



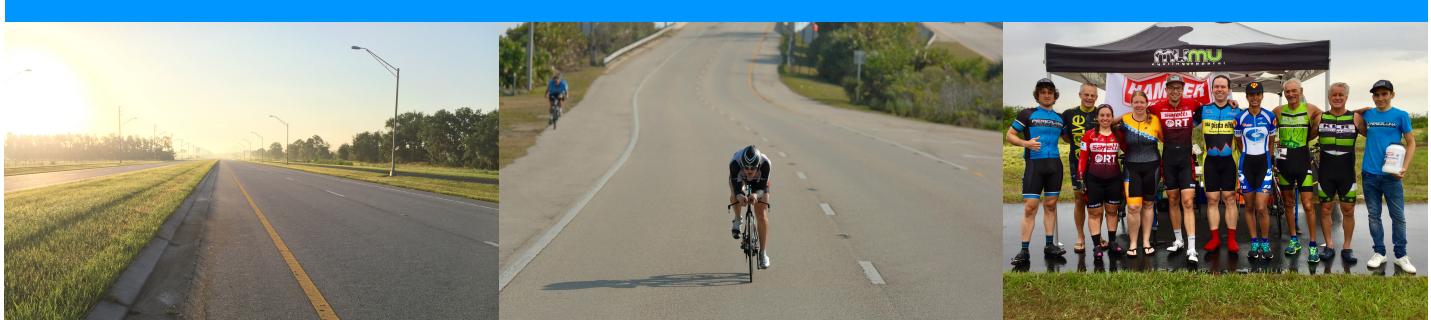
Florida Polytechnic Time Trial Series



2019



USA CYCLING
PERMITTED EVENT



Categories and Styles:

- Open to ages 14-99
- Time Trial Bike (Aero Style), Road Bike (Eddy Merckx Style), and HandCycle categories offered

Dates:

- 2/9, 3/16, 4/13, 5/11, 6/1, 8/17, 9/21, 10/12

Warm Up and Times:

- 7:45am-Arrive with trainer and be ready to spin at 8:00am. 4 complimentary trainers will be available to use on site (first come basis)
- 8:00am-Structured warm up with pacing and motivational talk with coach. This is a unique valued offering that will significantly help participants perform at their best and enjoy the event
- Alternative warm up on road using caution and abiding by traffic laws
- 9:00am-First rider off. Riders will go in 30 second intervals

The Course:

- 8 mile time trial out and back ([Ridewithgps route](#))
- 15 kilometer time trial ([Ridewithgps route](#))
- Perfect location for a time trial with little traffic, long straight aways, and bike lanes
- Perfect 20 minute power test location

<p>USA CYCLING MEMBERSHIP REQUIRED</p> <p>\$10 FOR ONE DAY EVENT LICENSE</p>
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Location:

- Florida Polytechnic University: 4700 Research Way Lakeland, FL 33805

Registration: Pre-reg \$20 PayPal/USAC or on site/late (\$25). \$144/series

- [PEREZLUHA COACHING](#) or [USA CYCLING](#)