

# Time Trial Rules

## Safety Guidelines

- You are responsible for your own safety. Obey traffic laws. The course is not closed for the event. You are deemed to be a regular road user.
- Line up at starting line on the shoulder in departure number order. Stay off the travelled part of the roadway.
- Ride to the right as you would when normally using the road. You are not required to be on the paved shoulder, nor are you allowed to be in the middle of the road.
- Respect the rights of other road users. Allow plenty of room when passing pedestrians or other cyclists.
- When passing another TT participant, abide by traffic laws pertaining to passing another road user. Do not pass to the right. Maintain a speed sufficient to get clear of the other participant.
- When being passed by another TT participant, you must allow a five bike length gap to be created before you make an attempt to catch and pass that participant unless you were already accelerating (as happens when approaching the finish line).
- Do not ride with your head down.
- We will try to have a volunteer at some corners. The volunteer is not authorized to advise you on whether you should turn, but may warn you when cars are coming. He or she is not authorized to interfere with traffic. Crossing the yellow line may result in disqualification.
- The decision to turn is yours alone. You must check in both directions well in advance of the all turns to determine whether it is safe to turn. If in doubt, err on the side of waiting.
- **Helmet use is mandatory AT ALL TIMES RIDER IS ON COURSE.**

## Procedural Rules

- Warming up on the course after the Time Trial commences is forbidden. Warm up to the west of the start line. Failure to observe this rule will result in disqualification.
- Leave personal gear at the starting line or in your car, but not on the course.
- Planned rolling starts are prohibited. If a rider unintentionally misses the allocated start time, a rolling start may be permitted at the discretion of the timekeeper.
- The penalty for a rolling start will be a minimum of five seconds. The rider's elapsed time will be measured from the allocated start time or 5 seconds before the rolling start time whichever is earlier.
- **No drafting is allowed. The five bike length rule applies.**
- Call out your name loud and clear as you approach and cross the finish line. If another rider is crossing the finishing line just ahead of you, allow him or her to call his or her number first so the correct finishing sequence can be recorded.
- Riders shall not approach the timekeepers for information on times during the Time Trial. Results will be sent by email the next day and will be posted on BikeReg.com.
- **Ride through the finish line and continue riding in the same direction so as not to interfere with riders finishing behind.**
- Riders must be able to finish 2 loops (12K) in an hour.