

2009 FAB Time Trial Series

For more information:

www.clubfab.org

605.371-6972



Details

Continuing in 2009, the Falls Area Bicyclists (FAB) will hold its practice time trial series. These time trials present an excellent training opportunity for riders of all abilities and levels. Everyone is welcome to participate in the time trails, even just to watch.

General Information

The 2008 time trials will take place the last Thursday of each month, beginning in April and ending in September. Sign up and registration takes place at 6:15 PM and racing begins shortly after 6:30 PM. Time trials are an individual effort against the clock and thus a good way for beginners to test themselves against others without being in a pack of riders. More advanced riders use them to hone their breakaway skills, check fitness levels, do speed work to name a few reasons. Riders will generally start at one minute intervals. A licensed USA Cycling Official will be at each race.

Dates

April 30
May 28
June 25
July 30
August 27
September 24

Location

[46818 263rd St.](#) Take Maple St. west of the Tea-Ellis Road/263rd St. until you get to the first house on the north side of the road.

Course

The course is an out and back, 9.0 mile course which is generally flat, with a few small hills. The course is lightly traveled, but be aware the course is open to traffic. An orange cone will mark the turn around spot.

Categories

There will be no categories for the 2009 Time Trial Series. All racers will compete against their own times and physical condition.

Scoring

Scoring will be conducted for the individual rider only. The FAB Time Trial Series is a fun event which can be competitive between riders or not at all.

Awards

Awards of four, \$10 gift cards from local bike shops will be given at the conclusion of each race.



Rules (some, but not all):

- 1) All riders must be FAB members (\$25) and sign a release waiver.
- 2) Riders are responsible for obeying all traffic laws and rules.
- 3) Use caution! Course is open to traffic.
- 4) Riders must wear approved bicycle helmet.
- 5) Basic time trial rules are in effect. A licensed USA Cycling Official will be at each race.
- 6) The time trials normally run rain or shine, but may be cancelled for any reason, check www.clubfab.org for the latest news.
- 7) Riders must sign in daily to receive start time.