



## Limerick Triathlon Club Bike Time-Trial Series 2018

### General Information

Four races in total

Dates: Wednesday evenings – May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> 2018

Distance: 20km

Start and Finish: Daly's Cross, Old Dublin Road – route shown on next page

Prizes: Overall Male and Overall Female (perpetual cup) – based on average of best 2 times

Sign-on: 5.45pm-6.00pm

Time: First cyclist off at 6.15pm

Contact: [DiarmaidLane@gmail.com](mailto:DiarmaidLane@gmail.com)

### Specifics

- All athletes must be members of Limerick Triathlon Club
- We encourage athletes of all abilities to come along, participate, and enjoy the series
- All athletes must adhere to the rules of the road at all times
- Participation in the series is free of charge. We only ask that you give up your time on one of the four evenings to help with the marshalling
- **10 marshals** in total required each evening
- Each athlete is required to marshal on one of four evenings. An online poll will be circulated before the first race. Athletes will select evening for marshalling through this poll
- Each athlete is given a race number on the first night and must use this for the remainder of the series – display on back (race-belt or pinned)
- Overall position of males and females is based on the average of their two best times and fulfilment of marshalling duties.
- If athletes wish to run off the bike after their timetrial, we request that they do not run against the finishing cyclists
- Keeper Cycling Club is also running a timetrial series on the same evening with their first cyclist off at 6.50pm from Herbert's Pub. Please respect these cyclists as you complete your cool down.
- If driving to Daly's Cross, please park your car responsibly. Biking to the location is easy as it is only 20 minutes from the city



## Route Information

DISTANCE	20.0
kilometers	
CLIMB	130 m

