



Glasgow Green Cycle Club

The GGCC Mercury Falling 2-Up Road Bike Time Trial

28th October 2018



#oldskool

Sign on from 9:00
Race briefing for all 9.45
Race Start 10.01am

**In association with GGCC and supported by
the valued members of GGCC and
the extended cycling community / friends of GGCC**

Entry Cost is £5.00 per pair. This will cover your race entry fee, associated insurances and all proceeds will go to the Ivor Reid Fund.

The fund will provide opportunities for young riders which can only strengthen Scottish Cycling and ensure a legacy befitting of Ivor.

SIGN ON AREA IS 'SOMEWHERE NEAR' THE INDIAN PLATFORM

340 Ayr Road, Glasgow, G77 6RT

****top of Newton Mearns on way out towards A77****

Look out for a gazebo and lots of folk in lycra!!

This event fact sheet will cover all the points you may need for taking part in the time trial. It is important for GGCC to hold cycling events which are fun, all inclusive, competitive but most of all safe and rider safety is a priority

On the morning of Sunday 28th October 2018, the members and friends of GGCC will have the chance to take part in the final time trial event of the year. The event sign on and briefing will be held at approximately 9:30 / 9.45. This is when the start list will be confirmed to give each rider the opportunity to ask any questions.

Each rider pairs will be set off at one-minute intervals. The Start and Finish line will be shown to all the competitors before they set off. We ask that each member adhere to the rules of the event in that no drafting is to take place to give any rider an advantage over another.

At the only turning point on the course, GGCC will have a marshal at the roundabout to highlight any traffic issues. It is each riders' responsibility to follow the rules of the road. Please obey the rules of the Highway Code at all times.

The main contact for the event is Doog Carruthers and Andy Dobinson. Their respective numbers are 07799 583771 and 07789 757676.

Please remember that this is a season closing event and it's a fun event..... please take it for what it is.....an Old Skool, down and dirty car park sign on Time trial.

*****Please remember that unlike our usual events, there will be no after event prize giving or refreshments available.***

Event Summary

All the details below will allow you to come prepared for the event

This event is open to GGCC members and friends of the club (via invite) and is not an official British Cycling event. The TT will be held under Scottish Cycling Insurance and therefore the riders and club are covered.

In order for the TT to be carried out in a safe manner and that every participant has a fantastic experience, we would ask that the following points are read through. We hope this allows you all to prepare for the Time Trial.

RACE OFFICIALS AND MARSHALS

The main contacts for the GGCC 2-up time trial are Doog Carruthers and Andy Dobinson. They will be responsible on the day for all the duties associated with the start and finish areas.

Other associates of GGCC will be supporting the event in the capacity of marshals and starters. They will be responsible for the course including the turning point at mile 5. For everyone's safety, please follow the directions of the race officials at all times including the run up to the event and after you have crossed the line.

SUMMARY OF THE EVENT

1. PRE RACE BRIEFING & SIGN ON. This will be held around from 9:45 at sign on. You will be asked to sign the race register, hand over your BC race licence (if you have one) and will then be issued with your race number.

2. COMPETITORS TRAVEL TO START LINE. Each competitor will be fully notified of their individual start time before race day.

3. START LINE. Each rider will be set off in one-minute intervals. The commissaries will notify you 30 seconds before you set off then will count you down from 10 seconds.

4. ON THE COURSE. Whilst riding on the course we would ask you to adhere to a few simple rules. These are that you should not obstruct a rider who may be overtaking you. No drafting is allowed and it's the responsibility of the passed rider to ensure that they are more than 10 bike lengths behind the bike which has passed them. If you are overtaking another rider then it's your responsibility to do so in a safe manner allowing plenty of room for the overtake. Please follow the rules of the road at all times as the event will be taking part on open roads.

5. COURSE TURNING POINT. As you approach the roundabout (only one on the course) please give way to oncoming traffic and take advice from the marshal. Also please give your full name to the marshal as you pass them.

6. FINISH LINE AREA. As you cross the finish line please give your name to the timekeeper in order that the correct time is placed against your name. Please use the cycle lane immediately after the finish line should you want to return to the finish line area.

7. POST RACE. After you finish the race please move off the course and find a safe area to stop. We ask that you then make your way back to the sign on area and hand in your race number and collect your race licence (if you have one)

8. RACE RESULTS & PRIZE GIVING. A full list of the race results will be published on the GGCC website within 24 hours of the event.

9. RIDE BACK TO TOWN. The plan is continue the club run after the event.

Course & Event Information

A video of the course can be viewed @ <http://youtu.be/tUvkKpl7ITo>



Figure 1 Below Left, Start Area, Below Right Finish Area



Figure 2 Only Roundabout on the course

Guidelines for the Day

The team @ GGCC have detailed some useful information to help you prepare for the Time Trial

Essential Equipment

- A road bike – no TT bikes / no pointy hats / no skin suits / no clip-ons
 - Lots of energy
 - A willing partner....or an unwilling partner?
- A smile and a 'Ill give this a whirl' approach! 😊

Check your bike is fully maintained prior to the event. Should you need to have your bike checked please contact your local bike shop of choice in the days before the event. If your bike is deemed to be unfit for the ride out of town or during the warm up / briefing for the event, GGCC may ask you to forfeit your ride.

Ensure you have enough fluids/snacks for the event. 10 miles may not sound like a big distance though your effort over this course may need you to take on some additional fuel in the form of liquids or snacks.

Bring along spare tube, pump, multi-tool etc as you may have a mechanical on the course.

Do not test new equipment on the day of the ride. This could lead to avoidable mechanicals on the day.

MOST OF ALL.....

Turn up

Sign on

Have fun

Ride safe

Look awesome

Be even more awesome than you look

Have a laugh

Have some craic

Round of the road season in style

GGCC welcomes you and we look forward to
seeing you 😊