

Time Trials:

Beginning this year, 2020, the BCC will run a 4 race Time Trial series. Starting in May and running one a month (see Time Trials page for dates). The time trials are ridden as individual events. There should be no influence from any other cyclists as you try to ride your fastest. All our TT's are run using the rules of the Ontario Cycling Association (OCA), plus some of our own. For more information see the OCA webpage: www.ontariocycling.org The OCA bases their rules on those of the Canadian Cycling Association (CCA) who can be found at: www.canadiancycling.ca Ultimately, the CCA conforms to the rules as set out by the Union Cycliste International (UCI), the world's regulatory body for cycling.

Their website is: [UCI Rules Page](#)

Rules:

Obey the starter's instructions.

Respect the wishes of all marshals and timekeepers.

Warm up using a piece of road away from the start/finish area.

Once the event has started, do not cross the start or finish line unless you are starting or finishing your time trial.

While you are waiting to start, keep over to the side, well off the travel lane of the road.

Have respect for nearby residents. Do not pee on their bushes or buildings, or otherwise be disrespectful. If you do, we will lose the opportunity to use the location.

You may use aero bars in a TT.

As with all BCC events, you must wear a helmet. Brightly coloured clothing is recommended for greater visibility.

BCC Time Trials starts do not have a holder. We start with one foot on the ground, the front tire not beyond the start line. The start intervals are usually 30 seconds. The starter will count down the last few seconds. You may start after the starter says "Go".

All BCC TT's are individual. This means that you cannot draft on any part of the course. If you do, you will be disqualified. Drafting, means not following in anyone's slipstream and leaving a lateral distance of 2 metres when you pass someone. After 1km of the pass there should be 25 metres distance between the riders, i.e. the passing rider should steadily pull ahead and the passed rider should steadily pull back. See CCA rules 2.4.017 and 2.4.018 of the 2002 handbook or check the websites above for updates.

Be aware of the dangers of intersections along the course, even if you do have 'Right of Way,' and act accordingly. Remember, you are ultimately responsible for your own safety.

Many of our courses have a turn-around point at midway. Be aware of the traffic around you and turn safely. If there is a turn marshal, she or he is there for guidance only. Ultimately, you must determine when you can safely turn, but you must stop if a marshal gives that instruction.

The turn is around the outside of the cone, or if there is no cone around the outside of a mark, or just in front of the marshal.

As you pass the timekeeper, you must call out your number. Failure to do so may mean that you will not get a result.

Do not disturb the timekeeper while he or she is trying to get results.

When you finish, move quickly away from the start/finish area to begin your cool-down.

When you stop, remain aware of traffic, move off the road and, once again, respect local residents.