



# LA EPICA 2026 EVENT GUIDE

**THREE MEMORABLE DAYS, ONE EPIC RIDE!  
ALL EVENT DETAILS AT [LAEPICA.ORG](http://LAEPICA.ORG)**



# WELCOME

## WELCOME TO LA ÉPICA GRAVEL GRINDER™ 2026

WELCOME TO AN UNFORGETTABLE WEEKEND OF ENDURANCE AND ADVENTURE IN PONCE, PUERTO RICO, FROM MARCH 27–29, 2026.

HOSTED BY CARIBBEAN SPORTS ORGANIZATION, LA ÉPICA GRAVEL GRINDER™ IS A TWO-DAY CYCLING EXPERIENCE THROUGH THE SCENIC COASTAL ROADS AND AGRICULTURAL BACKCOUNTRY OF SOUTHERN PUERTO RICO. RIDERS WILL FACE CHALLENGING GRAVEL SECTORS, BREATHTAKING OCEAN VIEWS, AND THE VIBRANT LANDSCAPES THAT MAKE THIS REGION UNIQUE.

BEYOND THE RIDE, THIS EVENT IS A CELEBRATION OF CULTURE, COMMUNITY, AND THE NATURAL BEAUTY OF PUERTO RICO. WE INVITE YOU TO IMMERSE YOURSELF FULLY—CONNECT WITH FELLOW RIDERS, EXPLORE THE SURROUNDINGS, AND TAKE IN EVERY MOMENT OF THIS UNIQUE CARIBBEAN ADVENTURE.

THANK YOU FOR BEING PART OF LA ÉPICA GRAVEL GRINDER™ 2026.  
GET READY FOR AN EPIC RIDE.





# EVENT FORMAT

## LA ÉPICA CHALLENGE (NON-COMPETITIVE)

A PERSONAL ENDURANCE CHALLENGE FOR RIDERS WHO WANT TO EXPERIENCE THE COURSE AT THEIR OWN PACE, WITH THE OPTION OF RIDING BOTH DAYS OR RIDING JUST ONE DAY, EITHER SATURDAY OR SUNDAY.

RIDERS WILL RECEIVE TIMING CHIP AND AGE-BASED RANKINGS, BUT NO OFFICIAL PODIUM AWARDS.

## LA ÉPICA GRAVEL GRINDER (COMPETITIVE)

FOR RIDERS SEEKING COMPETITION, LA ÉPICA OFFERS TIMED RACE CATEGORIES WITH PODIUM RECOGNITION FOR TOP RIDERS. WINNERS RECEIVE TROPHIES AND CASH PRIZES. RIDERS MUST RIDE BOTH DAYS TO QUALIFY TO WIN.

CATEGORY	GENDER	AGE	BIKE TYPE	PRIZE PURSE
OPEN GRAVEL	MEN	18+	GRAVEL / CYCLOCROSS	\$5,000
OPEN GRAVEL	WOMEN	18+	GRAVEL / CYCLOCROSS	\$2,000
OPEN MTB	MEN	18+	MOUNTAIN BIKE	\$2,000
OPEN MTB	WOMEN	18+	MOUNTAIN BIKE	\$2,000
MASTERS GRAVEL	MEN	40+	GRAVEL / CYCLOCROSS	\$1,000
MASTERS GRAVEL	WOMEN	40+	GRAVEL / CYCLOCROSS	\$1,000
MASTERS MTB	MEN	40+	MOUNTAIN BIKE	\$1,000
MASTERS MTB	WOMEN	40+	MOUNTAIN BIKE	\$1,000

SEE EVENT RULES AT [LAEPICA.ORG](http://LAEPICA.ORG) FOR MORE DETAILS.



# REGISTRATION

## WHAT'S INCLUDED?

**FOR COMPETITIVE AND NON-COMPETITIVE CATEGORIES REGISTRATION INCLUDES:**

- PARTICIPATION IN ALL ACTIVITIES DURING THE THREE DAYS
- AUTOMATIC REGISTRATION FOR A CHANCE TO WIN PROMOTIONAL GIFTS FROM SPONSORS
- RACE NUMBER AND TIMING CHIP
- FULLY STOCKED AID STATIONS (OASIS)
- EMERGENCY AND MECHANICAL SUPPORT ON COURSE
- FINISHER MEDAL



**NON-COMPETITIVE RIDERS WILL RECEIVE THE OFFICIAL LA EPICA JERSEY!**

**COMPETITIVE RIDERS WILL COMPETE TO RECEIVE TROPHIES & CASH PRIZES!**

**SEE EVENT RULES AT [LAEPICA.ORG](http://LAEPICA.ORG) FOR MORE DETAILS.**



# 2026 ITINERARY

## FRIDAY, MARCH 27

10:00 AM - 6:00 PM	RACE CHECK-IN & KIT PICK-UP EVENT EXPO	CARIBE ROOM A-B-C
3:30 PM	GRAVEL CRIT - STAGING	SEE RACE MAP
4:00 PM	GRAVEL CRIT EXHIBITION RACE	
5:30 PM	GRAVEL CRIT WINNERS PODIUM	
6:00 PM - 7:00 PM	RACE BRIEFING - MEET & GREET	CARIBE ROOM A-B-C

## SATURDAY, MARCH 28

5:45 AM	HOTEL PARKING OPENS	PONCE HILTON
5:45 AM - 6:15 AM	LATE RACE CHECK-IN & KIT PICK-UP	CARIBE ROOM A-B-C
6:30 AM	STAGE 1 RACE - STAGING	SEE RACE MAP
7:00 AM	STAGE 1 RACE - 90+ KM	
8:00 AM - 3:00 PM	EVENT EXPO	CARIBE ROOM A-B-C

## SUNDAY, MARCH 29

5:45 AM	HOTEL PARKING OPENS	PONCE HILTON
5:45 AM - 6:15 AM	LATE RACE CHECK-IN & KIT PICK-UP	CARIBE ROOM A-B-C
6:30 AM	STAGE 2 RACE - STAGING	SEE RACE MAP
7:00 AM	STAGE 2 RACE - 105+ KM	
8:00 AM - 3:00 PM	EVENT EXPO	CARIBE ROOM A-B-C
3:00 PM - 6:00 PM	LA EPICA GRAVEL GRINDER® - WINNERS PODIUM & CLOSING EVENT	CARIBE ROOM A-B-C



# EVENT MAP



**LA EPICA GRAVEL GRINDER:  
START & FINISH**



**CARIBE ROOMS A-B-C:  
CHECK-IN, EXPO &  
AWARDS CEREMONY**



**BICYCLE WASHING AREA**



**PARKING: VALIDATE  
TICKET FOR SPECIAL  
EVENT RATE**



## COURSE & ROUTES OVERVIEW

### SATURDAY – DAY 1

- **SHORT (NON-COMPETITIVE) COURSE – 91 KM**
- **LONG (COMPETITIVE) COURSE – 113 KM**

**ROUTE FROM PONCE HILTON TOWARD SANTA ISABEL AND BACK,  
FEATURING COASTAL GRAVEL AND BACKROADS.**

### SUNDAY – DAY 2

- **SHORT (NON-COMPETITIVE) COURSE – 105 KM**
- **LONG (COMPETITIVE) COURSE – 154 KM**

**LONGER ROUTE FROM PONCE HILTON TOWARD SALINAS AND BACK WITH  
MIXED TERRAIN SECTORS.**

**VARIOUS OASIS AID STATIONS AVAILABLE IN ROUTE. FINISH EACH DAY AT  
OUR EXPO & REST ZONE WITH FOOD, HYDRATION, AND RIDER SERVICES.**

**ROUTE MAPS AND GPX FILES WILL BE PROVIDED PRIOR TO THE EVENT.**



# IMPORTANT RULES

## RIDER SAFETY

- **HELMETS ARE MANDATORY AT ALL TIMES WHILE RIDING.**
- **RIDERS MUST OBEY ALL TRAFFIC LAWS.**
- **THIS EVENT TAKES PLACE ON OPEN ROADS WITH SHARED VEHICLE ACCESS.**
- **EMERGENCY SUPPORT VEHICLES WILL BE PRESENT ALONG THE ROUTE.**

## EQUIPMENT

- **GRAVEL BIKES, CYCLOCROSS BIKES, AND MOUNTAIN BIKES ARE PERMITTED.**
- **E-BIKES ARE NOT ALLOWED IN COMPETITIVE CATEGORIES.**
- **RIDERS MUST CARRY:**
  - **AT LEAST ONE SPARE TUBE**
  - **HYDRATION**
  - **BASIC REPAIR TOOLS**

## TIMING AND RESULTS

- **ALL RIDERS WILL RECEIVE A TIMING CHIP.**
- **COMPETITIVE CATEGORIES WILL BE RANKED BY OFFICIAL FINISHING TIME.**
- **CHALLENGE RIDERS WILL RECEIVE FINISH TIMES BUT WILL NOT BE ELIGIBLE FOR PODIUM AWARDS.**

## OASIS AID STATIONS

**STATIONS WILL PROVIDE:**

- **WATER**
- **ELECTROLYTES**
- **SNACKS AND FRUIT**
- **MECHANICAL ASSISTANCE**

**RIDERS MUST DISPOSE OF TRASH ONLY AT DESIGNATED AREAS.**



# IMPORTANT RULES

## **COURSE CONDUCT**

**PARTICIPANTS MUST:**

- **RESPECT PRIVATE PROPERTY AND FARMLAND ALONG THE ROUTE.**
- **AVOID LITTERING.**
- **FOLLOW COURSE MARKINGS AND EVENT STAFF INSTRUCTIONS.**

**FAILURE TO FOLLOW EVENT RULES MAY RESULT IN DISQUALIFICATION.**

## **CUTOFF TIMES**

**FOR RIDER SAFETY AND LOGISTICAL REASONS, CERTAIN CHECKPOINTS MAY ENFORCE CUTOFF TIMES. RIDERS ARRIVING AFTER CUTOFF MAY BE REDIRECTED TO THE FINISH ROUTE.**

## **RIDER SAFETY**

**FOR RIDER SAFETY MULTIPLE AMBULANCES WILL BE ON STANDBY THROUGHOUT THE COURSE WITH CERTIFIED EMERGENCY MEDICAL TECHNICIANS. WE WILL ALSO HAVE THE QUICK EMERGENCY RESPONSE TEAMS FROM THE MUNICIPALITIES OF PONCE AND JUANA DIAZ WITH THEIR ATV EMERGENCY TRANSPORT VEHICLES THROUGHOUT THE ROUTE.**

**RIDERS WILL BE REQUIRED TO DOWNLOAD FREE APP CALLED RACEMAP. THIS ALLOWS US TO TRACK THEM THROUGH THE RIDE ON A LIVE MAP AND GIVES US ALERTS IF A RIDER STOPS MOVING OR NEEDS HELP FOR ANY REASON.**

## **WEATHER POLICY**

**THE EVENT WILL TAKE PLACE RAIN OR SHINE. HOWEVER, ORGANIZERS MAY MODIFY ROUTES IF CONDITIONS PRESENT SAFETY RISKS.**

**MAKE SURE TO REVIEW DETAILED EVENT RULES AT [LAEPICA.ORG](http://LAEPICA.ORG).**



# GEAR UP!

## OFFICIAL MERCH NOW AVAILABLE!

APPAREL & ACCESSORIES AVAILABLE  
AT BIKE REG REGISTRATION PAGE.

LIMITED AMOUNTS AVAILABLE,  
ORDER YOURS BEFORE  
RACE WEEKEND!



**SHOP  
NOW!**





# THANK YOU!

**LA ÉPICA GRAVEL GRINDER™ IS MORE THAN A RIDE—IT'S A CELEBRATION OF ADVENTURE, ENDURANCE, AND THE BEAUTY OF PUERTO RICO'S SOUTHERN COAST.**

**WHETHER YOU'RE CHASING THE PODIUM OR PUSHING YOURSELF TO THE FINISH, THIS EXPERIENCE IS MEANT TO STAY WITH YOU LONG AFTER THE RIDE IS OVER.**

**THANK YOU FOR BEING PART OF LA ÉPICA 2026 AND TO OUR SPONSORS FOR MAKING IT POSSIBLE.**

## THIS RIDE IS SURE TO BE EPIC!





# DISCOVER PR

**HERE IS A QUICK TRAVEL GUIDE  
SO YOU CAN DISCOVER & ENJOY  
PUERTO RICO WHILE YOUR HERE!**

## POINTS OF INTEREST

### BEACHES

GUÁNICA - PLAYA SANTA  
LAJAS - LA PARGUERA  
CABO ROJO - BOQUERÓN, COMBATE, BUYÉ  
AGUADILLA - CRASH BOAT  
RINCÓN - PLAYA MARÍA  
MANATÍ - MAR CHIQUITA  
CAROLINA - ISLA VERDE  
SAN JUAN - ESCAMBRÓN, OCEAN PARK

### CAYS & ISLANDS

PONCE - CAJA DE MUERTOS  
LAJAS - CARACOLÉS & MATA LA GATA  
SALINAS - CAYO MATÍAS  
CULEBRA & VIEQUES ISLANDS

### HIKING TRAILS

GUÁNICA DRY FOREST, GUÁNICA  
BOSQUE GUILLARTE, ADJUNTAS  
EL YUNQUE RAINFOREST, RÍO GRANDE

### INDIGENOUS CEREMONIAL PARKS

TIBES, PONCE  
CAGUANA, UTUADO

### CHURCHES & SANTUARIES

SANTUARIO DE SCHOENSTATT, JUANA DÍAZ  
IGLESIA PORTA COELI, SAN GERMÁN  
POZO DE LA VIRGEN, SABANA GRANDE  
CATEDRAL DE SAN JUAN BAUTISTA, SAN JUAN  
CAPILLA DEL CRISTO, SAN JUAN

### HISTORIC PLAZAS, PARKS & MUSEUMS

PLAZA LAS DELICIAS, PONCE  
EL MORRO, OLD SAN JUAN  
MUSEO DE ARTE DE PR, SAN JUAN  
MUSEO DE ARTE CONTEMPORANEO, SAN JUAN  
JARDÍN BOTÁNICO, SAN JUAN  
PARQUE DE LAS CIENCIAS, BAYAMÓN

### CYCLING TRAILS

ECO FERIA, PONCE  
MONTE BRUJO, GUAYAMA  
LOS PINCHOS, SALINAS  
MONTE PIRATA, CABO ROJO  
HOYO 8, AGUADILLA

### MALLS & ENTERTAINMENT

LA GUANCHA BOARDWALK, PONCE  
PLAZA DEL CARIBE, PONCE  
PLAZA LAS AMÉRICAS, SAN JUAN  
MALL OF SAN JUAN  
T-MOBILE DISTRICT, SJ CONVENTION CENTER

## ADVENTURE & ECOTOURISM

PARGUERA ECO TOURS, LAJAS  
LA PARGUERA BIOLUMINICENT BAY  
PARGUERAECOTOURS.COM

PURA VIDA BOAT TRIPS  
PURAVIDAPARGUERAPR.COM

CARIBBEAN CHILIBOATS - PARGUERA & SJ  
CARIBBEANCHILIBOATS.COM

TORO VERDE ADVENTURE PARK, OROCOVIS  
LARGEST ZIP-LINE IN THE AMERICAS  
TOROVERDEPR.COM

CARABALÍ RAINFOREST PARK, LUQUILLO  
HORSEBACK RIDING, ATV, UTV  
CARABALIRAINFORESTPARK.COM

BATEY ADVENTURES, UTUADO  
RIVER CAVING, HIKING, KAYAKING  
BATEYDELCEMI.COM

TANAMÁ RIVER ADVENTURES  
CAVERNS, WATERFALLS, SPRINGS  
TANAMARIVERADVENTURES.COM

SKYDIVE PUERTO RICO, ARECIBO  
SKYDIVEPUERTORICO.COM

TROPICAL TRAIL RIDES, ISABELA  
TROPICALTRAILRIDES.COM

CUEVA VENTANA, ARECIBO  
CUEVAVENTANA.COM

LA MARQUESA FOREST PARK, GUAYNABO  
GUAYNABOCITY.GOV.PR/LA-MARQUESA

## AGROTOURISM

FINCA DON MANUEL, SANTA ISABEL  
AGROTOURISM & FARM TOURS  
FINCADONMANUELPR.COM

HACIENDA BUENA VISTA, PONCE  
CHOCOLATE AND COFFEE PLANTATION  
PARALANATURALEZA.ORG

HACIENDA LEALTAD, LARES  
COFFEE PLANTATION  
HACIENDALEALTAD.NET

VACA NEGRA, HATILLO  
CHEESE MAKING EXPERIENCE  
VACANEGRA.COM

CASTILLO SERRALLÉS, PONCE  
RUM TASTING AND TOUR  
MUSEOCASTILLOSERRALLESPR.COM

CASA BACARDÍ, CATAÑO  
RUM TASTING AND TOUR  
BACARDI.COM/CASA-BACARDI



# REGISTER NOW! 2021



**MARCH 26-28**  
**PONCE, PUERTO RICO**

**25% OFF**

**WITH CUPON CODE: EPICA2021**



**VALID ONLY FOR THE FIRST 100 REGISTRANTS.**