THURSDAY NIGHT TIME TRIAL DETAILS

SAFETY

1. It is important to remember that this is **not a closed course**. It is open to traffic. We are not allowed to stop traffic, so ride defensively.
2. It is a law that cyclists obey all automobile traffic laws. So, while we have as much right to be on the road as a car, **we must also stop at stop signs**. There are a couple of stop signs on the time trial course, and if you run them it is at your own risk.
3. When you finish the time trial, please continue *in the same direction* to get back to your car. **Do not turn back on the course**. We need to keep the cycling traffic heading in one direction only.
4. When you are waiting in line, either at the staging area or at the start line, you **MUST keep off the road and out of traffic**.
5. Please do not park on the course and do not have family members or your cheering section park on the course. There are two parking lots on Keene Street and there is parking at the Sun Tavern.
6. Riding without a helmet on the time trial course is an automatic D.Q., and that includes during your warm up.

Now that the safety concerns are mentioned, here is how it works, week to week (**The Protocol)**:

1. Each week I will send an email asking you to RSVP if you plan to attend the TT that week. **Even if you have purchased a season pass, I need you to RSVP**. This is so I can seed everyone properly. *For your first time trial this year,* please send me your seed time or pace. If you don't know it, estimate the pace at which you could race a 12.4-mile bike race. If you have done the TT before I can use your best time from last year.
2. I am almost always at the course 15 minutes early to check people in and to start the seeding. We meet at the intersection of Keene and Union Street in Duxbury. The staging area is on Keene Street, just North of Union.
3. The Time Trial will start with the first rider going at 6:30 pm and each rider going 30 seconds after. The time trial proceeds from slowest to fastest riders. If your start time is later in the race, you may continue to warm up, but you must be ready to go at your start time. The clock keeps ticking, so if you miss your start time it will be added to your overall time. It goes faster than you think! A little less warm-up will be less damaging than a minute added to your TT because you missed the start!
4. The Time Trial consists of 2 loops and the map is here: Duxbury Thursday Night Time Trial. You will cross the finish line approx. half mile after where you started. **YOU MUST CALL OUT YOUR NAME AT THE FINISH LINE**. Do not assume that the timers recognize you in your kit and helmet, or that they can tell you apart from everyone else who has a similar kit.
5. When you are finished with your race, **please continue in the same direction on the course to get back to your car**.
6. If you left anything on the course, please go back to get it before heading home.

7. **If for some reason you cannot finish the time trail**, please let the timers know before you head home. We do a head count at the start and will wait until we have the same number at the finish.
8. I WILL EMAIL THE RESULTS IN EXCEL BY THE FOLLOWING DAY. (sometimes the same night). I allow a short period of time for omissions or errors before I submit the results to BikeReg. Please allow a couple of day for BikeReg to post the results.
9. For those of you who do not have the season pass, the drop in fee is $10 per week. And FINALLY .....
10. A TIME TRIAL IS NOT DRAFT LEGAL. We sometimes have draft marshals, but we expect nothing less than honorable riders. 'nuff said about that.