



WHO?

- The Rapid Wheelmen Time Trials are open to Rapid Wheelmen MEMBERS ONLY. You may join at sign up.

WHAT?

- An individual event in which one rides against the clock for approximately 15 miles.

WHERE?

- Grand River Avenue, Ada, MI.

WHEN?

- Every Monday May through August (No Rapid Wheelmen Time Trial on Memorial Day).
- Registration opens at 5:30 pm and CLOSSES at 6:15 pm. No sign-ups after 6:15 pm. First rider off at 6:30:30 pm sharp.

REQUIREMENTS?

- A securely fastened ANSI/Snell approved helmet must be worn.
- Read and sign release form. (Only 1 per year is required)
- **Under 18** must have a parent/guardian signature on the release form. **Under 13** must ride with a parent/guardian.

HOW?

- Sign entry and release form and give it to the registrar. Registrar will assign you a start time/number.
- The staging area is at Ada Park in the Grand River EAST parking lot.
- Each rider shall report to the starting area at least 3 minutes before their start time. At 6:30 pm, the timer starts the clock and calls the first rider to the line. The first rider starts at 6:30:30 pm. Successive riders start at 30 sec. intervals.
- Ride as far to the right side of the road as safe and practicable.
- Distance: approximately 7.5 miles to the turn-around at the signal ahead sign. Look for the paint markings in the road. Turn only when traffic is clear and return the same way you came.
- Call out your number loudly and clearly near the finish line. Repeat if possible. Times are announced in the parking lot only after the last rider finishes. **Do not approach the timer for your time while riders are still on the course.**

RULES?

- Parking not allowed in the West Soccer Field lot on Buttrick!
- No warm up or cool down on Grand River after 6:30 pm
- Once you have completed the Time Trial, do not cross the finish line again. Please go through the park.
- Whenever stopped, riders and bikes shall be completely off the road surface.
- Keep the entrance drive to the park clear at all times.
- Ride single file at all times except when passing. NO DRAFTING.
- Times will not be given out until after the last rider finishes.
- A point person must be at the turn around to establish a course record.

TIMES!

- A record of times is kept on each rider. At the end of the season, your best time will be listed in the newsletter.
- If you wish to contest your timing, this must be done by Sunday of the same week of the time trial you are contesting.

QUESTIONS:

- Email timetrials@rapidwheelmen.com