

2020 CHINOOK TIME TRIAL SERIES

The Chinook Cycling Club supports our local cycling community by providing this series of weekly race events. All are encouraged to participate.

What you need to participate: Must be a current 2020 Chinook member as captured on the Webscorer web site. Paper forms can be used to submit your registration--see the Chinook web site.

To Register: <https://www.webscorer.com/registerseries?pid=1&seriesid=206201>

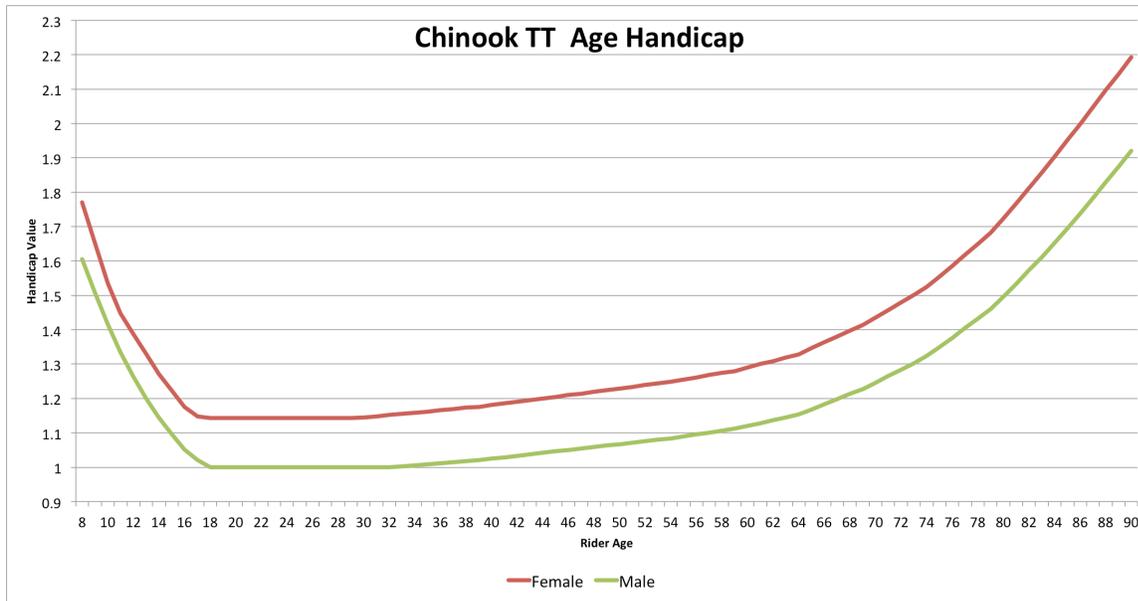
How the series works: The series includes one ride per week for 26 weeks. Ride lengths vary and generally follow a rotating schedule of 5 miles, 10 miles, 40 km, and hill climb (about 3.2 miles in length). Riders begin from a standing start and self-time their ride. Drafting is not permitted. Riders report their time on a tracking sheet immediately following the ride. If the tracking sheet is unavailable, then e-mail your ride time in to Craig at: craig_liz_groen@msn.com and cc John at: john@the-burkes.us. Points are awarded weekly for participation and performance. "Place Points" are affected by handicap values and penalty points as described below.

Self-Timing / Strava Note: Rides must be timed with a stopwatch, bike computer or equivalent. Strava segments may not be used for time recording as the timing in Strava is not accurate enough under some circumstances.

Web Site & Results Check: Riders are encouraged to check weekly results to ensure their time for the previous event was entered correctly. Sometimes we read your time wrong, sometimes we can't read your time and guess wrong and we make a mistake. If this ever happens send an e-mail to Craig at: craig_liz_groen@msn.com and cc John at: john@the-burkes.us and the error will be corrected. Series results are posted here:

TT Website: <http://www.chinooktt.club/index.php>

Handicap Values: Handicaps are applied to each rider in an attempt to level the playing field. This allows rider of all ages to fairly compete against each other. The handicap calculations originally came from data found by the series inventor, Bill Painter. The values have been adjusted over several years of running the series to better address riders at the extreme older and younger ends of the range. The chart below captures the current handicap values.



Results: The series rewards participation. A rider earns 4 points per ride. Additionally, finishing positions are calculated weekly based upon riders' times and handicap values. Each week the top 10 calculated times earn additional "Place Points" (10 points for fastest handicap time down to 1 point for tenth place). For each "Place Point" earned, 3 penalty points are applied. Penalty points are added to the individual rider handicaps for subsequent rides. The 5-mile and Hill Climb rides use 1 x penalty, the 10-mile uses 2 x penalty and the 40K uses 5 x penalty. As the series progresses and a rider earns more penalty points, it becomes harder and harder to score in the top 10 places. This makes things very interesting at the end of the series.

Benefits: Whether you are "Hard Core" or a "Recreational Rider", the series provides an opportunity to improve fitness and time trial skills in addition to having fun.

Free Rides: Each rider is given up to **3 'free rides'** for events missed after all forms are completed and membership is paid. Four points are automatically credited for each missed ride (3 rides, maximum).

Ride Window: Due to varying weather conditions, a ride window (limited time-frame) is enforced to help ensure riders are participating in similar conditions. Riders starting before, or riding after, the window will only earn participation points. No participation points will be given to participants who ride significantly before or after the window (greater than 1 hour before or after).

Course Neutralization / Cancellation: The series organizer has the option to neutralize or cancel the event results in cases of extreme weather or other hazardous conditions such as poor air quality, excessively high wind speed, road hazards, or high heat. For neutralization, no place points will be awarded, only participation points.

Rider Health & Safety: Each rider is responsible for their own health and safety. Everyone should always do a full ‘look over the shoulder’ traffic check before crossing the road for turns, pulling into the lane when passing, arriving to, or leaving the course. If you have a flat tire, please pull fully off the road to ensure both cars and other riders have a clear path. Each rider is encouraged to use a free ride, ride easy, or simply skip the ride if you feel you should not ride due to illness, injury, air temperature, or air quality. If you show up for the event, you will always be given participation points (just sign out as a DNF).

High Temperature Ride Cancellation: For 2020, we will use the high temperature cancellation policy from 2019. If the temperature for the 40K at the start time is at or over 100 degrees, then the ride will be cancelled. The other events will have a temperature limit of 102 degrees. The series organizer has the option to cancel the event several hours earlier if the forecast temperatures clearly indicate a high temperature. No place or participation points will be awarded. More information on the weather policy can be found in the NOAA Weather for TT PDF available on the Chinook site.

Air Quality Cancellation: We will use prediction of excessively high air pollutants to cancel the TT events before the event start time. Unfortunately, accuracy of long range forecasting of air quality is historically inaccurate, so we will delay air quality cancellations until 3 pm the day of the event. We will use a combination of the current air quality measurement and the forecast to determine cancellation as documented in the table below. No place or participation points will be awarded. More information on the air quality policy can be found in the Air Quality for TT PDF available on the Chinook site.

AQI at 3 pm Tuesday	6 pm Forecast	Outcome
Less than 130	n/a	Hold TT
Between 130 and 150	< 170	Hold TT
Between 130 and 150	>= 170	Cancel TT
Greater than 150	n/a	Cancel TT

DNF: Riders unable to complete the ride should record "DNF" on the sign-out sheet. DNF riders will be given full participation points.

Handicap Calculations: Handicap Penalty Time = (Ride time in seconds / handicap value) + (previous penalty points * course penalty multiplier). For example, on 4/5/16 Greg rode the 5-mile course in 11:09. His handicap was 1.067 and previous penalty was 30.

$$\text{Penalty} = (11 * 60 + 9) / 1.067 + 30 * 1$$

$$\text{Penalty} = 669 / 1.067 + 30$$

$$\text{Penalty} = 656.99 \text{ or } 10:56.99$$

Results Communication: A variety of means are used to communicate ride results. The information captured and communicated includes a number of attributes. These are described in the "Results Fields" table below.

Bike Exceptions: We encourage all riders to participate, no matter what they ride. Our race series is oriented to individual road Time Trial or Triathlon competition. Recumbent bikes, trikes, bikes with faring's, and tandem bikes may be disqualified from earning place points or setting course records at the direction of the race director.

Season Top 10: At the end of the series we will hold a celebration party where all Chinook are invited to attend--pizza is provided. The overall top 10 riders will be given a memento to recognize their accomplishment. For the last several years, truly unique and finely constructed finishers trophies have been hand made by Chinook legend Craig Groendyke. For 2020 we plan to resolve ties with the rider placing highest in the last 5 mile event (based on Handicap Penalty Time) being awarded the higher placing when Season Points are tied.

Results Fields:

Field	Description
Row	The row number in the results. Included to easily determine rank based on the current sort. (Click on the column header to sort by that column. Click again to toggle the sort between ascending and descending.)
Season Place	The place rank based on points accumulated to date for the current series year. Note that ties in points are not currently recognized, so place is arbitrary when points are tied.
Rider	Rider name. Last name, first.
Gender	M or F. There is a difference in handicap value based on gender.
Age	Rider age as of December 31 of the current year. For 2018, this value would be the rider's age on 12/31/2018.
Handicap	The handicap value based on the rider age and gender. A larger value provides more benefit to the rider. (See Handicap Calculation)
Ride Time	The raw ride time, captured as hours, minutes and seconds. Fractions of a second are discarded.
MPH	Computed miles per hour for the course distance and ride time.
Handicap Penalty	Ride time after adjustments for handicap and penalty points. The event top 10 is computed based on the handicap penalty times.
Event Top 10	Place ranking based on handicap penalty time.
Season Points	Points earned in the current series. A rider wins the time trial series by having the most points at the end of the year.
Season Penalty	Penalty points (which are added to the ride time as seconds) for the current season.
Note	Captures highlights for: handicap personal record, raw personal record, course raw record, course handicap record, and participation only for riding outside the ride window, DNF, and neutralized course.

Current TT Series Organizers:

John Burke, john@the-burkes.us

Ian Hoffman, ian.hoffman@gmail.com

Craig Groendyke, craig_liz_groen@msn.com