

BRAC'S WOMEN'S+ TIME TRIAL CLINIC

MAY 12TH | 10:00 AM - 12:00 PM | \$10

WHAT IS A TIME TRIAL?

IT'S USUALLY CALLED "THE RACE OF TRUTH" BECAUSE IT'S ONE RIDER AGAINST THE CLOCK, COMING DOWN TO AN INDIVIDUAL'S STRENGTH AND ENDURANCE. RACERS ARE NOT ALLOWED TO DRAFT. STARTING TIMES ARE AT EQUAL INTERVALS, USUALLY 30 SECONDS UP TO ONE-TWO MINUTES APART. THE RIDER WITH THE FASTEST TIME IS DECLARED THE WINNER.

SKILLS LEARNED IN THE CLINIC (PLUS MORE DEPENDING ON GROUP NEEDS):

1. MAINTAINING A STEADY POWER OUTPUT OR CONTROLLED HEART RATE (OTHERWISE KNOWN AS "PACING YOURSELF") FOR LONG PERIODS OF TIME
2. MAINTAINING A SMOOTH PEDALING TECHNIQUE
3. POSITIONING SELF FOR OPTIMUM AERODYNAMICS

****NEW RACERS (CATEGORY 5) WHO ATTEND THIS CLINIC WILL RECEIVE 50% OFF OF THE SUPERIOR MORGUL TIME TRIAL SCHEDULED MAY 18TH, 2019.****

**LOCATION: SUPERIOR MARKETPLACE
600 CENTER DRIVE, SUPERIOR, COLORADO 80027**

REGISTER: [BIT.LY/BRAC TTCLINIC](https://bit.ly/bracttclinic)

WHAT TO BRING: APPROPRIATE BIKE-RIDING GEAR (BIKE, HELMET, ETC.)

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PERMIT NUMBER: 2019-1779

