

Preparing for a club time trial.

Club time trial events are the best way to start - we have 7-miles, 10 miles, 25 miles and 50-miles time trial events in the club calendar that you can enter.

Always enter in advance, it helps the organiser and makes the event more viable. Check with the Club TT organiser when the entries close. Make a note of the HQ area postcode, so it can go in your smartphone/sat nav the night before, and you can see how long the journey will take the next day.

Pack your kit the night before and make up your electrolytic drink the night before if it's an early start. Recovery drinks are more effective made up straight after the ride if you are well organised, or the previous night or the morning if not. Put some pressure in your tyres the night before, so they aren't on the rims when you unload the bike.

| Have a kit list and make a habit of going through it the day before | | | |
|---|--|----------------------------------|-------------|
| Arm warmers | Helmet (compulsory) | Protein shake for after the race | Sun cream |
| Bike computer | HR strap | Shoes | Towel |
| Change for tea and cakes | Inner tube | Skinsuit | Tyre levers |
| Drinks for before the race | F & R lights (compulsory) and charging leads | Socks | Warm up top |
| Gels if you use them | Overshoes | Spare set of lights | Woolly hat |
| The list will grow the more you race | | | |

Local TT coach and Club member Paul Hart says "Pack your kit bag a few days early. Double check you have everything and prepare your bike a few days early if it's your TT bike.

On the Day

On Event Day leave the house early and arrive at HQ EARLY! Get your speed suit, (not compulsory!) and OVERSHOES (not compulsory!) on EARLY!

Turn up an hour before the published start time, and park safely if driving out, noting a parking place where your rollers/turbo will sit level close to your vehicle if you choose to have a static warm up. Once you progress to "open" events – the governing body have a no static trainer rule for most events.

Sign on and collect your race number from the organiser/number steward and use extra pins apart from the four per number supplied, so it doesn't flap in the wind. Pin it low down on your back so it can be seen easily by the timekeepers.

Be ready, be professional and be calm. Keep your heart rate nice and low before the race and save all your energy. If that means keeping yourself to yourself and being less social before the race, then so be it.

Allow 40mins to complete a warmup allowing for toilet breaks etc, and check where the toilets are.

Hydrate properly. Remember Beetroot must be taken 3hrs before your event and Caffeine takes

1 hour to get into system if you use these.

Normally you are unable to warm up on the course Check with the organiser if it's allowed.

Ask where the start line is, sometimes the start can be a distance from the HQ – you can always put the route to the start into your bike computer and follow it to the start to stop unnecessary stress and ride there to arrive at least five minutes before your official time. You can be held up at the start, or foot down if preferred. You will be counted down normally given a 30 and 15 second warning and then 5,4,3,2,1 – Go!

Ride as fast (and safely) as you can, stopping for traffic at the turn(s) if needed – be safe! Always abide by the highway code.

As you go past the finish line shout out your race number for the timekeeper, and then ride back to the headquarters, ensure you sign back in and hand your number back.

The CTT race insurance covers you during the race, once you have started and as you cross the finish line. Riding to the event, any warmup before and the ride back to the HQ from the finish you are NOT covered. The club recommends that you purchase your own insurance, so you are covered whenever you ride your bike. Recommendations are on the club website.

After the event

Enjoy talking to other members about your ride, get in your excuses about why you were not so fast. Eat cake and drink tea. Thank the timekeepers and volunteers! Remember to hand your number back in and sign out

Start to plan your next event! This information below is for when you might progress to an open event.

This is information on the [Cycling Time Trials website](#).

There are several different organisations that promote TT events that you can enter.

CTT (Cycling Time Trials the national governing body (NGB)) have a full calendar of events ranging from 10 miles 25 miles 50 miles and 100 miles some of the are on fast dual carriage ways.

You will need to register, for free with the CTT. There are also distances in-between and hilly time trials. The events are coded for example E2/25 would be the E2 event in Newmarket and is 25 miles. Full details on the course can be found the CTT website, and the courses we use are detailed on our website.

SPOCO events are ... Sporting Courses events – these are single carriageway roads and are often slightly more challenging in terms of terrain

ECCA events are Run by the Eastern Counties Cycling Association – they usually give preference to clubs, such as Southend Wheelers who are part of the association. They run a series of season long events and interclub competitions

VTTA events are run by the Veteran Time Trial Association – veterans are over 40 and for a small subscription they run veterans only events on a variety of courses. Most events will have a closing date ten days beforehand