Long Ashton just south of Bristol instead of continuing onto the Mendips.

Highlights include: Clifton Suspension Bridge, views of both Severn Road crossings, Cotswold escarpment, Bristol City views from Dundry Hill.



Save some energy for the final climb over Dundry!

Start/Finish:

The routes start **from Long Ashton Village Hall** (Village Hall, Keedwell Hill, Bristol, BS41 9DP) where there will be toilets, hot drinks and some food available.

Riders on Barry's Bristol Ball Buster will set off at **8:00am**.

Riders on Barry's Bristol Bash will set off at **9:30am**.

There will be some parking at the village hall with on street parking nearby. Please consider riding to the start, sharing lifts or using public transport where possible.

Performance Cycles will be selling ride essentials such as inner tubes and back up lights at the start HQ.



Out on the Ride

Some food will also be provided at the first checkpoint on the route with the remaining checkpoints being based at pubs and a café serving a good selection of food.

If you've never ridden an Audax event before then expect a relaxed atmosphere (it's not a race), a variety of different types of riders and bikes and an enjoyable day out on some roads that you may not have ridden before. The route is self guided and not marshalled so you should be competent at following a route card and carry tools, clothing and food to keep you out of trouble.

Sunrise is at about 07:00 Sunset is at about 19:30 so you will need lights for the long route and should consider carrying lights for the short route.

Sections of the route are on narrow country lanes where there will be some mud and grit on the roads. It is strongly recommended that you fit mud guards to make the ride more comfortable for yourselves and those riding behind you.

To find out more about Audax UK then follow this link:

<http://www.aukweb.net/handbook/index.htm>

Entry details can be found here:

Barry's Bristol Ball Buster (200km): <http://www.aukweb.net/cal/calsolo.php?Ride=10-385>

Barry's Bristol Bash (100km): <http://www.aukweb.net/cal/calsolo.php?Ride=10-386>

The organisers can be contact by e-mail on audax@lvis.org.uk

Updated 05/11/09