



BIGFOOT YOUTH CC

The Bigfoot 10 Time Trial

What:

The Youth section has been lucky enough to secure 10 places for our young riders to take part in all of the main Bigfoot club's 10 mile time trail events this year – called the 'Bigfoot 10 TT'

You can take part in as many or as few as you like – so keen riders can hone their skills and strengths over the series of time trials. Or just come along, spectate and support! You can join in for the first time, or if you are one of our seasoned riders – you can try to improve on last year's time!

The time trails take place on roads (see later for route details) and so we feel that every young rider should be escorted round the circuit by an experienced adult rider (their chaperone)

We will try to help arrange chaperones where needed.

We will also be arranging an introductory ride(s) so riders can get acquainted with the route before the time trials

When:

Please arrive at 7:00pm (to pay, get race number and warm up), time trials start 7:30 pm (we are being allocated the early slots) on all of the following dates:

Thursday 30th May

Thursday 13th June

Thursday 27th June

Thursday 4th July

Thursday 18th July

Please arrive at 6:30pm (to pay, get race number and warm up), time trials start 7:00 pm (we are being allocated the early slots) on the following date:

Thursday 1st August:

Help:

Our club MUST help with marshalling (no previous experience needed), please let Adam know which dates you can do at adam@bigfootcc.co.uk and he will pass your details to the event organisers. Nothing to it, you just need to stand and indicate direction.

Where / route:

There is a link to the time trial route in the Bigfoot CC details below, plus a route map below. One parking option is in a lay-by at the top of Polehill (green arrow on map below), it is not allowed to part on Crow Drive (red arrow on map below - it's a private road and there have been complaints in the past).

Suitable bikes:

Road bikes preferable, the lighter the bike the better. Bigfoot have a few road bikes that can be loaned out – if you think this would help please contact Adam at adam@bigfootcc.co.uk

Please make sure bikes are in good working order.

Bring:

Suitable clothing, helmet, spare inner tube, cycle lock, drink and snacks

Who can attend:

Youth section riders aged 12 and over

Cost:

To be £5-00 per ride paid in cash on each day to the Bigfoot CC organiser – you then get your race number

Insurance:

All riders are to be members of British Cycling – with at least 3rd party liability insurance – you should already have this in place as part of your requirements to join Bigfoot Youth; please check

What to do next:

If you want to take part **please complete the attached survey at least 1 week in advance of the date(s) you want:**

<https://form.jotformeu.com/90544322829358>

Your request and details will be shared with club members Matt Benfield, Stephen Peate and Adam Shepherd. We will then inform on who is riding and when. Each entrant will need to contact Adam at adam@bigfootcc.co.uk in order to arrange to complete the attached parental consent form before the TTs

If you are allocated a slot(s) and find you can't make one you **MUST** inform Adam in advance so the slot can be reallocated

More Information:

If you have any questions please contact Adam at adam@bigfootcc.co.uk

Details from Bigfoot CC:

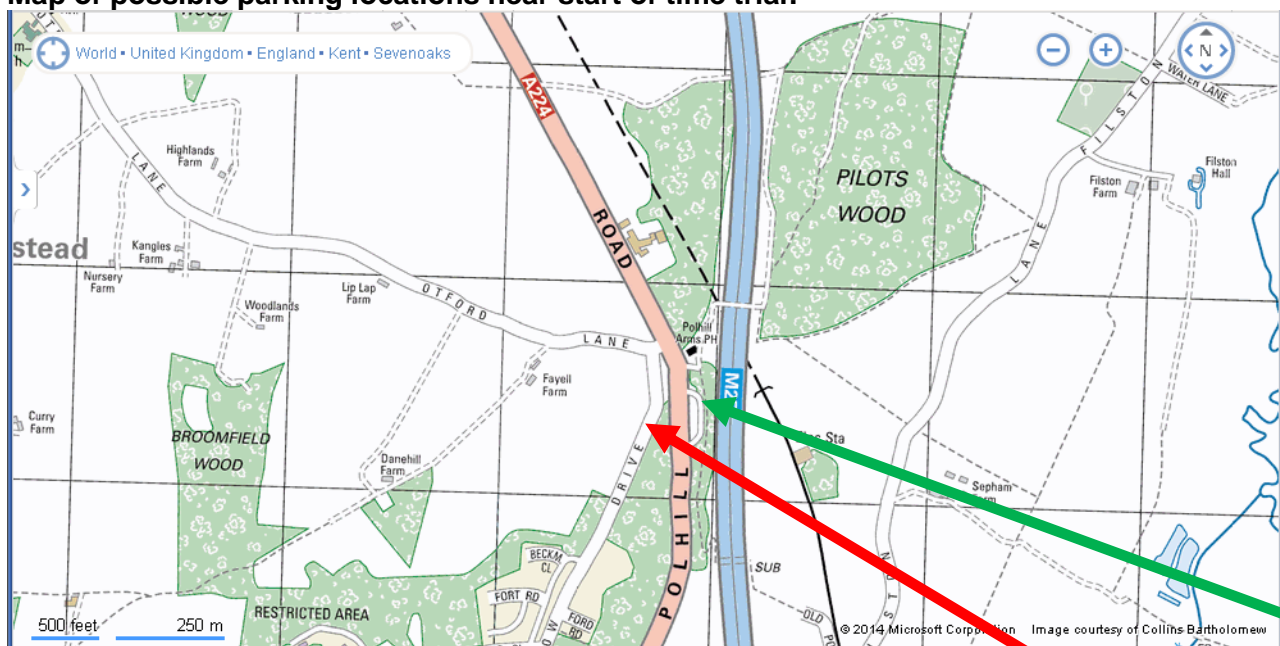
This series of TTs is open to all Bigfoot CC (adult club) members, *whatever their current ability*, and all Bigfoot Youth members aged 12 or over (again, *whatever their current ability*). Hopefully the wonderful Sponge Kitchens will once again provide cakes for afterwards.

Time Trials are a personal challenge: a race against the clock to see how fast you can cycle the 10 mile course and see if you can improve over the series. You can use any bike (except a recumbent) you do not have to have special equipment. Why not have a go this year!

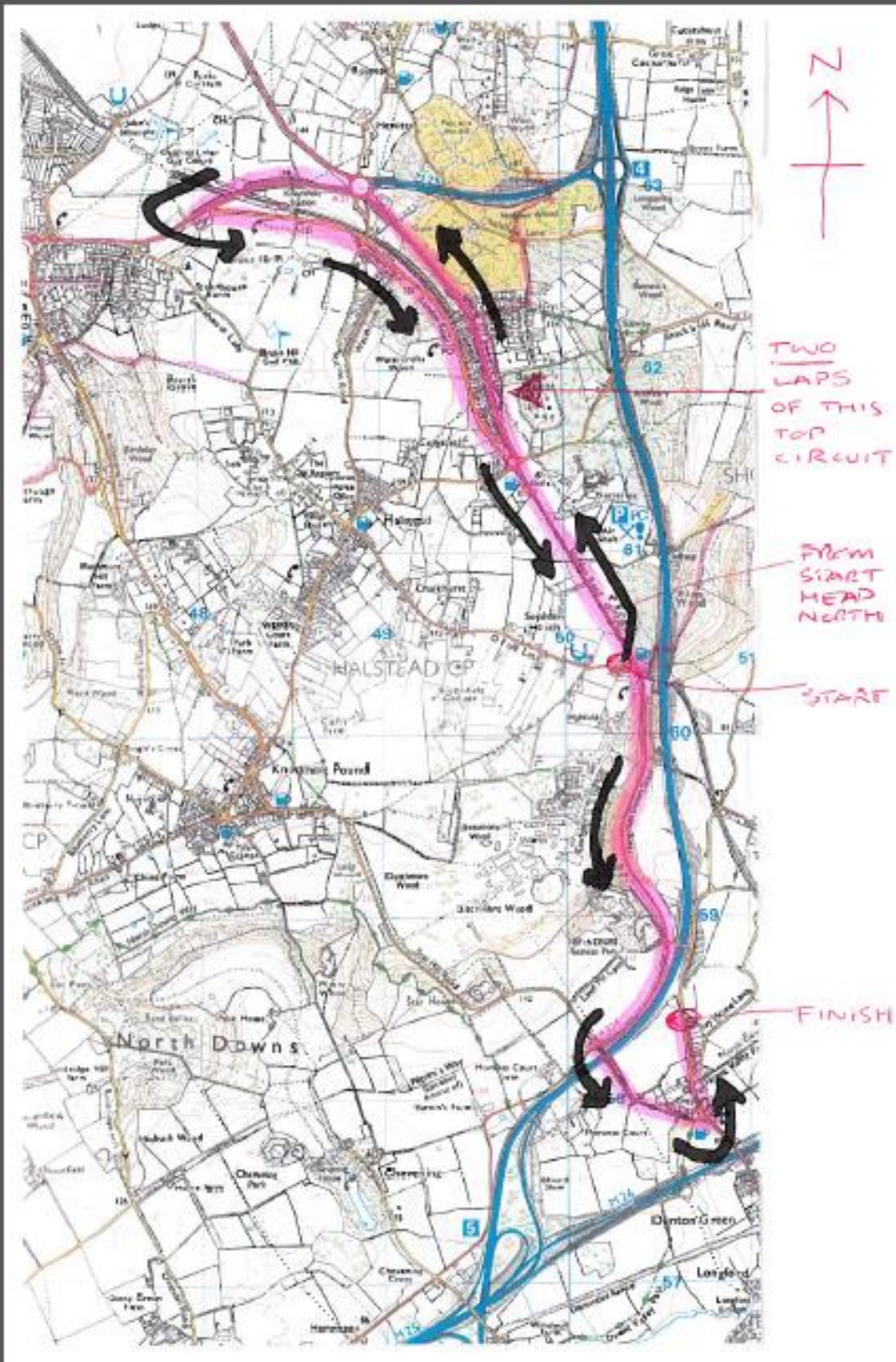
Details about TTs in general can be found here: <https://www.cyclingtimetrials.org.uk/> the “About” heading gives an initial introduction

The course is the Q10/18 Polhill course that was used last year and can be found on this link: <http://www.routeyou.com/en-gb/route/view/228028/race-cycle-route/q10-18-polhill-time-trial.en>

Map of possible parking locations near start of time trial:



Time trial route:





CYCLING TIME TRIALS
 the national governing body for CYCLING time trials
 www.ctt.org.uk



1937 - 2002

**PARENTAL CONSENT
 TO BE SIGNED BY PARENT OR GUARDIAN
 OF ENTRANTS UNDER THE AGE OF 18**

To entry of rider under 18 years of age during the (year) _____ season in
 (Name of Club) _____ Club Events

I (Name and Address)

Being the Parent (or Guardian) of

Who was born on: _____

HEREBY AGREE to his/her participation in the Club Events promoted for and on behalf of Cycling Time Trials under their Rules and Regulations and **DECLARE** as follows:-

1. I understand and agree that my said son/daughter participates in events promoted under the Company's Rules and Regulations, entirely at his/her risk and without liability whatever on the part of the promoter, promoting club, Cycling Time Trials, its Chairman, National Committee Members, District Committee Members, Officers and Officials of member clubs, Event Secretaries (promoters), Timekeepers, Marshals, Course Measurers, Caterers or helpers in the conduct of the event in respect of any injury loss or damage suffered by him/her however caused whether by negligence or otherwise.
2. I understand that the function of the marshals in such events is to do no more than indicate the precise spot at which the rider should turn or the direction he or she should take and that the responsibility for safely negotiating a turn or any other change of direction must rest with the rider alone.
3. I understand further that all competitors in or in the vicinity of the event must observe the law of the land relating to road travel and when racing must ride entirely alone and unassisted.
4. I am satisfied that my son/daughter is sufficiently responsible and experienced to assume full and entire responsibility for his/her own safety whilst engaged in a competition of this kind on the public highway.

SIGNED:

DATE:

 Photocopied signatures are not acceptable.

WITNESS:

(Signature, Name, Address
 and Official Position in Club)

