



## TIME TRIAL NATIONAL CHAMPIONSHIPS Information for Riders

Thank you for entering the Bank of Bermuda Foundation Time Trial National Championships. Please note the following important information and guidance (please also refer to guidance on the BBA website <http://www.bermudabicycle.org/page56a.html>):

### 1. Race Numbers

- a. Collect from Winners Edge on Friday June 16 between 9AM and 5:30PM
- b. Pick up assigned jersey number and matching frame number
- c. Tick off name on list
- d. Attach frame number to top tube or seat post
- e. Wear jersey number on left hand side of lower back, sideways so as to be visible when in the riding position
- f. Numbers must be used as supplied – do not cut, fold or otherwise mutilate. Riders with incorrectly displayed numbers will not be able to start until the matter is corrected.

### 2. Arrival & parking

Please arrive well before your start time to warm up and familiarize yourself with the course. Parking will be available at the start area in the Clearwater car park. If you plan to leave before the entire event is over, please consider parking at Whites Supermarket. It is not fair to other riders who are still racing to have cars on the course.

### 3. Start times

Check your scheduled start time and report to the start area at least 5 minutes before. A rider who misses his/her start time will be started as soon as he/she reports to the start, with elapsed time calculated from his/her original start time.

### 4. Junior gearing check

All riders subject to junior gearing restrictions must report to gearing check near the start prior to starting – make sure you leave time to make your start time.

### 5. Lap counting

Riders must make sure that they know how many laps they are to complete and are responsible for counting their own laps.

Marshals and lap counters on the course are not able to assist.

Lap counters are positioned at Whites roundabout and at the car park turnaround.

### 6. Finish line

The finish line is located off the course – on your final lap, finish straight rather than turning through the car park. Crossing the line finishes your race whether or not you have completed the correct number of laps.

### 7. Drafting

Drafting of vehicles or other competitors is strictly forbidden and may result in disqualification without warning. You must remain at least three bike lengths behind another competitor except when passing.

### 8. Restarts

A rider who suffers a puncture or a mechanical accident will be given the option of a restart at the end of the field and should report to the Starter. Due to safety issues, no restarts will be permitted after 30 minutes after the last rider has started.

Mechanical accident does not include the failure of parts not properly fitted, or the failure of worn cleats. The Race Director at his sole discretion will determine whether a restart is permitted.

### 9. Safety

The roads are open to traffic, and while marshals and police officers will make every effort to prevent vehicles from impeding riders, each rider is responsible for his/her own safety and must ride accordingly.

### 10. Conduct of riders

Riders will conduct themselves in a sporting fashion. Abuse of marshals, police officers, race officials and other road users will not be tolerated and reported abuse may lead to disqualification without warning.

Keep to the left of the lane unless passing another rider and do not cross the centre line unless making a right turn.



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