

## How much does it cost?

Entry fees for club events are usually about £1.

Specialist cycling equipment is expensive, but you don't have to have it. Cycle clothing can be expensive, but no dearer than other fashion or sports clothing.

If you really want to look cool, buy some shades.



## Safety!

Remember, you will be competing on public roads and therefore you must obey the highway code.

If you are under 18 a hard-shelled helmet is compulsory, and highly recommended for all competitors. Clothing should be tight-fitting and brightly coloured, so that you can be easily seen. Your bike must be roadworthy and, of course, you must look where you are going at all times.

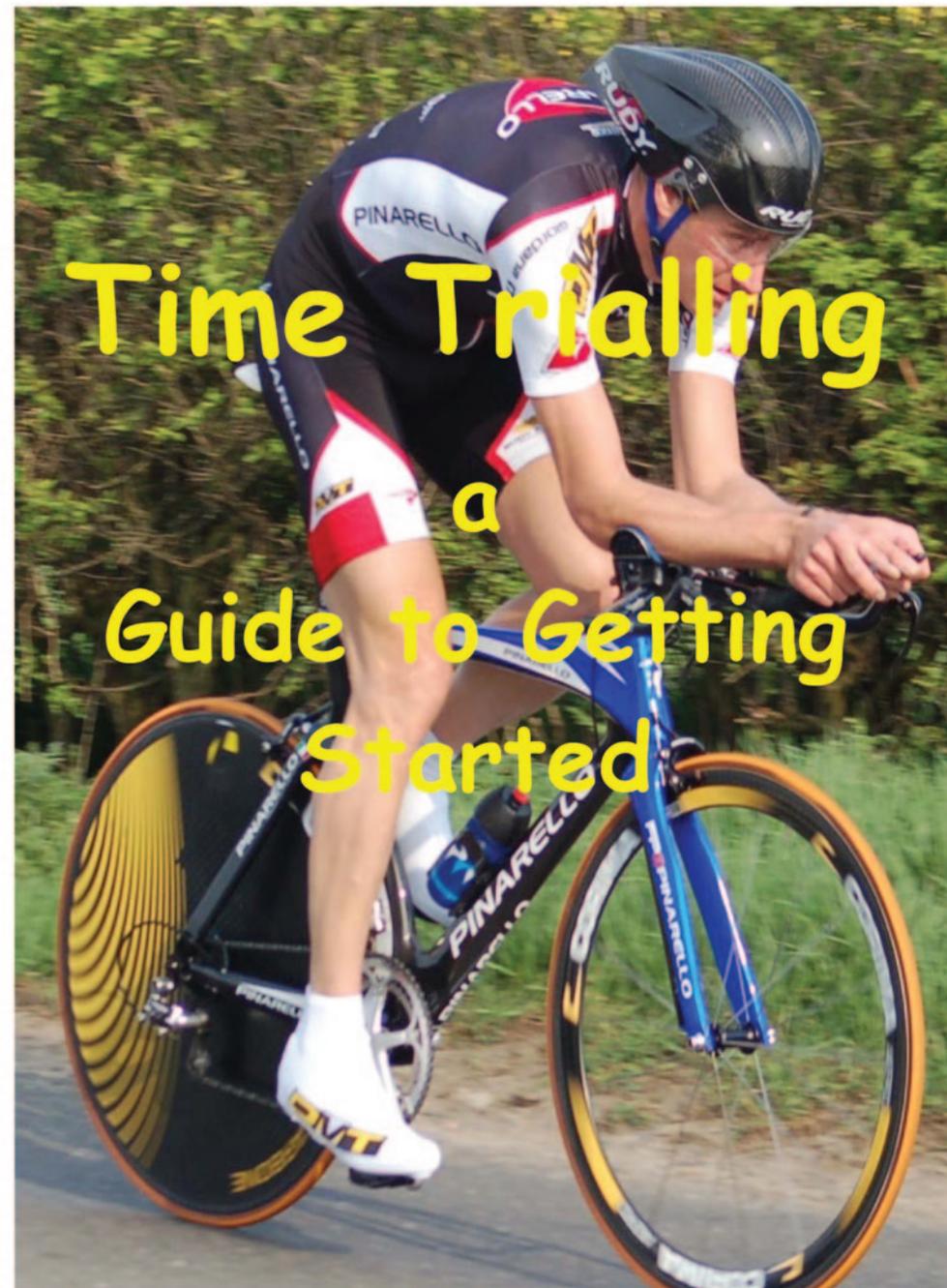


## For further details contact:-

Cycling Time Trials  
Phil Heaton (National Secretary)  
77 Arlington Drive  
Pennington  
Leigh  
Lancashire  
WN7 3QP

Telephone: 01942 603976

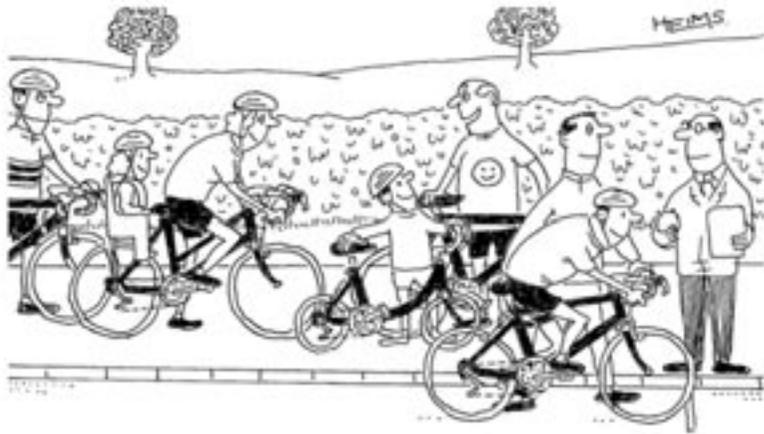
[www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk)



# Time Trialling a Guide to Getting Started

## Time Trialling is a sport that is enjoyed by young and old alike ...

Of all the branches of cycle sport, it is probably the easiest to get into as no specialist equipment is needed. Its popularity lies in the fact that every rider can set his or her own standards and, unlike other forms of racing, nobody gets the feeling that they are being left behind.



In a time trial, you may finish many minutes behind the event winner, yet have the satisfaction of recording a personal best time. Thus, time trials are unique, in that it is possible for everyone to be a winner.

### 2007 Tour de France

The Tour de France starts on Saturday 7th July with a Prologue Time Trial in central London. Two British Riders are amongst the favourite to win this opening stage. They are current World and Olympic Pursuit Champion **Bradley Wiggins** and a former winner of the Tour prologue, **David Millar**.

David Millar is also a former Junior 25 mile Time Trial Champion and Bradley Wiggins is the current holder of the UK record for a 10 mile Time Trial with a time of 17 minutes 58 seconds.

## Let's get the important bits out of the way first

- You have to be 12 years of age or over
- You can ride on any sort of bike (except a Recumbent, a bike where your legs are stretched out in front of you) so long as it's roadworthy
- You don't have to be a member of a cycling club
- You don't need any special clothing, but baggy trousers might get caught in your chain (and will certainly slow you down!)
- If you're under 18, your parents will have to sign a consent form, allowing you to compete

Your first event will probably be 10 miles or less. It's not really that far and should take you less than 45 minutes to complete. Riders are set off at 1 minute intervals and timed to see how long it takes them to complete the course. It doesn't matter who crosses the finish line first, the winner is the rider who records the shortest time.

When you ride another event over the same distance, you should aim to beat the time you did in your first event.

Some events have handicaps, in which slower riders are given a time-allowance which is subtracted from their final time. Thus, fast and slow riders can compete almost fairly together. It's usually the slower riders that win handicap prizes!

### Still interested?

#### ... So what's stopping you?

Find out about your local cycling club. Details of nearly 1,000 clubs can be found at [www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk)

Make contact with your local club - don't be shy, we all have to start somewhere.

Find out where local club events are being held and ask for a consent form if you're under 18 years of age (don't forget to get it signed by one of your parents!)

Get advice from club members about adjusting your bike so that it is easier to pedal, so that you can go faster!