



## Road Race Season Guide - Time Trials

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The time trial race season comprises of the following competitions:

- Capital G Time Trial Series
- Bank of Bermuda Foundation Bermuda Championships

### Race fees

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Entry fees are payable for time trials. For the purposes of race fees, Junior riders are those riders who are 18 or younger as of December 31 of the current year.

Capital G Time Trial Series fees have been determined as follows for the current season:

	Per race fee	Prepaid series fee
Adults	\$10	n/a
Juniors	Free	n/a

Fees for the Bermuda Championships will be advertised at the time of the event.

### Capital G Time Trial Series

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The Capital G Time Trial Series is run over three distances, with the winner being the rider with the lowest combined time over all three routes.

Subject to weather and road conditions, two events are scheduled at each distance, with a rider's best time at each distance counting towards the overall series championship.

Rider categories are as follows (ages are determined as of December 31 of current year):

Open                      Male & Female – riders 17 to 40

Masters                    Male & Female – riders over 40

Junior 15-16              Male & Female

Junior 13-14              Male & Female

Junior 11-12              Male & Female

Junior 10 & under        Male & Female

# Time Trials

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Approximate distances are as follows:

Category – males & females	Approx distances in miles		
	Short	Medium	Long

TT Start	Southside	Harrington Sound	Bacardi
Open	10.10	15.00	23.3
Masters	10.10	15.00	23.3
Junior 15-16	10.10	15.00	23.3

TT Start shown in brackets			
Junior 13-14	7.8 (Bacardi)	10.1 (Southside)	15.00 (Harrington Sound)
Junior 11-12	7.8 (Bacardi)	7.5 (Harrington Sound)	10.1 (Southside)
Junior 10 & under	1.6 (Bacardi)	6.8 (Southside)	7.5 (Harrington Sound)

Male and female riders in each category ride the same distance.

Course records will be maintained for each distance and for each Junior age group category. Records for riders in the senior categories will be maintained based on the rider's age at December 31, and will be maintained for riders under 40 years of age and riders 40 years of age and older.

## Bank of Bermuda Foundation Bermuda Championships

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This single time trial event is not part of the series. Categories are as follows:

Open	Male and female – riders aged 19 to 40 (age as of December 31 of current year)
Masters	Male and female – riders over 40
Junior	Male and female – riders 18 and under

Distances for these categories will be between 18 and 25 miles for adults and between 14 and 18 miles for Juniors, depending on course availability.

National Champions, male and female, will be recognized based on results from the combined Open and Masters categories.

# Time Trials

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Junior National Champions, male and female, will be recognized based on results from the Junior category.

Junior races over appropriately shorter distances will also be organized for those juniors who chose not to compete in the Bermuda Championship race, but will not be recognized as national champions. Categories will be:

- Junior 11-12
- Junior 10 & under

The BBA will determine nationality requirements for the National Champion.

## Junior Riders – Accompanying Parents

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Parents may ride with inexperienced junior riders if they are concerned about their safety while out on the course. It is recommended that parents should accompany riders in the 10 & under age group.

Please observe the following guidelines:

- Please do not follow in a motor vehicle – this will obstruct traffic flow and may cause an unfair obstruction for riders starting behind the junior.
- You must ride **BEHIND** the junior and not in front or alongside, otherwise the junior rider may be disqualified for drafting. You should keep at least three bike lengths behind. You may ride alongside or ahead of the junior to provide assistance for a safe U-turn on those courses that require a right turn across oncoming traffic.
- You may not provide any assistance during the race. This includes carrying water bottles or food for the junior rider, pushing or pulling the rider and providing any sort of verbal encouragement (you may provide instructions relating to course directions or safety matters). The latter may seem harsh, but time trialing is a solitary sport and even the smallest words of encouragement can provide a significant advantage over other riders.

If you chose to drive to various points of the course to observe or provide encouragement, please take care that you park in a safe manner that does not impede traffic flow or cause any danger to other road users.