

2009 Time Trial Series

YMCA - Freeport Bicycle Company
20K (12.4 miles)

Time trials are popular cycling events because they test an individual's level of fitness. Each cyclist or triathlete is timed while riding a designated route alone. Time trials are challenging and often referred to as "The race of truth."

- Dates:** Thursdays, May 21, June 18, July 16, August 20, 2009
Time: Warm up at 6:00 PM, first rider goes off at 6:30 PM (riders go off at 60 sec. intervals).
Location: Parking available at Florence United Methodist Church (race start is at the corner of Florence and Clover Roads)
Cost: \$12.00 per race, or \$24.00 for series of 4 time trials Register at the YMCA or Freeport Bicycle Co.
Questions: Call Freeport Bicycle Company 815-235-2014
****** Helmets required**

Race times will be posted at : www.freeportbikes.com

Prizes and Awards will be presented immediately following the Aug. 20 race

