

## 2010 FAB Time Trial Series

For more information: [www.clubfab.org](http://www.clubfab.org) or 605.610.9332



### Details

Continuing in 2010, 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 2010 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.

### Dates

April 29  
May 27  
June 24  
July 29  
August 26  
September 30

### Location

[46818 263<sup>rd</sup> St.](#) - Take Maple St. west of the Tea-Ellis Road/263<sup>rd</sup> 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 2010 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.
- 6) The time trials normally run rain or shine, but may be cancelled for any reason, check [www.clubfab.org](http://www.clubfab.org) for the latest news.
- 7) Riders must sign in daily to receive start time.