

TEAM TIME TRIAL GUIDELINES

This new LoToJa Team Time Trial race category is a full-distance competition in the format of a team time trial (TTT). It will add a layer of strategy and camaraderie that a solo ride or relay category doesn't offer. Since the team must stay together over 200+ miles and three mountain passes, the following guidelines focus on safety, team integrity, and the "4th rider" finish rule.

Team Formation & Composition

- **Team Size:** Each team must consist of exactly 4 to 8 riders. Official team size is the number that shows up at the start line.
- **Categories:** For this first year, this competition will be limited to a Men's TTT A and Men's TTT B race category. Women's and Mixed categories will be added in the future.
- **Full Distance:** Every team member must start in Logan and attempt the full distance. No "relay" substitutions are permitted.

The "Team Time" Scoring

- **The Finish Rule:** The official team time is recorded when the front wheel of the 4th rider crosses the finish line in Jackson.
- **Minimum Finishers:** All team members that start the race must finish for the team to qualify for an official Team competition finish time. They are out of the competition if a teammate is left behind or does not finish. All finishers will still receive a personal race time which qualifies as their completed individual time.

Drafting & Drafting Ethics

- **Intra-Team Drafting:** Teammates are encouraged to draft off one another to maintain pace.
- **Inter-Team Drafting:** Teams within this category can all work together until the top of Salt River Pass. After this last big climb, to maintain the "Time Trial" integrity, teams may not draft off other teams or individual riders.
- **Overtaking:** After Salt River Pass, when a team overtakes another team or a solo rider, they must do so decisively. The overtaken party must allow a 50-meter gap to form before attempting to follow (without drafting).

Equipment & Uniforms

- **Team Kit:** To assist course marshals and timing officials, all team members must wear identical jerseys.
- **Bike Regulations:** Standard road bikes only. To ensure safety over 200 miles of open roads and steep descents, aerobars and TT-specific bikes are prohibited in this mass-event format.
- **Integrated Tech:** Teams are encouraged to use radio communication or bike computers to manage "pull" rotations and rider fatigue.

Support & Neutral Zones

- **Support Crew:** Teams are limited to at least half the number of support vehicles as their team size to reduce course congestion (e.g. 8 cyclist team should have ≤ 4 crew vehicles).
- **Feeding:** Crew support may only occur at Montpelier, Afton, and Alpine feed zones. "Hand-ups" from a moving vehicle outside these feed zones are strictly prohibited and will result in either a team time penalty or disqualification.
- **Mechanicals:** If a rider has a mechanical, the team must decide to wait or continue. Remember: the team finish time depends on the 4th rider.

Mandatory Checkpoints

- **Neutralization:** Teams must pass through all major timing mats (e.g., Montpelier, Afton, Alpine) within a 1-minute window of each other. This ensures the team is riding as a cohesive unit and not as individuals meeting at the end.