

## BCA TIME TRIAL LEAGUES

### 1. GENERAL

BCA runs two Time Trial Leagues, a 10-mile from Lanesborough to Brodie, and a 40 km from West Cummington to Goshen and Rte 112. Trials are held on Tuesdays at 6pm and alternate between courses at the discretion of the Organizer. There is an optional 10-mile event during the 40 km trials. This is a fast, almost flat course from West Cummington towards Cummington and back. Times are recorded, but there are no points or competition. It is ideal for partners or children of 40 km riders.

If the Lanesborough course is not available, the 10 mile League may be moved to the W Cummington course. Points earned on one course are carried over, but handicaps must be established for the new course.

Riders record their own times and should sign in and out at the start/finish area.

### 2. SCORING

The leagues reward individual improvement, not fastest times.

You compete against yourself by establishing a handicap and trying to improve on that time. Your score is plus or minus versus your handicap. For each event scores are ranked from highest minus to highest plus and points are awarded from 9 to 1, with all starters getting 1 point. If there are less than 9 starters, max points are the number of starters instead of 9.

Highest total points for the season determine the winner of each league, 10 mile and 40km. In the event of a tie, highest points on the final ride determine the winner.

### 3. HANDICAPS

**A handicap is valid only for the course on which it was established.**

The first time you ride, you establish your starting handicap, and you score one point.

The next time you ride, you score versus that handicap.

From there on, your handicap is the average of your two best rides of the season. It can only go down during the season.

For those who have ridden in the previous season, the starting handicap for men age 40 and up or women age 35 and up is the average of the two best rides of the previous season plus 5% (for winter rust) plus your annual age bonus.

For all other ages, the starting handicap is the average of the two best rides of the previous season plus 5%.

For those who have only one ride in the previous season, that time will be used as a starting handicap for the current season if it is no more than 10% higher than the first ride.

### 4. AWARDS

There are no BCA awards. Just glory! However an individual may present a gift to a rider who breaks a course record. In the past this gift has taken the form of a case of your favourite beverage.