



INSTRUCTIONS FOR FIRST TIME PARTICIPANTS

You will line up on the corner of Grand River and Buttrick on the sidewalk with the other riders. The Rapid Wheelmen volunteer will tell you when to approach the start line. Someone will hold your bike while another counts down to your start time. Be sure to clamp your brakes while the holder is keeping you in place. Usually, the holder will give you a small push to get started. So release the brakes just before this happens. Ride the bike approximately 7.5 miles straight down the road. Pass Snow Avenue, Timpson, Bewell, the park entrance, and lastly Gulliford Drive.

The turnaround is at the "signal ahead" sign before Segwun. (Don't go all the way to Segwun (Alden Nash). That would be too far.) The signal ahead sign is a yellow diamond shaped sign. (There may be a "bike race in progress" sign near the turn around.) Look for the arrows painted in the road, and turn around there at the signal ahead sign. Caution: watch for traffic when you turn around. For safety, yield the right of way to cars in both directions. Cars will NOT stop for you. Return straight down the same road approximately 7.5 miles to the finish line. The finish line is at the stop ahead sign on the north side of Grand River.

Call out your rider number when you cross the finish line!

A good way to do this is to repeat your number several times separating the digits if there is more than one. A good example would be "Two-Five, Two-Five" for number 25.

Riders leave the start line in 30 second intervals. Be lined up on the side walk **AT LEAST 3 MINUTES** before your start time.

Remember: there is no drafting (following someone else) in the Time Trials. If you must pass a slower rider, look behind you for traffic first, then pass the slower rider always staying right of the center line of the road. If you are being passed, just continue riding in a straight line as far to the right side of the road as practicable.

Never cross the finish line a second time. Use the path in the park after you are done.
No riding back on the course!

Good luck!