

2011 FAB Time Trial Series

For more information: www.clubfab.org or 605.610.9332



Details

Continuing in 2011, 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 trials, even just to watch.

General Inform1tion

The 2011 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 28
May 26
June 30
July 28
August 25
September 29

Location

Starting at the intersection of 267th St. and 463rd Ave. - Take 41st St. (267th St.) West out of Sioux Falls. The parking area and start location will be where the 267th St. meets 463rd Ave. and the pavement ends. (See the attached map or visit <http://www.mapmyride.com/routes/view/29947144/>)

Course

The course is an out and back, 10.0 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 2011 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 for the latest news.
- 7) Riders must sign in daily to receive start time.

