



## TotalCyclist/Endurance Magazine TT Series

Wednesday March 4th to September 23rd 2009

The Premier multisport magazine, Endurance Magazine and Southeastern based coaching business TotalCyclist will be hosting a **indoor** TT series designed for fun, education and fitness. Starting Wednesday, March 4<sup>th</sup> and running into September 2009 you can race head to head with 8 riders at a time on linked Computrainers at TotalCyclist in Pineville, NC **and** Uptown Cycles powered by TotalCyclist in Uptown Charlotte, NC. The series is for all levels of ability so come for the racing or come for the training and social aspect of it.

Riders will race in waves of 8 to determine the results of each weekly stage with the results appearing on **endurancemagazine.com**, **uptowncyclescharlotte.com** and **Totalcyclist.com**.

Stage, General Classification (GC) and point leaders in different categories will be presented along the way to see who the leaders are based on the times posted, points collected and individual improvements. The results will be divided into 8 categories. Men's A, Men's B, Women's A, Women's B, Men's A 40+, Men's B 40+, Women's A 40+ Women's B 40+

### Registration

To book your start time and location

<http://www.sportoften.com/framework/searchActionHandler.cfm?pSearchType=allEvents>

Registration openings for each stage will be continually updated. Registration closes at 6pm the day before the race. Day of Registration is on a first come first serve basis. Uptown Cycles 704-632-7440/TotalCyclist Pineville 704-889-1458 for day of registration.

Races run on Wednesday evenings. The first heat starts at 5pm and the second starts at 630pm. Additional Heats may be added if needed.

Price per race is 15\$ (Courses are subject to change, Please check TotalCyclist.com for courses)

<u>Date</u>	<u>Course</u>	<u>Length</u>	<u>Profile</u>
4-Mar	Computrainer 10 mile TT	10	Rolling

11-Mar	Computrainer 6.2 mile TT	6.2	Rolling
25-Mar	Central Park	6	Rolling
1-Apr	1995 National TT Course	12.4	Gentle Rolling
15-Apr	Pier to Pier	10	Dead Flat
29-Apr	Morgul Bismarck	12.5	Hilly!
13-May	Ten Mile Intermediate	10	Rolling
27-May	2008 Triathlon Worlds	8.05	Rolling
10-Jun	1999 Womens Elite TT	16	Up down
24-Jun	1995 MTB Champ	7.3	Ouch
1-Jul	Feldberg Course	9.96	Rolling
29-Jul	Pier to Pier	10	Dead Flat
12-Aug	Lowenbrau	8.8	Two bumps/flat
19-Aug	Computrainer 10 mile TT	10	Rolling
2-Sep	Computrainer 6.2 mile TT	6.2	Rolling
16-Sep	Central Park	6	Rolling
23-Sep	1995 National TT Course	12.4	Gentle Rolling

### **Wednesday Heats**

\*Riders slotted into first available heat.

#### **Heat 1**

##### **5pm - 6.15pm**

5.00-5.15 bike set-up and warm up

5.15- Racing starts

Cool down

6.25 OFF BIKE

#### **Heat 2**

##### **6.30pm-7:30pm**

6.30-6.45 bike set-up and warm up

6.45- Racing starts

Cool down

7.30 OFF BIKE

#### **Heat 3 (if necessary)**

##### **7.45pm-8.45pm**

7.45-8.00 bike set-up and warm up

8:00- Racing starts

Cool down

8.45 OFF BIKE

### **Course**

- Races are run on Wednesday evenings at BOTH PINEVILLE AND UPTOWN LOCATIONS, Heats of 8 (Pineville) 8 (Uptown) every 1.5 hrs...first wave at 5.00pm.
- Courses will vary in length between 10km and 20km so count on average 1hr of Computrainer time including warm up.
- Every week we will use a different course.
- Long course races take an extra 15 to 20min of racing time so start times may be adjusted and will be announced.

### **Categories**

There will be an A and a B category for both men and women.

#### **Basic Category Descriptions.**

Riders will be adjusted into a specific category after a profile has been established based on their time trial.

#### **“A” Category guide lines**

- Under 40 or 40+ licensed/trained cyclists

- Racers who train 8 plus hrs/week in any discipline
- Self seeded "A" racers

### **"B" Category guide lines**

- Under 40 or 40+
- Beginners
- Self seeded B racers
- Racers who train less than 8 plus hrs/week in any discipline

### **Race Rules**

- Overall will be calculated on points using the formula outlined below.
- New riders joining the series after the first race will start the series with ONE point for EACH of the races missed. This will be calculated on a rolling basis (after 10 races are reached).  
Reminder: To be eligible you must race in 10 races.
- Points will be determined based overall stage placing in the following manner
- Stage placing ...points 20, 17, 15, 12, 10, 8, 5, 2 points respectively.
- Highest improvement in watts/per kilogram for the series gets a special prize!
- Final GC points will be based on the best point total of the 17 stages. In the event of a Tie in GC, the person with the fastest time in the Final series Time Trial claims victory. You must participate in 10 races. If you participate in 10 races you will be credited with ONE point for each race missed.

### **Other notes**

- \*\* In the event that a rider rides twice in one stage, the placing from the best ride will be used.
- \*\* Riders wishing to reserve more than one heat start time in a stage will be responsible for paying for all the heats booked even if they do not start.
- \*\* Racers who have already completed a heat may ask to race "stand by" in later heats that are not full. In this case, they will only be billed for one start on the day. However, there are no guarantees that a spot will become available. Stand by will be left up to the staff on the day of the heat and can only be requested on that day.
- \*\* Riders who are not part of the GC can still take part and will still have their times posted for the day
- \*\* Riders do not need to race all races to be eligible for the lead because the race is based on points and is based on the best 14 finishes of the 17 stages
- \*\* To be eligible for any prizes, riders must have completed 10 races

\*\* Any disputes regarding points or prizes will be reviewed by TotalCyclist with the final decision reached by this panel standing as the final word.

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About the sponsors:

Endurance Magazine is the premier resource for active lifestyles in the Carolinas. Focused on educating, inspiring, and motivating athletes of all levels and abilities, Endurance Magazine offers readers compelling and immediately useful editorial on a monthly basis. Monthly editorial includes Inspiration, Getting Started (for beginners), Running, Cycling, Swimming, Triathlon, Women in Motion, Youth Fitness, Mountain Biking, Adventure, Nutrition, Bodywork, Strength Training, Mental Fitness, weekly lists of active Things You Can Do EVERY DAY, Rides and Runs of the Month, and the most comprehensive events CALENDAR for the region.

Each month we reach over 150,000 readers via over 800 locations. In addition, we deliver thousands of issues to registered race participants in their race packets each month. Annual subscriptions are also available. [www.endurancemag.com](http://www.endurancemag.com)

TotalCyclist is the premier coaching business in the Southeastern US. TotalCyclist has coached enthusiasts to pro athletes to reach the pinnacle of their performance. You can find two training locations in Charlotte. Pineville and Uptown Charlotte. [www.totalcyclist.com](http://www.totalcyclist.com)

Uptown Cycles p/b TotalCyclist is a new and unique way to shop and train in Charlotte, NC. Located in Uptown, you can browse the great lines of bicycles (Giant, Cannondale and Electra) sip some gourmet coffee and check out our brand NEW Training Center. [www.uptowncyclescharlotte.com](http://www.uptowncyclescharlotte.com)