

Doing your first Worcester St John's Cycling Club Time Trial.

It doesn't matter what your fitness level is, whether you're a teenager or over 80, or of any gender. If you can ride 10 miles on a public road then you can ride a club time trial. The beauty of it is that you are only racing yourself. It doesn't matter how long you take.

This advice sheet is not about how to go faster or train, just about how to do your first time trial. You can think about the finer points of the sport once you have decided you enjoy it.

You

Solo riders must be over 12 year old. Under 12's are permitted to ride on the rear of tandems or trailer bikes. Under 18's must get a consent form signed by parents or guardian. The form can be found here:-

<https://www.cyclingtimetrials.org.uk/documents/index/guardians>

You don't have to be member of any club for the first three time trials. After that you are expected to join WSJCC or another Cycling Time Trials (CTT) affiliated club.

You don't need a license of any kind.

You are riding by yourself on a public road; it is up to you whether you have any insurance for this activity. (WSJCC event organisers and helpers are insured 3rd party liability through the club CTT Insurance)

The bicycle

Any road legal bicycle, tandem or tricycle may be used, that includes mountain bikes and tourers. You may not use a recumbent but the result will not count towards any awards. Electric bikes are not permitted.

It is sensible to carry a basic repair kit and pump but if you do break down before, during or after the race there is usually somebody who will help you get home.

Clothing

You may wear any clothing (CTT rules prohibit sleeveless tops but WSJCC will not turn you away from a club event if you do wear one) WSJCC strongly recommends you wear bright and visible clothing, these are evening events and it is critical that you are visible to other road users.

Under 18's MUST wear a safety helmet, adults do not have to but CTT recommend it.

Bring some warm clothes to put on after the race. If you sweat a lot bring a change of base layer.

Preparation

It is your responsibility to know the course. Ideally ride it beforehand so you know the turns and bends and hazards. All the courses are shown at <https://wsjcc.co.uk/time-trialling/tt-courses/>. There may be marshals at every turn but sometimes there are not. Marshals are ONLY there to point the direction to go, they do not direct traffic.

Make sure your bicycle has everything working correctly. Test ride your bike flat out to make sure you can ride safely at speed.

Have a good meal at lunch time and a small snack before you leave home. If you eat a large meal before racing the exertion can make you sick! Take a bar or banana to eat after the race if you think you will get hungry.

Get your bike, entry fee and clothing ready the night before so you don't have a mad rush after getting home from work or college.

It's good to 'warm up' before a race and the best way to do that is to ride to the start. (Riding home is also a good 'warm down' but you may need lights do this in early and late season races) If you do drive park your car well off the road and away from the race start and finish areas.

How to enter

Get to the 'sign-on' place at least 30 minutes before the race is due to start.

The 'sign-on' places are shown on the WSJCC time trial calendar and the maps of the courses.

You enter WSJCC club events on the evening of the event. (There is no pre-entry)

You will be required to sign a Club Entry Form. If you're under 18, you must give the organiser a Consent Form signed by your parent or guardian.

Pay the £4 (in 2019) entry fee. (£3 of this goes directly to national CTT)

The organiser will give you a race number to pin on. Your race number tells you how many minutes after the start of the race you will start.

The race number must be attached so it can be seen from behind when you are crouched low over your bicycle, and must not be covered by other clothing. (Lower than waist level) Your race number cannot be positioned in the middle of your back (like a runner's number) because it would then face upwards when you're in a riding position.

If you need to have a wee before the race, ride to a quiet spot out of sight of houses or people.

You should avoid doing U-turns in the road, both while warming up for an event and after you've passed the finish. Do not ride in the start or finish areas except while actually racing.

If you have a bag or rucksack with food, clothes and lights you can usually leave these with the organiser or a timekeeper to look after while you race.

The race

Riders start at one-minute intervals.

Make sure you get to the start line at least two minutes before you are due to start. There is usually a short queue of riders waiting – join the queue in race number order.

Make sure your bike is in an easy gear to start riding. After the person before you goes, move up to the timekeeper.

"Thirty seconds," the start timekeeper will call out. The pusher will hold your bike while you clip into your pedals. The start timekeeper will say "Ten seconds." then "Five, four, three, two, one...GO!" and off you pedal as fast as you can. You will see the other riders in front of you go through this sequence.

Don't go too hard straight away otherwise you won't have enough energy to ride the full course. Pick a speed you think you can hold for the duration of the race. Ride safely, don't take any risks that you wouldn't take when riding your bike normally.

You must not 'slipstream' other competitors or vehicles. Other riders will come past you. Don't worry about it. If you are overtaken you must 'fall back' behind the overtaking rider at least 50 metres, don't follow close behind.

Rider's safety is entirely his or her own responsibility. Events are held on open roads, and competitors must obey all road laws and the Highway Code before, during and after a race. Marshalls only point the direction to go, they do not direct traffic, so you must negotiate each junction the same as you would when not racing.

Always ride with your head up looking where you are going, there have been accidents and fatalities when cyclists have ridden into stationary vehicles when riding 'head down' (not looking in front)

You will often be travelling much faster than drivers expect of a cyclist, which can lead to errors of judgement on their part. Be ready for this.

If you don't finish for whatever reason make sure you tell the organiser or a timekeeper, otherwise they may spend hours driving around looking for you.

It is good practise to shout out your number to the finish timekeeper as you pass.

Don't slam on the brakes after you finish, keep pedalling gently until your pulse has dropped and you feel 'normal' again, then carefully turn round and return to the finish area.

After the race

Take your number off and give it back to the organiser. Put some warm clothes on.

NEVER interrupt the timekeeper at the finish, wait until all riders have finished before asking how you did. Don't stand on the 'race side' of the timekeeper as they need a good view of approaching riders.

There is loads of advice on how to do time trials and how to go faster on the internet or ask any long time club time trial rider.

If you decide to ride WSJCC club time trials on a regular basis you are also expected to help once or twice a year.

Basic information for beginners	https://www.cyclingtimetrials.org.uk/articles/view/9
Your first time trial	https://www.cyclingtimetrials.org.uk/articles/view/28
WSJCC Code of Conduct	https://wsjcc.co.uk/time-trialling/club-time-trial-code-of-conduct/
WSJCC Medal times	https://wsjcc.co.uk/time-trialling/medals-and-trophies/

Good Luck!