2025 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.

New for 2025:

1. Ride window shortened to 4:00 –7:00 PM;
2. Clarification on what happens if a rider reports "Ride Time" after results are released;
3. For events cancelled due to extreme heat or poor air quality, a make-up ride will be held on the following Saturday with a 8:00 to 10:00 AM ride window, unless the following Saturday is a 40K TT, then the makeup would be a week later, this applies to 5 mile, 10 mile and Hill Climb TT's; and
4. Expanded information on the "Dash".

What you need to participate: Must be a current 2025 Chinook member as captured on the Webscorer web site.

Links:

- Chinook Membership Registration: https://www.webscorer.com/registerlist?raceid=376095
- Chinook TT Website: http://www.chinooktt.club/
- Chinook General Website: http://www.chinookcyclingclub.com/

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 self-time and report their time via email shortly after completing the event. Points are awarded weekly for participation and performance. Drafting is not permitted. "Place Points" are affected by handicap values and penalty points as described below. Results should be posted to the time trial website generally by 9 am the next day. The website captures the schedule, results, course records, and last minute weather cancellation notices.

Reporting your time: Riders must report their time promptly by e-mailing your ride time to Craig at: craig_liz_groen@msn.com. (Adding Craig Groendyke, craig_liz_groen@msn.com, to your contacts will make reporting your time via your phone easier.) If you use your phone to report "Ride Time", make sure you have good cell phone coverage. Ride times submitted after the results are "Released" will only be awarded "Participation Points".

Reporting cutoff times:

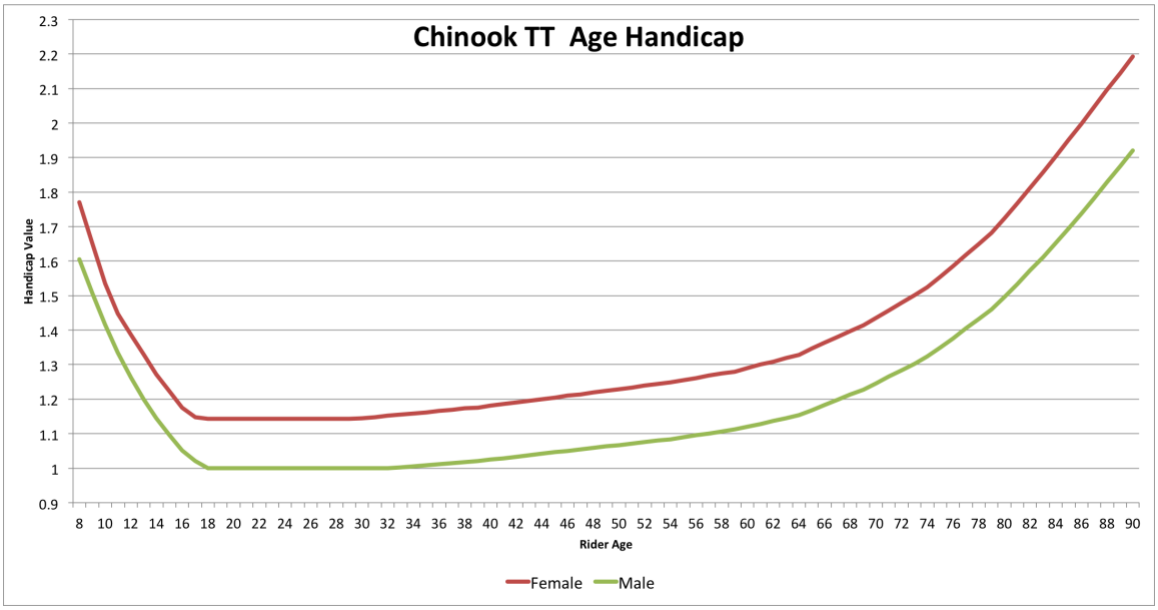
- 9:00 PM Tuesday evening for Tuesday events
- 5:00 PM Saturday for the 40k and rescheduled events

Self-Timing / Strava Note: Riders begin from a standing start and self-time their ride. 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. If an incorrect entry is found, send an e-mail to Craig at: craig_liz_groen@msn.com and the error will be corrected. The website will usually be updated with event results by:

- 9:00 AM the next day for Tuesday events
- 6:00 PM on Saturday for the 40k and rescheduled events

Handicap Values: Handicaps are applied to each rider in an attempt to level the playing field. This allows riders 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.

Eddy Merckx: Continuing for the 2025 season is a checkbox for riding under an Eddy Merckx ride limitation. A Merckx ride will get the same handicapping as a traditional time trial ride, but bragging rights for toughing out the event without aerodynamic benefits are up for grabs. If a rider uses a Road Bike, no aero bars of any type, no booties, no disc wheels, then they can designate the ride as a Merckx style ride. Hands must be on handlebars – no forearm riding with hands out in the air. We will capture the history of these rides, possibly enabling a future incorporation of a Merckx handicap if we can gain sufficient data to form a Merckx handicap basis.

Drafting: A draft ride may also be logged and captured into the time trial results. This option could be used for riders wishing to practice a team time trial or riders who simply want to enjoy the benefits of drafting another rider. Any drafting rider, all riders participating in a drafting line, will only receive participation points for the event. No drafting is allowed without agreement of all draft line participants. Ever wondered how quickly you could complete a Chinook TT course if riding as a team? Want to go after that Strava record by teaming up—this could be the way.

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 / Cancelation: 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). If a rider is observed crossing the center line, into the oncoming traffic lane, they will be disqualified for the ride and "zero" points will be earned for that day.

High Temperature Ride Cancellation/Reschedule: 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 also have a temperature limit of 100 degrees. The series organizer has the option to cancel/postpone the event several hours earlier if the forecast temperatures clearly indicate a high temperature. The make-up ride will be scheduled for the next available Saturday morning. The ride window will be 8:00 AM to 10:00 AM. More information on the weather policy can be found in the NOAA Weather for TT PDF available on the Chinook site.

Air Quality Cancellation/Reschedule: 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 10:00 AM the day of the event. Our goal is to hold the event with an AQI level less than 150 for rider health.

New for 2025: For 5 Mile, 10 Mile and Hillclimb events cancelled due to **High Temperature** or **Air Quality,** a makeup ride will be scheduled for the following Saturday, unless there is a 40 K scheduled, then the makeup ride will be on the following Saturday. The "Ride Window" for the makeup rides is 8:00 AM to 10:00 AM. Report "Ride Time" by 5:00 PM. If a rider has a conflict and is unable to attend the makeup, they need to report that fact by 5:00 PM, and they will be awarded "Participation Points", otherwise a rider will use one of their 3 "Free Rides", if any are available. Results will be posted by 6:00 PM that day. No points will be awarded for results received after the results are "Released".

DNF: Riders unable to complete the ride should record "DNF" on the sign-out sheet. DNF riders will be given full participation points. Riders must initiate their timed ride within the Ride Window.

Handicap Calculations: Handicap Penalty Time = (Ride time reported in whole seconds / handicap value) + (previous penalty points * course penalty multiplier). For example, on April 5th, 2016 Greg rode the 5-mile course with a first-place time of 11 minutes, 9 seconds. His handicap was 1.067 and previous penalty was 30.

PenaltyT = [(11 min* 60 sec/min + 9 sec) / 1.067 h-cap] + 30 penalty* 1 course multiplier
PenaltyT = 669 / 1.067 + 30
PenaltyT= 656.99 or 10:56.99

For those finishing in the top ten:

Place Points = 11 – Finish Place (Greg earned 10 place points)
Penalty Points = Place Points * 3 (Greg's penalty points increase by 30)

Because Greg participated according to the rules, his season points increased by 14. (4 participation points + 10 place points)

Another example, on May 4th, 2024 Mark rode the 40k TT with a time of 1:14:56. The 40k has a course multiplier of 5. Mark's age handicap was 1.323 and his previous season penalty was 96..

PenaltyT = (1 * 60 * 60 + 14 * 60 + 56) / 1.323 + 96 * 5
PenaltyT = 4,496 / 1.323 + 480
PenaltyT = 3878.3371 or 1:04:38.34

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. E-bikes are allowed and may only earn participation points.

DASH: The final event of the TT Series is the “DASH”. It is a Handicap start 5 Mile TT. In order to qualify for the “DASH”, a rider must complete a minimum of five of the nine 5 Mile TT’s. In the past years we have allowed “DNF” to count toward the five events completed. That will no longer be allowed. The rider with the slowest best time for the 5-mile TT starts first, followed the next slowest, and finally by the fastest rider who starts last. Riders are expected to ride the same equipment during the Dash that they used during the series to record their season best time. The handicap start order is based upon each rider’s best ride time for the season, unless that rider finished in the top three places during the previous season’s DASH, and if that is the

case, their previous year DASH ride time will be used to determine where they fit into this year's start order. Bragging rights go to the top three places.

Season Top 10: At the end of the TT 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. End of season ties will be resolved 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.

A history of our Time Trial Series

The following is from 1988 Chinook Cycling Club Newsletter:

> "How do you organize a time trial series that keeps riders motivated to improve their times and conditioning throughout the summer? How can you encourage riders to maintain their competitive spirit, especially if riding against others who seem, generically superior, or who may be of a different age or sex? How do you set up a system, that enables the rider to win who performs the best?
>
> Our first time trials were held sporadically during 1984 and 1985, and the location varied from time to time. The rider raced against the clock, and the "hot-shot" riders always won—regardless of age or sex.
>
> We next attempted to create a time trial series that could be held at the same location each week and that would penalize the better riders on the basis of their USCF classifications. A CAT 4 rider was penalized 30 seconds, a CAT 3 rider was penalized 60 seconds, and a CAT 2, 90 seconds. All other riders were given their actual clocked time. A weekly accumulative system was devised for scoring. Using corrected TT time, 5 points were awarded for first place, 4 for second, 3 for 3rd, and 2 for forth. Each of the other participants received 1 point.
>
> Don Lewis was an up-coming, rapidly improving CAT 4 rider at this time. He simple thrashed everyone involved in the TT series. Three quarters of the way through the series, he actually had so many points that he was the series winner, whether he showed up for the remaining weeks or not. It was clear, then, that some major changes were needed.
>
> Using a set of "plagiarized" time factor tables for runners, I was able, with modifications, to devise a new age and sex adjusted handicap system for cyclists. To correct for genetic factors, we devised a further handicap. Anyone winning 2 time trials was handicapped

an additional 20 seconds per 5 miles; a winner of 6 time trials was handicapped 60 seconds per 5 files, etc. For females, 90 seconds were subtracted per 5 miles. Scoring points for weekly winners were charged as follows: First—5 points, Second—4 points, third--3 points.

The results for the 1987 TT series showed a positive changer. In the Top Ten there were female riders. Ages of those in the Top Ten ranged from 22 to 64.

To further improve the TT Series for 1988, slight modifications of the tables have been made. The sex factor has been refined and built into the tables. The genetic factor has been changed to a 20 second penalty for each 2 wins.

Remember: “A time trial is a race of truth.” You can improve by training, dedication, and spirit. You can also have fun doing it.”

---Bill Painter”

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.

Results Exception Codes:

The following exceptions are captured in the database. These are not displayed on the output, but they key to the calculation process and shared here for visibility.

Code	Description	Points	Scoring
Null	Normal. No exception. Valid for void ranking and course record recognition.	4+	Yes
e	Eddy Merckx ride. Full participation points. Ride is ranked and ride is valid for course record recognition.	4+	Yes
d	Draft ride. Drafted another rider. Possibly team time trial. No ranking.	4	No
p	Participate. full participation points. No ranking.	4	No
h	Half participation. Steve used to use this for folks that rode partially outside of the ride window. No longer used.	2	No

f	Free Ride. Riders are given a set number of free rides where participation points are granted when a rider misses a ride. Configurable with the Config table using key 'Free_Ride_Ct.'	4	No
s	Insert rows to capture riders who did not ride, but have a placing due to previous rides. Used in the Ride Summary table only as a way to capture season points place.	n/a	n/a

Results Notes:

Note	Description
Handicap PR	All-time personal rider best time based on the age-compensated handicap time.
Raw PR	All-time personal rider best time based on the raw ride time.
Handicap KOM	Handicap course record. Female and Male riders ranked together.
Raw KOM	Raw course record. Female or Male scored separately.
Raw Leader	Raw Series Leader for gender and age range.
Participate	Used to flag a participation only ride. Full participation points. No ranking.
Half Points	Half participation. Steve used to use this for folks that rode partially outside of the ride window. No longer used.
Draft	Draft ride. Drafted another rider. Possibly team time trial. No ranking.
Merckx	Eddy Merckx ride. Full participation points. Ride is ranked and ride is valid for course record recognition.

Current TT Series Organizers:

John Burke, john@bricin.net
Craig Groendyke, craig_liz_groen@msn.com