

# Guide to First Time Trial

Welcome to the Otley Cycle Club Open 10 Event. If this is your first time trial ...you are in good company! Before reading this document we recommend that you read the guidance for new time trialists on the CTT website: <https://www.cyclingtimetrials.org.uk/articles/view/28>

The additional points will help you prepare for the event on 13<sup>th</sup> April

Advance: Check the route out. This map takes you from the HQ to the start line and back to the finish and then returning to the HQ

<https://ridewithgps.com/routes/29428238>

1. Aim to arrive at the HQ at least 30 minutes before the start. If driving park in our designated car park. You can change at the HQ and leave clothes there to change into on your return.
2. Remove cleated shoes when you enter the community centre, bring soft shoes or thick socks!
3. Sign on and get your allocated number and pin it low down on your back so it can be seen easily by the time keepers. If you are under 18 you must have a signed parental form, please give it to Christine Bell.
4. If you want to warm up please use the nearby lanes, not the actual course (once the race has started) no turbos/rollers are allowed at the start line.
5. Cycle to the start line to arrive at least 5 minutes before your official time and make sure your back light (and Strava) are switched on. There is no parking at the start line.
6. Ride as fast (and safely) as you can. Go round the roundabout at Walshford, stopping for traffic if needed – be safe!!
7. Go past the finish line shouting out your race number and continue on A168 to the right hand turn Marton Lane so you can return back to the community centre by retracing your steps
8. Enjoy talking to others about your ride, get in your excuses about why you were not so fast. Eat cake and drink tea (bring cash for our donation box to help continue to fund our club youth racing)