



2016 NSTC Time Trial Championships

7:00am, Sunday 5th June 2016

Our next club MTS event will be a chance for you to throw on the fast wheels, slip on the aero helmet and trim your bike down to the basic essentials for the running of the 2016 NSTC Time Trial Championships. Yep, that means your wetsuits and running shoes can be left at home and you can find out how high you really can get your heart rate up to on a bike !

Many of you may have overheard the occasional in depth post ride coffee discussion with references to “how I died on Blood Hill” and wondered where this alleged heart pounding, aorta exploding hill is ? You can wonder no longer and join in on the conversation with the predictable “was that it ?” response (seriously, It’s only a 700m 6% climb 3km before the finish line).



The Australian Time Trial Association (ATTA) run events on the first Sunday of every month (excluding public holidays) between Calga, Peats Ridge and Somersby. If you’re unfamiliar with this event you can view the details at:



The Location

The registration and start/finish location is at the corner of Peats Ridge Rd and Jones Rd. Take the Peats Ridge exit off the M1 (Pacific Motorway) and continue approximately 1.8km to the right hand turn into Jones Rd:

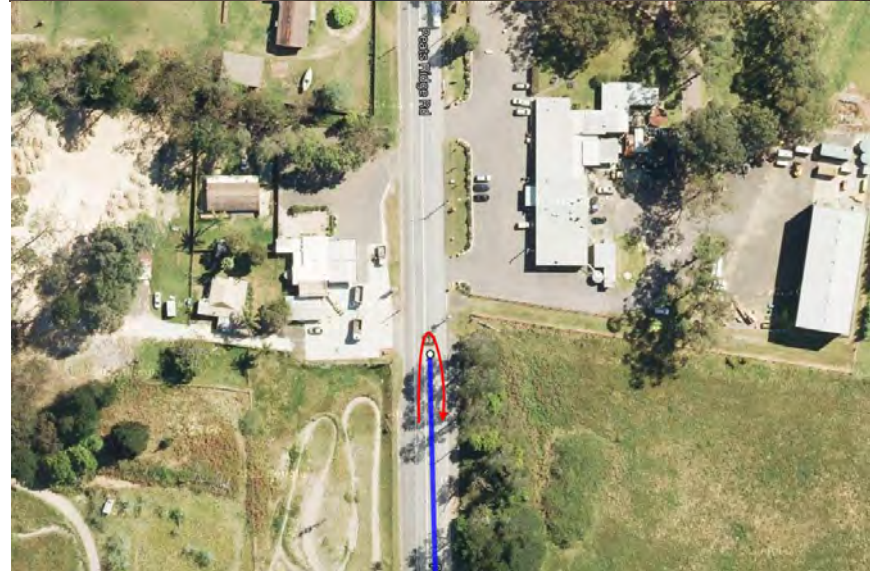
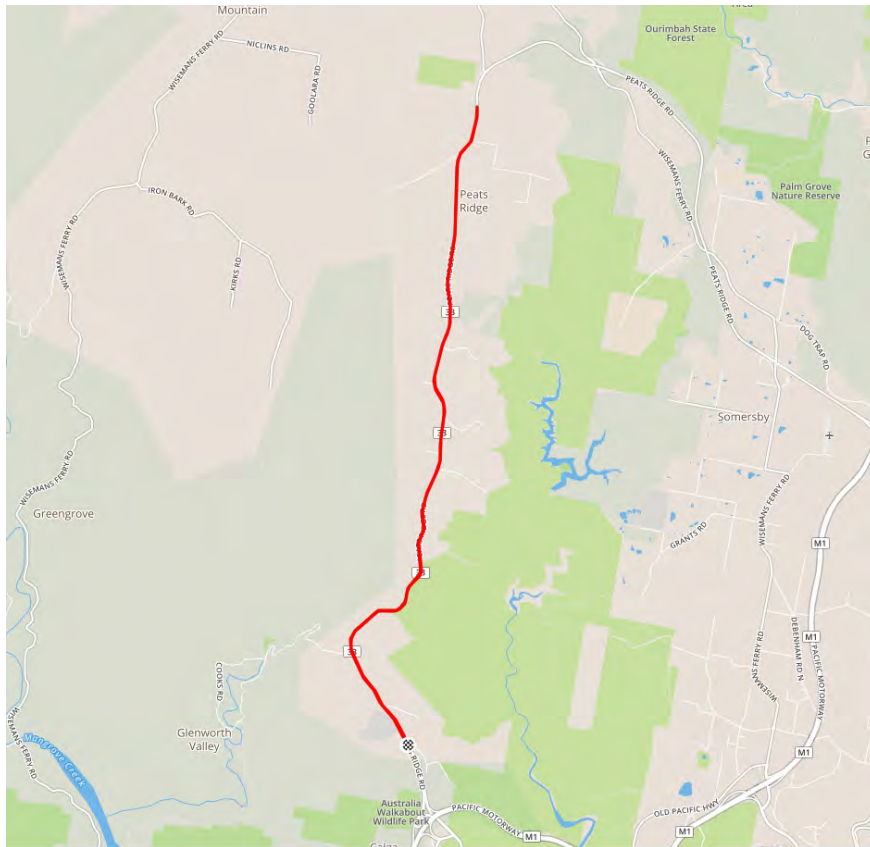


The Course

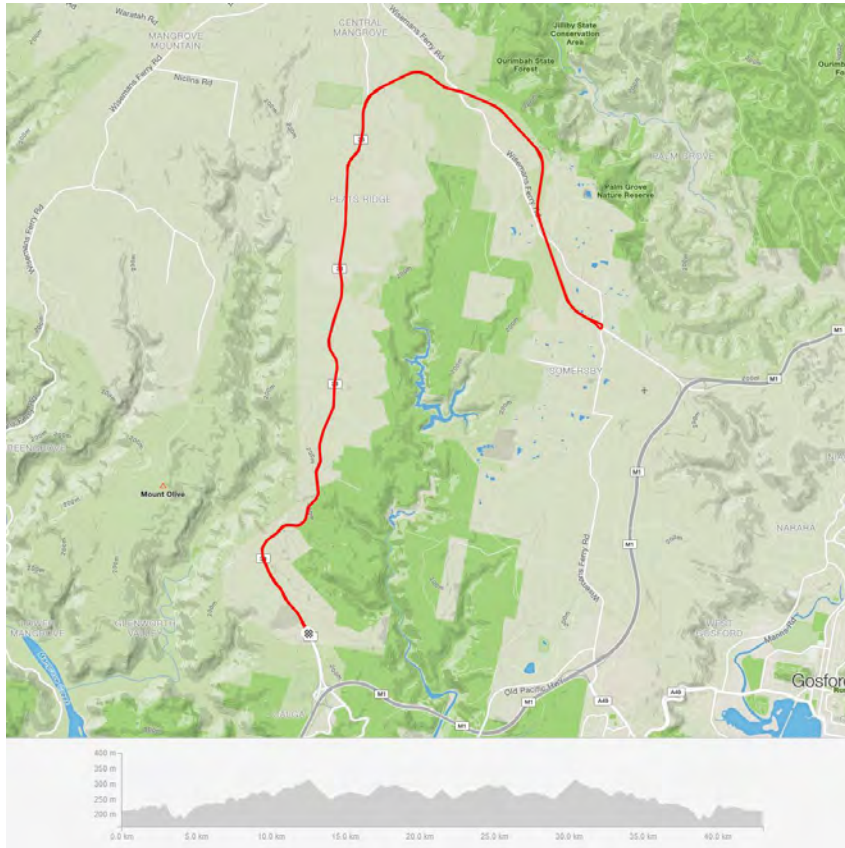
The following race distances and categories will be available:

Individual:	25km
	43km
Team (up to 4 riders):	25km
	43km

The 25km course starts on Peats Ridge Rd opposite Jones Rd and heads north turning back at Peats Ridge just before George Downes Drive:



The 43km course also starts on Peats Ridge Rd opposite Jones Rd and heads north continuing past George Downes Drive until you reach the Wisemans Ferry Rd exit to Somersby where you merge left then turn right at the top to cross the overpass and then turn right again to return back onto Peats Ridge Rd:



Entry Fees (excluding processing fees)

ATTA affiliates and members:	\$15 (direct member of ATTA)
CA/TA licenced riders:	\$25 (NSTC or other club members)
Unlicensed riders:	\$30 (you are not affiliated with any club)
Juniors (under 18):	\$15

How to Enter

Go to the following link and enter your details and event you wish to participate in:

[REGISTER](#)

Individual Entries (25km or 43km):

- Select the number of people you wish to register under the appropriate membership option
- In the “Other Information” section select either 25km Individual or 43km Individual for each of the entrants
- If you have competed previously at a Calga ATTA event select “Yes” at this question as you will already be on their participant register and do not need to be added on as a new entrant

Team Entries - Max 4 riders (25km or 43km):

- Select up to 4 people you wish to register under the appropriate membership options (eg. 3 people under “CA/TA Licensed Riders” and 1 person under “Unlicensed Riders”)
- In the “Other Information” section select either 25km Team or 43km Team for ALL of the entrants
- If any member of the team has competed previously at a Calga ATTA event select “Yes” at this question as they will already be on their participant register and do not need to be added on as a new entrant.



The Ride Plan and Rules:

- The event is open to all NSTC members plus any friends or family you wish to bring along.
- The first rider sets off at 8:00am with 60 second intervals between each rider.
- You should however arrive at registration at least 30 minutes before the first rider starts
- You will be notified of your start time on the day of the event and you need to collect your race number bib from the NSTC MTS Coordinator who will be at registration (eg. Race bib number "15" means that your start time will be at 8:15am)
- You will also need to sign the event disclaimer at the registration desk
- The race number bib needs to be attached to your left upper arm and to assist the timekeepers you should also call out your number as you cross the finish line:



- Everyone is encouraged to wear club branded clothing or colours
- This event is not suitable for children under 14 years of age.
- Please take note of the ATTA Race rules as outlined in their website which includes the following:

General Rules applying to all events

- All riders are assumed to have read, understood and accepted the [disclaimer](#) printed on race entry forms, sign-on sheets or membership applications.
- "Approved" helmets are compulsory in all ATTA events. A helmet is approved if it complies with:
Standards Australian standard AS/NZS 2063:1996; or Snell Memorial Foundation standard B-95, B-95A or B-95C, and has a Standards Australia or Snell compliance sticker on it.
- Bikes: in Championship events bikes must comply with the current technical specifications of either [Cycling Australia \(CA\)](#) or [Triathlon Australia \(TA\)](#); for non-Championship events bikes must satisfy the basic requirements of road safety and

the spirit of Time Trial competition. While a rider will not be prevented from participating as long as their bike satisfies the requirement that it is safe and legal to ride on the road, a time may not be eligible for consideration for ATTA medal competitions if the bike used does not comply with the CA or TA specifications.

- For their own developmental wellbeing Junior riders are expected to comply with the gearing restrictions defined under the CA Technical Regulations.
- The June TT is a Non-Championship event therefore bikes do not need to meet with CA/TA specifications but do need to be in satisfactory running order.
- Given that this is a public event and we will be clearly visible and representing the club, any inconsiderate behaviour to the general public and other riders will be frowned upon (eg. abusive behaviour and language).

Afterwards:

We will all meet up back at the Pie in the Sky for coffee and snacks afterwards.

Hope to see you all there !

