

# BELLS BEND

## TIME TRIAL SERIES

IT IS BIKE RACING  
FOR ALL PEOPLE

IT IS THE CLOCK THAT  
MAKES US EQUAL

A MONTHLY RACE  
SERIES FOR ALL  
LEVELS OF CYCLISTS.

Our goal is to promote  
both the TT as a discipline  
and racing in general  
and keep the barriers to  
participation at a minimum.

There will be minimal entry  
fees and no categories -  
just come out and ride as  
hard you can, racing against  
yourself and the clock.

We'll keep track each month  
of your time so you can see  
your improvement over the  
course of the season.

**OLD SCHOOL FARM**  
5022 OLD HYDES FERRY PIKE  
NASHVILLE, TN 37218

**THE WEDNESDAY NIGHT TT SERIES**  
**APRIL 12 · MAY 10 · JUNE 14 · JULY 12 · AUGUST 9**

IAMRACING

Collaborative  
Coaching

MOAB  
Bicycle Shop

FotoFX!  
Digital Memories

BEAMAN PARK TO BELLS BEND  
CONSERVATION CORRIDOR

HAMMER  
NUTRITION  
ENDURANCE FUELS  
& SUPPLEMENTS

Please Support Our Sponsors

### DEETS!

USAC LICENSE REQUIRED. 1-day license (\$10) or  
annual license (\$75) available for purchase online

INFO & ANNOUNCEMENTS (Incl. Cancellations):

[facebook.com/groups/bellsbendtt/](https://www.facebook.com/groups/bellsbendtt/)

COURSE: Rolling, 12.1 mile out-and-back  
with about 500 feet of climbing.

[ridewithgps.com/routes/9133444](https://ridewithgps.com/routes/9133444)

PRIZES: This is a non-competitive event.  
There are no prizes.



### REG!

ONLINE REGISTRATION IS REQUIRED  
Reg closes at 2:00 MST on each Wednesday  
Pre-reg: \$5/night, \$20 for the whole season.  
Held under USAC Permit 2017-910  
All races held rain or shine.

#### NEW FOR 2017:

**THERE IS NO DAY-OF, ON-SITE REGISTRATION.**

**PARKING:** On the tennis courts

Food and Drink specials for Bells Bend TT riders at  
the Old School Farm restaurant (details to come).

ONLINE REG IS  
MANDATORY!!



ONLINE REG  
MANDATORY

**REGISTER ONLINE:**

[USACYCLING.ORG/REGISTER/2017-910](https://usacycling.org/register/2017-910)

FOR MORE INFO, CONTACT:

[jason@collaborativecoachingonline.com](mailto:jason@collaborativecoachingonline.com) or [iarcycling@gmail.com](mailto:iarcycling@gmail.com)



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# NOTES

**FOR WARM-UPS**, consider either (a) a trainer, (b) the following route, which will keep you from having to cross Ashland City Highway ([ridewithgps.com/routes/4760589](https://ridewithgps.com/routes/4760589)), or (c) riding north on Old Hickory Blvd, which will require you to cross Ashland City Highway.

**OFFICIAL START AND FINISH** are on Old Hickory Blvd, just south of Old Hydes Ferry Pike. They are marked with orange paint. 1k and 200m to go to the finish line have also been marked.

**TURN-AROUND** is at the end of Old Hickory Blvd: make a right-hand turn into the parking lot, then a sweeping left around the oak tree, then a left turn back on to Old Hickory. **DO NOT MISS THE TURN AROUND**, unless you want to go for a swim in the Cumberland. If you find yourself heading down a boat ramp, **START BRAKING IMMEDIATELY**.



**PLEASE REMEMBER** that you are in somebody's neighborhood and refrain from doing anything that you wouldn't want somebody to do in your front yard (fellas, I'm looking at you). We have been working very closely with the local community to make this event a reality and we need to be good stewards the community's hospitality.

If you see somebody you don't know, introduce yourself!

Have fun, and **RIDE HARD!**

**DO NOT PEE  
IN MY YARD,  
COMRADE!**

