



Source Endurance

Time Trial Pacing

Steady Wins the Race

Source Endurance

Know Course and Conditions

- Flat-ish, rolling, or technical?
- One turn around, cone near white shoulder line, out & back?
- Good surface- good rolling older pavement or chip- seal?

Know Your Equipment

- What is recommended PSI?
- Repairs in order?
- How does your equipment perform in different situations (wind, fast descents)?

'07 TX TT

- Weather
 - Mean Temperature **83 F**
 - Min Temperature **75 F**
 - Moisture (Dew Point) **74 F**
 - Sea Level Pressure
30.03 in / **1017** hPa
 - Wind Speed
0 mph / **0** km/h (SSE)
 - Max Wind Speed
9 mph / **14** km/h
 - CALM COOL DAY FOR TEXAS,
FAST CONDITIONS.
 - [http://wahiduddin.net/calc/
density_altitude.htm](http://wahiduddin.net/calc/density_altitude.htm)
for air density calculations
- Later starters at disadvantage due to
 - Higher wind speeds on their return
 - Higher temps
 - Higher air pressure
 - Register early for the 2008 championship, be one of the first to sign up for the time trial.

Starting a Time Trial

- Get to the start early ~10min!
- Warm up is highly depending on the duration of the event. The longer the event, less warm up.
- Sit in starting gate in proper gearing and place less dominate leg so pedal is just under down tube.
- Stand with 3sec to start. Stiff start.

Time Trial Turn Arounds

- Sit up, get a drink.
- Take it safely, shift to a slightly easier gear.
- In coming out of turn around, take your time to get up to speed in a stiff motion.

Pacing

- Negative splits. “1sec ahead of your schedule per .25k early in the race means loosing 10s per kilometer late in the race.”
- Hills, slight increase in power up the hills and slight decrease in power down the hills best in spreadsheet modeling.
- Flats, steady.
- Power loss acceptable for sleek position.