



2009 SCC Time Trial Series

- Train for the State Championship Time Trial in July
- Improve your overall fitness or bike leg of triathlon
- Riders of all levels & non- SCC members welcome
- No special bike required, just a road bike.
- No drafting—just you alone against the clock.
- Riders start at one minute intervals.
- 2nd and 4th Thursday of each month.
- No license required, you will be asked to sign a waiver.

The 2nd Thursday of each month will be a fixed 10K & 20K course. The 4th Thursday will gradually increase in distance to prepare riders for the NC State Time Trial Championships held in Southern Pines, NC July 26, 2009. See SCC website for calendar and distances.

Registration Starts: 5:45pm

Start time: First rider leaves at **6PM** and there after 1 min intervalscome early to register and warm-up.

Location: Hobby Field on Youngs Road

Entry Fee: \$10 one time fee for your race number. Same number to be used for entire series...don't lose it or you will need to buy another!

Awards: Awards will be given for each category. Points will be awarded based on placing (see below). The more races you do, the more points you accumulate and the better your chance of winning!

Dates & Distances:

April 9	10K
April 23	10K
May 14	10K
May 28	15K
June 11	20K
June 25	20K
July 09	20K
July 23	32.5K
July 26	32.5K NC State Time Trial Course

Points:

- 1st place - 12 points
- 2nd place - 10 points
- 3rd place - 8 points
- 4th place - 6 points
- 5th place - 4 points
- 6th place+ - 3 points

Categories:

- * Jr. 19 and Under
- * Women 20-34, Women 35-44, Women 45+
- * Men 20-34, Men 35-44, Men 45-64, Men 65+

For complete information go to: www.sandhillscyclingclub.com