

The Ride with Rendall Crazy Train TTT

Sunday MAY 17th, 2009

Teams of four cyclists compete to see who can complete the distance in the fastest possible time. All four team time trial members must start together and the time stops after the third team member crosses the finish line. A 20km loop course is situated in the west-end of Ottawa and runs parallel to the Ottawa River (north of Kanata). The course is run in a rural setting passing several farms and large estate homes. This is a course that will test a team's ability to work together. Several rolling climbs and two relatively tight turns add to the technical challenge; while one long eastbound straight stretch adds to the team speed.

Event Route:

- Start on 6th Line Rd.
- Right on Riddell Rd.
- Right on Dunrobin Rd. (staying on the paved shoulder, approximately 1km)
- Right on Kerwin Rd. which becomes 5th Line Rd. Right on Thomas Dolan Parkway
- Finish at top of hill on Thomas Dolan Parkway

Registration online with

<http://www.ontariocycling.org>

\$30 per rider online

Registration onsite (opening at 7am)

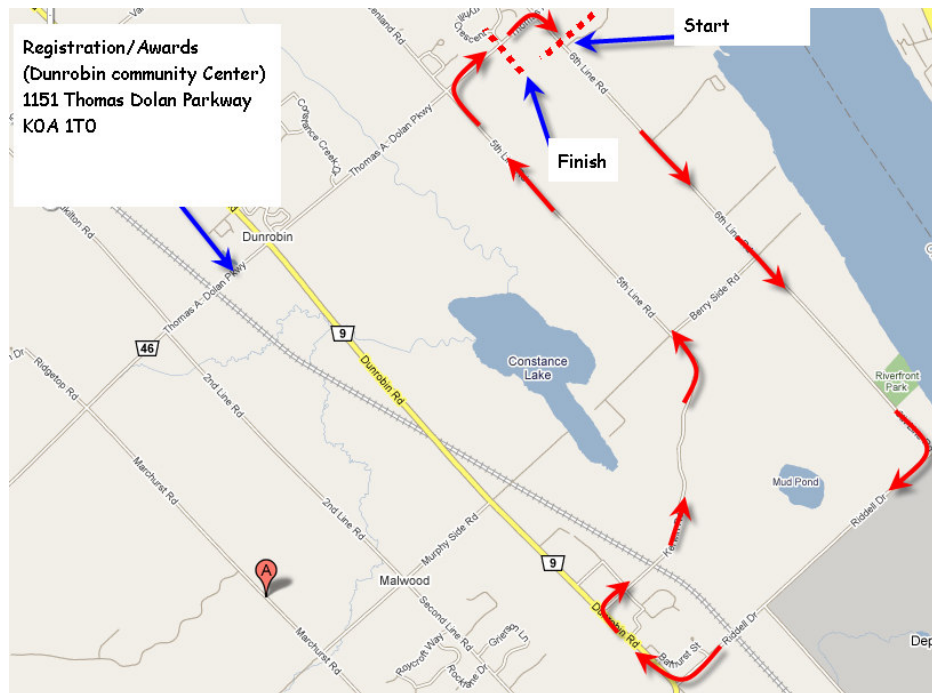
\$35 per rider onsite

(If unlicensed rider, add \$5 day permit)

Additional details (technical guide)

www.ridewithrendall.com

Registration/Awards
(Dunrobin community Center)
1151 Thomas Dolan Parkway
KOA 1T0



Category	Approx Start Time	Distance
Under-17 Men	9h00	40km, 2 laps
Under-17 Women	9h20	40km, 2 laps
Masters 40+ Women	9h30	40km, 2 laps
Women's Open (Women > 17)	9h50	40km, 2 laps
Emergency Services (Police, Fire, EMS)	10h00	40km, 2 laps
Mixed (Men / Women)	10h20	40km, 2 laps
Masters 40+ Men	10h40	60km, 3 laps
Open Men (Men > 17)	11h00	60km, 3 laps

Organized by:



Benefiting:

Dunrobin Community Association

Sponsored by:



ErgVideo.com



IM-Track

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FOR HUMAN PERFORMANCE

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ONTARIO CYCLING ASSOCIATION INC.