

The Time Trail is PRE-REG ONLY! No Day-Of Registration

Time Trial Location Information = Registration/Number Pick Up at: [38°35'20.7"N 121°19'28.0"W](https://www.google.com/maps/place/38°35'20.7\) (paste this into Google Maps) on Rod Beaudry Dr. Rancho Cordova, CA

TT Start Times will be posted on OnTheDay.net by Wednesday May 1st at 6:00 PM. The first category to start at 10:30 am will be the Novice CAT5 Men

Start times can be found at OnTheDay.net: <https://www.ontheday.net/2024/time-trial@gsrcs/>

Questions please contact Race Director Ron Rouse at 916-947-4865 M-F 9:00 AM to 5:00 PM

Important Information and Rules:

- Reg will be open at no later than 9:30 am (shooting for 9:00 AM) in order for you to pick up your race bib #
- It is a 3 mile out and 3 mile back route with a 180° u-turn
- There will be NO crossings over the yellow dotted center line unless it is an emergency and or you are taken over a slower rider. You will be disqualified if caught. Be aware of oncoming riders, especially at the narrow bridge at around 1 mile in.
- The 180° Turnaround is tight, so adjust your speed accordingly.
- If you are being passed by a faster rider, please try to move to the right. Faster riders, please call out when passing.
- If you are not riding the time trial for a fast time, stay to the right at all times.
- Drafting is strictly forbidden
- Do not stand near the start/finish area unless you are waiting to start. You MUST be in the Start Area at least 10 minutes prior to your start time.

It is a Merckx Style TT:

Not allowed:

- Forward facing bars/aerobars
- Bull horn style bars or bars where the drops are cut
- Full disc wheels, front or rear (disc brakes are allowed)
- Non road brake levers: bicycle must have two functional brakes and must operate on a standard road lever

Allowed:

- Deep section wheels up to 90mm
- Time trial style helmets
- Time trial frame-sets (if the bicycle has standard road levers and road handlebar with drops)