



JUNIOR/NOVICE 8KM TIME TRIALS 2013

Tuesday 5 November
Tuesday 12 November
Tuesday 19 November

How do I enter?

Entry is on the night at the Registration Desk, at the Halswell end of Old Tai Tapu Road, about 500m in from SH75. **The Registration Desk will be open from 5.15pm.** The first rider will start at 5.45pm prompt, followed by the other riders at 30 second intervals.

Entry fees are \$5 per race for non-members (this will be discounted against your joining fee if you subsequently join the CTTA). Paid-up CTTA members ride free.

Who can ride in the Junior/Novice 8km Time Trials?

These events are aimed at:

- Younger cyclists wanting to try competitive cycling
- Experienced school cyclists looking to continue their racing into summer
- Older riders who prefer not to race the full 16km TT distance
- Anyone else who has never ridden a TT, but wants to 'Have-a-Go'

What is a Time Trial?

A Time Trial is a race between an individual rider and the clock. For that reason, drafting (following in the slipstream of another rider) is not allowed. Although Time Trials are timed, it really won't matter if you are lightning fast, nice and steady or super slow; the only challenge is against yourself.

What equipment will I need?

All riders must wear a cycle helmet.

You can wear whatever you want: baggy shorts, tight lycra, a skinsuit, your birthday suit or a banana suit.

And you can ride any style or type of bike as long as it is roadworthy. That includes TT bikes or tri bikes, road bikes with drop handlebars, road bikes with clip-on aero bars, flat bar bikes, mountain bikes, folding bikes, tandems, trikes, steel bikes, carbon bikes, that old Healing 10-speed or your granny's Raleigh Shopper with the basket on the front.

Earphones, iPods and similar devices are NOT permitted and must NOT be worn while riding.

Where does the course go?

The 8km course is an Out-and-Back route along Old Tai Tapu Road. The Start Line will be near the Registration Desk at the Halswell end of Old Tai Tapu Road. After 4km, there will be a 'Turn' point. This will be marked by a black and white cone and will be manned by marshals in high-visibility vests. The marshals will stop any traffic to allow riders to do a U-turn around the cone. Riders will then head back to the Finish Line (on the other side of the road to the Start Line).

Please note that the road surface is in quite good condition, although there are one or two potholes to avoid. Old Tai Tapu Road will NOT be closed to other traffic, so riders must take care and obey the Road Code at all times.

What happens on the night?

When you get to the Race Area, go to the Registration Desk and say 'Hello' to the crew. You will receive a Race Number when you sign on at the Registration Desk. Please tie this number around your waist and set it to the rear right hand side of your body. This is so the Time Keepers can see your Race Number as you cross the finish line.

Once you have registered, your name will be written up on the Results Board next to your number. There will be a large digital Race Clock at the Start/Finish Line. The Race Clock will be set at 0:00:00 and will count up from there as soon as Rider #1 starts. All other riders will start in numerical order at 30 second intervals. This means that Rider #2 will start at 0:00:30, Rider #3 at 0:01:00 and so on.

As your Start Time approaches, queue up with your bike on the grass verge next to the barriers in numerical order. Give yourself plenty of time – rushing to get to the Start will make you feel out of breath. When it is your turn to start next, a marshal will hold your bike so that you can climb on and get ready to pedal. The marshal will not let you fall off and will give you a 10-second warning followed by a countdown of "5,4,3,2,1, GO". The rest is up to you: pedal hard, brake and turn at the black and white cone, then pedal hard until you get back to the Finish Line.

Please shout out your race number as you cross the Finish Line. This will help the Time Keepers to record your time.

Please do not stop near the Finish Line or stand in the road after you have finished. Other riders will be crossing the Finish Line at high speed and we do not want anyone to have an accident.

Your time will be written up on the Results Board as soon as possible after you have finished. A full list of results will be posted on our Facebook page and emailed to subscribers later on in the evening.

Please hand in your Race Number before you leave the event.

What if something goes wrong?

Do not panic if you miss your start time; you will be given another Start Time after the last rider has left.

If you have a puncture or a mechanical during the race, pull over and stand on the grass verge well away from the road while you make your repairs.

Where can I find more information?

Check out our Facebook page [HERE](#) or send us an email at chch.time.trial@gmail.com