



LifeBalance Sports 10K Time Trial Series

Held under USA Cycling Permit 2014-1468

This TT series continues at the popular time trial venue in Gardner, KS. The first training race will be held on Thursday, May 8th. Races are scheduled once per month with the final event of the season on Thursday, September 11th.

For updates and information, visit the series website at www.LifeBalanceSports.com.

600 New Century Parkway
Gardner, KS 66031

Thursday, May 8th

Thursday, June 12th

Thursday, July 10th

Thursday, August 14th

Thursday, September 11th



Course Description: The course is out and back with the turn-around point near the halfway mark. There is slight rise to the turnaround but is relatively flat otherwise. The course is open to traffic but historically, traffic has been very light. All participants must adhere to all traffic laws and regulations. When in doubt, err on the side of safety and yield to traffic which has right-of-way.

Registration: Race entry is \$15. Race day registration opens at 5:40pm and closes at 6:15 p.m. Checks are to be made payable to **Life Balance Sports**. Fees will not be prorated or refunded.

All participants must have an annual USA Cycling license (available at www.usacycling.org) or purchase a One Day license. All riders must also complete **the USA Cycling Rider Release form**. All forms have been placed on the event website for ease of download. Completing forms prior to attending the race will expedite the registration process.

Event: Riders will be started at 30-second intervals. First rider starts at 6:30pm. The plan is to have a holder at the start. In the event that a holder is unavailable, it will be a standing start.

Rules: All USAC rules apply. CPSC approved helmets are required at all times with the chinstrap properly secured. Promoter reserves the right to adjust start times and distances, alter or change courses, or remove riders from a race as deemed necessary on the day of the race. Riders 18 and under must have rider release signed by a parent or legal guardian.

Directions and Parking: From the KC area, take I-35 South to the US-56 W/W 175th St. exit and turn right onto 175th St. Exit onto New Century Pkwy (right) and go north to the race parking lot, the first entrance on the right. The parking lot is just north of the start/finish area and there are plenty of spaces available.

Restrooms: Restroom facilities are limited at this venue. There is usually a portable restroom nearby but don't rely on that. Please make use of the gas stations and/or fast food facilities on your way to the course. Please consider purchasing some food or drink while you are there.

Pre-race warm-up: Warm-up is not allowed on the course during races. Do not cross the finish line on your bike once the race has started. There are roads near the course to warm up on.

Race Numbers: Race numbers are required and will be worn on the right side of the jersey.

Weather: Races are held rain or shine at the discretion of the Promoter. Promoter may cancel, postpone, or combine events if lightning or other threatening conditions exist. Cancellation/postponements may be made ahead of time or onsite.

For notice of cancellation or postponement, please visit the race web site at www.LifeBalanceSports.com **Sports Blog tab** and Twitter feed. The Twitter feed will usually post first. To follow on Twitter: [@GinaSport](https://twitter.com/GinaSport). Generally, the online posting will be made by 4:00 p.m. on race day if the race will be canceled or post-poned.

Results/Prizes: Results will be posted on the event web site at www.LifeBalanceSports.com. This race is mostly about bragging rights. Prizes awarded at random.

Promoter: Gina Poertner 785-817-5866 gina@lifebalancesports.com

All updates and information available on the race web site and on the Sports Blog at www.LifeBalanceSports.com.

Sponsors:



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