



Race Communiqué #1

2 March 2023

General reminder – all stages: Riders must be self-sufficient. Water is not available at any of the courses. Come prepared!

Information concerning Stage 1 Time Trial Prologue

- There is no junior roll out (Rule 1I4).
- Know your time trial start time. Riders should be in the time trial staging area at least fifteen minutes before their scheduled start time.
- No time trial or triathlon bikes. All bicycles must be mass-start road race legal. No time trial bars or handlebars with extensions, added forearm supports or additional padding is permitted. Disc wheels and certified aero helmets are permitted.
- Using the forearms as a point of support on the handlebar (“puppy paws”) is prohibited except in time trials. (Rule 3B11).
- Both race numbers must be worn for all stages. There are no frame numbers.
- Race numbers may not be obscured by hair or other accessories. In addition, race numbers may not be folded, cut, or altered. (Rule 1J7b). Any race numbers which are not easily scored will be ignored and when fixed will result in a 20 second penalty or \$30 fine (Rule 8A1j).
- No team or individual support vehicles will be allowed to follow riders. Any vehicle that attempts to follow or assist a rider will cause the rider to be penalized.
- The center line rule is in effect for the entire time trial for all categories.
- Preliminary live results can be found online at www.liveLYNXresults.com

Official Contact Information:

- Chief Referee, Karla Gendler : tbc2023.officials@gmail.com (sporting aspects and penalty decisions)
- Chief Judge, Tracy Barclay: 2023tbc.judges@gmail.com (order of finish, timing)