

3rd Annual Velodrome 4k TT
(Sponsored by ABD and PACT)
Northbrook Velodrome (a 383-meter banked track)
(1479 Maple Ave, Northbrook, IL 60062)
August 8 (racing 8am to 4pm)

RACE DESCRIPTION AND INSTRUCTIONS

The Race Format

The race will be 10 laps (about 4K). Racers will go two at a time, starting on opposite sides of the track in "pursuit" format. This is much shorter than our normal time trial races, and it should be fun and fast!

Start Times

Start times will be published at least two days prior to race day so you can plan your day accordingly. Due to the limit of two racers on the track at a time, start times will stretch from 8:00am to as late as 3:00pm.

Registration and Check-In

Online registration is strongly encouraged, as we will limit the race to 70 participants. Day of event registration and second races will be permitted only if we have not reached this limit. Riders may register for either a Time Trial category (bikes with aerobars) or a Road Bike category (bikes without aerobars such including both regular road bikes and fixed gear track bikes).

On race day, check in with the registration desk at least 30 minutes prior to your scheduled race time.

Warming Up

Bring your trainers so you can warm up on the infield of the track. Warmups on the track will be limited to only the period prior to the beginning of the race (7:00am to 7:50am) and during brief intermissions throughout the race day. Warmups in the neighborhood surrounding the velodrome are also not practical.

When entering the infield for your warmups, be careful of riders on the track. The announcer will inform you when it is safe to cross the track to the infield.

Race Organization

The race day will be organized as follows:

- Riders will be grouped in pairs, with 5 pairs of riders completing their races each hour.
- The first pair of riders in group 1 will start at 8:00am and clear the track as soon as their races are completed.
- The second pair will start their races shortly thereafter, followed by the third pair, and so on.

- This will continue until all 5 pairs in the first group (10 riders) have completed their races.
- There will then be a brief intermission before the next group of riders.
- Group 2 riders will then begin their races at about 9:00am, group 3 at 10:00am, and so on until all groups have completed their races. Since sign-up for the race will be limited to 70 racers, all racing should be completed by 3:00pm.

Specific instructions for the racers are as follows:

- Racers in each group should be in the infield of the track with their bikes prior to the start time for their race group (see the start list for your assigned race group and start time). Crossing the track while races are in progress will not be permitted for safety reasons.
- Riders should be on the infield and near the start line (either on the Home Stretch or Back Stretch of the track, as assigned) at least 5 to 10 minutes prior to their start times. The race announcer and officials will call each pair of riders to the start line when it is time for their race. The next pair of riders should queue up near the start line and be ready when it is their turn.
- Race officials, including timers and holders, will be available at the start lines on each side of the track to help racers get ready for the start.
- Race officials will conduct the race, using a starter's gun to indicate the race start and stop watches to record the times. Lap cards will be placed on each side of the track to show the racers' progress.
- Racers should clear the track as soon as their races are completed. A "cool down" on the track will be limited to no more than one lap.
- Racers in each succeeding pair are not permitted to warm up on the track but should proceed to the start line. Warmups should only be done on trainers in the infield or during the intermissions.
- After each group of 10 riders completes their races, there will be a brief intermission of about 10 minutes. At this time, riders will be allowed to cross the track with their bikes and trainers to the infield for their warmups. It is essential for riders in the upcoming group to cross the track to the infield at this time in order to be ready for their upcoming races. Riders will also be allowed to do brief warmups on the track during these intermissions. The announcer will indicate when it is safe to cross the track and to warm up on the track.

Drafting and Passing

Since there will be two riders on the track at one time, although starting on opposite sides, it is possible that one rider will overtake and pass the other. In such cases, the passing rider is responsible to ensure that no illegal drafting occurs. The passing rider should pull out into the passing lane (the second lane from the bottom of the track) before overtaking the other rider. The passing rider should obtain clearance from the passed rider before pulling back into the bottom lane of the track. The rider being passed must remain in the bottom lane (with the black stripes on each side of the lane) and must not move out to block the other rider. After being passed, the passed rider may not draft off the other rider. Race officials will monitor for drafting and safe passing and may disqualify riders who are drafting or riding unsafely.