

Willow Time Trial – Event Guidelines

Warm up in the parking lot or on the bike path. Do not ride on the park road while the event is in progress.

Numbers must be worn sideways on the right side of the body and readable from the right side of the road. An ANSI/Snell approved helmet is required. Riding clothing must have sleeves. No drafting is allowed. Riders start 30 seconds apart. 6 laps must be completed; there will be no time allowance for less or more than 6 laps. Riders should go outside of the finish line chute on the 1st 5 laps, and through the finish line chute on the 6th final lap.

Riders are responsible for being at the start line on time. Riders who miss their start time will be given at the discretion of race officials the following options:

- 1) Continue with the originally assigned start time. Rider will start late and in effect have a time penalty.
- 2) Receive a new assigned start time. Rider will receive an accurate time but won't appear in the results/standings. In the timing notes at the bottom of the results, rider elapsed time will appear based on the new assigned time.

The timers will only accept a revised start time affecting results/standings from the chief referee in case of a starting line mishap, or from the event promoter in case of an event mishap.

The course is clockwise and open to traffic. Ride with caution and with your head up at all times. RIDE TO THE FAR RIGHT except when passing. NEVER CROSS THE CENTERLINE UNDER ANY CIRCUMSTANCE. This is a 6 lap race. Ride to the outside left of the timing chute on the first 5 laps. Ride right through the timing chute on the 6th lap.

All USCF rules apply. No drafting at any time. **3E6. Rider Conduct:**

- **On an out-and-back course, riders shall stay to the right of the centerline at all times [disqualification].**
- **No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead or 2 meters (7 feet) to the side. [A rider who is observed taking pace shall receive a time penalty as specified in Table 1].**
- **No two riders may ride abreast other than when attempting to pass and such attempts shall not be maintained beyond a distance of 500 meters. An attempt to pass may be repeated an unlimited number of times but each time a challenging rider fails in his attempt, he shall drop back to 25 meters behind the challenged rider before renewing his attempt.**

PROTEST PERIOD. Results will be posted after riders have completed. There will be a 15 minute protest period after the final rider completes. Riders may question any results with the USCF Chief Referee. At the end of that time the results will be considered FINAL and the award ceremony will begin. No changes will be made to results after the protest period ends. It is the rider responsibility to validate finish times prior to leaving the event. Exactly 6 laps must be ridden to receive a time. No time will be reported for more or less than 6 laps.

AWARDS. The award ceremony will take place immediately after the protest period. 1st place finisher in each category receives a prize. Medals to the top 3 finishers in each category. Prizes to overall event fastest male and female on regulation single bikes. Prizes and medals will be given out only during the award ceremony at the conclusion of the event, at no time prior. Prizes and medals will not be mailed afterwards.

Results will be posted at www.fredericjames.com/events.

IN THE EVENT OF AN EMERGENCY CALL THE PARK OFFICE AT 1-734-697-9181. They can better route your call to provide emergency assistance than if you dial 911 due to the park location. They will answer immediately.