

## BUD HARRIS BICYCLE TRACK. RULES FOR FRIDAY NIGHT TIME TRIALS.

0. BEFORE THE START: NO FULL-SPEED PRACTICE ON THE COURSE PAST THE START-FINISH LINE!!! USE THE BACK STRETCH, AND KEEP YOUR EYES OPEN.

1. Regulation time-trial bicycles and road bicycles are allowed. No single-speed bikes, whether fixed or free-wheel, are allowed to mix with multi-speed bicycles (this encourages yo-yo-ing). Recumbent bicycles are allowed on a case-by-case basis.

2. At the start, stay to the left of the apron-line and wait your turn. Remember your starting time and watch the clock. Start with the front edge of your wheel level with the starting line. Know your starting time and tart yourself if the starter through inadvertence fails to call your start. Held starts are allowed, at your discretion, and if you have a holder.

3. You are responsible for having an accurately calibrated cyclo-computer and for determining when you are finishing. Expect your computer to show slightly beyond the distance. For shorter distances, you can have a lap-counter count your laps on the sideline, but this is not recommended, as it is easy to miss a lap. The official starter's clock (i.e., not GPS) is the official arbiter of time.

4. As you come past the starting line, if riders are still starting, keep well to the right of them.

5. Shout out "one lap to go" when you have one lap to go. This alerts the timers. Timing is hectic when several riders cross together, so KEEP YOUR OWN TIME as a back-up to the official time.

6. On your finishing lap, in the finishing stretch, pull to the right of the track. This alerts the timers that you are finishing. Finish TO THE RIGHT of the large cone in the middle of track, and SHOUT OUT YOUR LAST NAME AS YOU FINISH. Timers are not responsible for riders not shouting their name as they finish, or for riders finishing in the racing lane. Remember your last name, and rehearse shouting it.

7. After your finish, do not turn off your computer. Ride one full lap to the right, out of the way of course traffic, and then check in with the official timer, who will verify your time and distance.

### RULES OF THE ROAD

8. All riders must ride at least TWO bicycle lengths behind the rider in front, leaving one full rider/bicycle width to your left when passing. The point is to minimize any wind advantage from a rider in front.

9. Keep to the left, pass to the right. Follow the inside line (the apron line). Do not swerve away from the inside line at corners. All corners allow full-speed time-trialing. If you can't hold a line next to the inside line, then slow down.

10. If a rider overtakes you, you must fall behind him/her at a respectful distance (i.e., two bike lengths back, a full bike-width to the right), AND FOR AT LEAST ONE FULL LAP before attempting to overtake.

11. Time penalties for not following rules 8, 9, 10 (15 seconds per infraction) can be imposed by the officials with or without warning.

12. If you get a flat tire or have other mechanical failure, LOOK BEHIND YOU AND GET OFF THE TRACK CAREFULLY, TO THE INSIDE OF THE TRACK.

