



## LifeBalance Sports 10K Time Trial Series

Held under USA Cycling Permit #2017-1318

Hone essential racing skills as the TT series continues at the popular time trial venue in Gardner, KS. The first training race will be held on Thursday, April 13<sup>th</sup>. Races are scheduled once per month with the final event of the season on Thursday, September 14<sup>th</sup>.

For updates and information, visit the series website at [www.LifeBalanceSports.com](http://www.LifeBalanceSports.com).

600 New Century Parkway  
Gardner, KS 66031



**April 13**

**May 11**

**June 8**

**July 13**

**August 10**

**\*\*September 14\*\***



### **\*\*Change of venue for SEPTEMBER\*\***

**Due to road construction, the September 14<sup>th</sup> race will be held at the DeSoto course:**

33440 W 79th St.

De Soto, KS 66018

Parking is at Riverfest Park just northwest of downtown DeSoto.

#### **New Course Description:**

This course measures 5 miles, a bit shorter than our usual 5.9 miles.

**Registration:** Race entry is \$17. 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](http://www.usacycling.org)) or purchase a One Day license. All riders must also complete **the USA Cycling Rider Release form**. Completing forms prior to attending the race will expedite the registration process.

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

**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, a standing start will be used.

**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 under 18 years of age 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 175<sup>th</sup> St. exit and turn right onto 175<sup>th</sup> 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.

**Pre-race warm-up:** Warm-up is not allowed on the course during races. There are roads near the course to warm up on. **Do not** cross the finish line on your bike once the race has started if you are not racing - please **walk** your bike along the finish area to avoid false race results.

**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](http://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) or see feed in the right column of the website. Generally, the online posting will be made by 4:30 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](http://www.LifeBalanceSports.com). This race is mostly about bragging rights. Prizes/swag awarded at random.

**Race Director:** Gina Poertner 913-602-0836 [gina@lifebalancesports.com](mailto:gina@lifebalancesports.com)

All updates and information available on the race web site and on the Sports Blog at [www.LifeBalanceSports.com](http://www.LifeBalanceSports.com).

**Sponsors:**



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