



# 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, 5/4, 6/1, 7/7, 8/17, 9/21, 10/12, **11/10 (NEW!)**

## Warm Up and Times:

- 7:30-8:00am-Registration
- 7:30-7:45am-Arrive with bike and trainer and be ready to spin at 8:00am
- 8:00am-Structured warm up with pacing, course preview, and motivational talk with coach. This is a unique valued offering that will significantly help participants perform at their best and enjoy the event
- 9:00am-First rider off. Riders will go in 30 second intervals

## The Course:

- 8 mile time trial ([Ridewithgps route](#))
- 15 kilometer time trial ([Ridewithgps route](#))
- 8.5 mile special edition 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

## Location:

- Florida Polytechnic University: 4700 Research Way Lakeland, FL 33805  
\*Start location/parking is just outside of campus on western end of Research Way near University Blvd

**Registration:** Pre-reg \$20 PayPal/USAC or on site/late (\$25). \$162/series

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

