



Sanctioned Virtual Time Trial

The Trinidad & Tobago Cycling Federation in collaboration with Indoor Cycling Works, introduces for the first time in Trinidad and Tobago, a sanctioned 20KM Time Trial using the ZWIFT online platform.



TEST YOUR TIME

Come put your power to the test and beat the competition to become the national Online time Trial champion !!!!!

All categories of cyclist from Juniors to Masters 70+ catered for.

Date / time: July 10th, 11th & 12th / 10am – 5pm

Location: Indoor Cycle Works, 51 Mucurapo Rd, Port of Spain (Inside Rafmon Marketing compound)

Cost: \$100.00

Detailed information: See information on TTCF and Indoor Cycling Works Facebook pages for more info



Course: ZWIFT's Richmond's "The Fan Flats"
Riders will complete approximately 4 laps of this course. Estimated time to complete the 20KM time trial is approximately 30mins

Participation: Once pre-registered, each rider will book a time slot at Indoor Cycle Works between July 10– 12 to race. Riders will use their own bikes on a Wahoo Kicker smart trainer provide by Indoor Cycle Works to complete the time trial.



Virtual Time Trial information

How does the Virtual Time Trial work?

The Virtual Time Trial is carried out with a bike on a Smart Trainer that connects to the Zwift online platform. Zwift is an online cycling program that enables users to interact, train and compete in a virtual world. Each cyclist will complete the virtual 20KM course in their fastest time.

How can cyclist participate ?

To participate in the Virtual Time Trial cyclist must register. Once registered, a time slot will be confirmed. The cyclist will then come to the Indoor Cycling Works studio to race in the Virtual Time Trial. Each cyclist should arrive at least 45 minutes before his / her time slot to weigh in and warm up before starting the time trial. No more than two cyclist will perform the time trial at the same time.

What do cyclist need to participate?

All that is needed to participate in the Virtual Time Trial is your bike, personal hydration and a towel. Cyclist do not need to have a Zwift account or a smart trainer. These will be provided by Indoor Cycling Works at the venue. Both registered and nonregistered cyclist are invited to participate.

Can cyclist do the Virtual Time Trial from home?

Cyclist will not be able to do the time trial from home. The Virtual Time Trial is Sanctioned by the Trinidad and Tobago Cycling Federation to ensure accuracy and transparency. As a result cyclist will have to weigh in and use the same type of equipment. As a result the Virtual Time Trial is being held at the Indoor Cycling Works studio.

Are there prizes?

Yes. Prizes will be offered for the 1st, 2nd, and 3rd fastest times in each category. More information will be provided on the prizes in the days to come.

What categories of cyclist are being catered for ?

Several categories of cyclist are being catered for including male and female Juniors (16 – 18 yrs old), Elite 1 & 2, and 18 – 39yrs old, Masters 40-49, Master 50-59, Masters 60+ , male and female open.

How can I register?

Pre - registration opens on June 25th and closes on July 7th . Cyclist can also register in the first hour on the 10th and 11th at the venue. Pre-registered cyclist will be able to book a day/time in advance. Cyclist that register on the day will be give the next available time in the day.

To Pre-register,

- Download the registration form from the TTCF Facebook page.
- Pay the registration fee by deposit at any First Citizens Bank, or electronic transfer to the TTCF account # FCB2249440
- Email or WhatsApp the completed registration form and deposit receipt to ttcyclingfederationto@gmail.com or (868) 303 – 0941
- Confirmation of cyclist timeslots will be communicated on July 8th at a virtual technical meeting with all cyclist at 6:00pm

What's the course like?

The Virtual Time Trial will use the ZWIFT's Richmond's "The Fan Flats" course. It is one of the flattest routes on Zwift, with only 13m (43") of elevation gain per 5km (3.1 mile) lap. Riders will complete approximately 4 laps of this course. Estimated time to complete the 20KM time trial is approximately 35mins.

I still have questions

Please call (868) 303 – 0941 and we will be happy to answer any additional questions you may have.