

## Time Trialing for beginners

This guide is intended for anyone thinking about getting more competitive with their cycling, but not sure how to go about it.

Cycle racing takes many forms, Road Race (Mass Start) circuit race, Track, Cyclo Cross, Mountain Bike racing, etc.

The easiest to get in to and a true measure of ones own fitness is Time Trials. Over the years the rules governing time trials have grown and become more complicated. This guide helps a newcomer to the sport to find the important things they need to know about time trialing before riding an event. These notes contain the main features from the regulations relating to racing and competitors behaviour, but in no way do they detract from or alter those regulations.

1. **Minimum Age:** 12 Years. This is in the interest of safety as most time trials are conducted on public roads, and it is not practical to supervise all minors throughout the event. It is therefore essential that young riders know the Highway Code and are competent to ride on the roads alone, and have authorisation from their parents to compete (under 18).
2. **Time Trial Races:** The minimum distance for a time trial is 10 miles, but shorter distances are permitted such as our 'come and try it' event which is 5 miles. Most races are at fixed distances of 10, 25, 30,50 or 100miles or fixed time of 12 or 24 hours. Riders start at 1minute intervals and sometimes more and cover the distance as fast as they are able, alone and without taking pace from other riders or vehicles. If another competitor catches a rider, the rider must fall back at least 50 metres so as not to take pace from the faster rider.
3. **Open and Club events:**Open events are organised by Cycling Time Trials (C.T.T) affiliated clubs and can be entered by any rider that is a member of an affiliated club (Evesham is affiliated). Events can be found in the C.T.T handbook available from our racing secretary Roy Goodbier and must be entered in advance (usually 2 weeks) on an official C.T.T entry form which is down-loadable from their web site <http://www.cyclingtimetrials.org.uk/> A Start sheet with a list of riders and time off will be sent to competitors prior to the day of event with other details. After the event a full result sheet will be sent out with any prizes. Our club events however can be entered on the day, no later than 15 minutes before the first rider is due to be off. Entrants must be full members of Evesham Wheelers to qualify for awards, however members from other affiliated clubs may enter for their own practice and will be given a time but will not qualify for any prizes. See events page for details of these events. 'Come and try it' events may be entered by any non member as a taster to time trialing. See events details for these.
4. **The Route:** It is the competitors responsibility to know the exact details of the time trial course. However signs and marshals are usually placed along the route, but this cannot be relied on. Open event organisers will produce a start sheet with exact course details, and any safety issues a rider should be aware of. Many courses are run over dual carriageways and 'A' class trunk roads, so riders must be competent at riding in these situations. Events run on these type of courses are usually run at off peak times such as early morning before 8:00am or evenings after 7:00pm
5. **The Bicycle:** There are some restrictions regarding the equipment which you can ride in a time trial. Your brake levers must be positioned so that you

can get to them quickly in the event of an emergency from your normal riding position. Clamp on triathlon bars with forearm supports and equivalents may be used. A solid disc wheel may be used at the rear of the bike only. Tri spoke may be used front and rear if desired. No streamlining devices may be used.

6. **Clothing and advertising:** Clothing for time trials is generally a short sleeved racing vest and cycle racing shorts which cover the upper part of the thigh to just above the knee. This is often a one piece skin suit. C.T.T and event organisers strongly recommend a **hard shell helmet** that meets internationally accepted standards. The wearing of such helmets is compulsory for ALL Junior riders. Riders of open events are not allowed to wear any advertising on their clothing, unless they are riding for a sponsored club or are professional. The only names that are allowable are names of manufacturers of the clothing or equipment that the rider is using ie: Sidi on the shoes or addidas on the jersey for example. These advertising regs. Do not apply to club events.
7. **Timing:** The equipment used for the timing of events have to be approved and meet a high standard. The time keepers are highly trained volunteers and his word is final. If however you have any queries regarding your time, leave this until the event is over so that the time keeper can check his/ her figures.

If you are interested in taking this form of riding up and would like further information contact either myself Adrian Main or Racing Secretary Roy Goodbier. Contact details on this web site.

Take Care Out There and Good Luck!