Guide to Your First Time Trial

Welcome to Cycling Time Trials, 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 an event.

1. Read the full start sheet, it will have all the information you will need, including any local regulations.
2. In advance: check the route out. Preferably allow time to drive the course before going to the headquarters.
3. Aim to arrive at the headquarters about an hour before you are due to start. If driving, park in the designated car park. You can change at the headquarters and leave clothes there to change into on your return.
4. Most headquarters will be in village halls and community centres where you will be asked to remove cleated shoes when you enter, bring soft shoes or thick socks!
5. Sign on and get your allocated number and pin it low down on your back so it can be seen easily by the timekeepers. If you are under 18 you must have a signed parental form and hand it in to the organiser or official when signing on.
6. Check the start sheet for local regulations regarding where to warm up and the use of turbos.
7. Cycle to the start line to arrive at least five minutes before your official time.
8. Ride as fast (and safely) as you can, stopping for traffic at the turn if needed – be safe!
9. As you go past the finish line shout out your race number for the timekeepers, and then ride back to the headquarters, ensure you sign back in and hand your number back.
10. Enjoy talking to others about your ride, get in your excuses about why you were not so fast. Eat cake and drink tea.   
    Start to plan your next event!