

## **BaRTT Briefing**

Welcome to the Bike and Run Time Trial series

### **This is a training event, not a race!**

- It is run in a time-trial format to avoid bunching up on the bike course.
- Your handicap is not important; it is simply to split people up and make the event safer.
- Slower people start earlier and faster people start later, this reduces the chance of people being left on the course and means everyone finishes about the same time.

### **Run:**

1 lap, anti-clock-wise on the first run,

3 laps, clock-wise including going around the green at beginning of each lap on the second run.

- Give space to local residents and other path users
- Part of the course is off-road, including one kissing gate; take care.
- Part of the course is along the road, be aware of traffic, particularly around the corners.

### **Bike:**

3 laps,

Other than immediately after transition, all turns are left turns.

- You don't have right of way at the corners, so be careful.
- There can also be some loose gravel at all three corners, so be careful.
- The bike course uses open roads, the High Way Code has to be followed at all times.
- Stay at left hand side of the road at all times, no crossing of the middle line.
- There can be parked cars in Kirtlington, remember you do not have right of way.
- If there is a marshal on the main road they are simply to raise the profile of the event – not to tell you it is safe – They will simply say 'Traffic' if there is approaching traffic on your side of the road.

**YOU DECIDE IF IT IS SAFE TO GO**

### **Transition:**

The bench marks the start/finish line.

The trees each side mark the transition zone.

- Keep the road as clear as possible (i.e. shoes, bikes etc on the verge please)
- You always enter from the end away from the pub and exit at the pub end.
- Be aware of other traffic, in both directions
- No cycling between the two trees!
- Shout your name out as you transition to help the time keepers.

### **No Drafting!**

- A rear light is required during the bike session; turn it on before your start!
- No rear light / No helmet - no participation!

Any Questions?

Check the start list for times.

**Enjoy and train safely, Good luck everyone!**