



Virtual Time Trial Instructions





Strava: Track Running, Cycling & Swimming

 Editors' Choice

Strava Inc. Health & Fitness

★★★★☆ 571,196 

 Teen

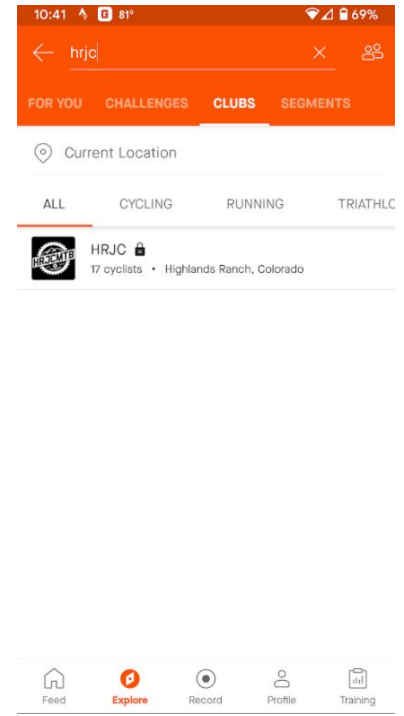
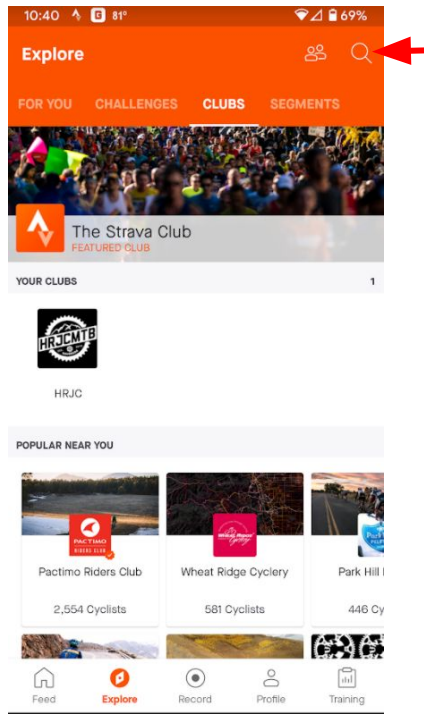
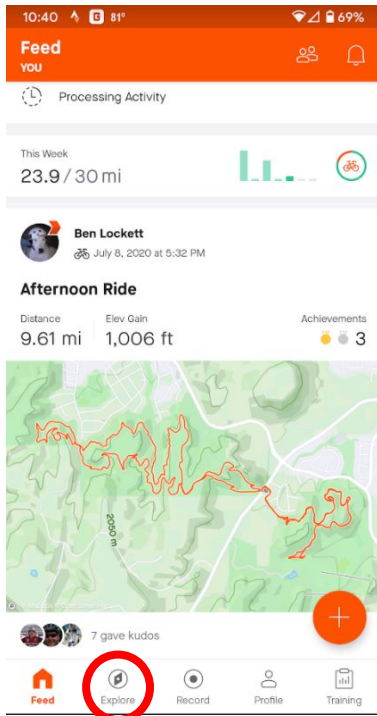
Offers in-app purchases

 This app is compatible with your device.

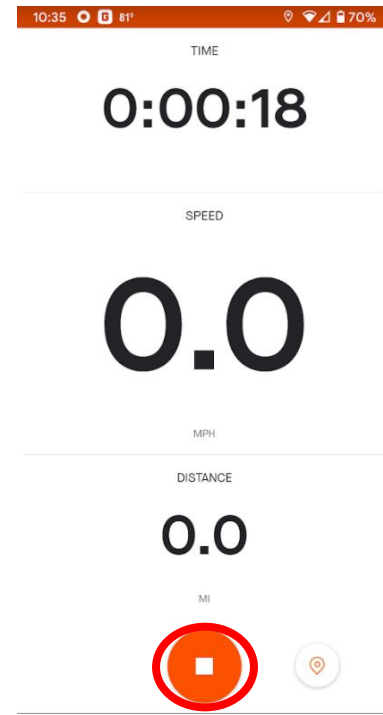
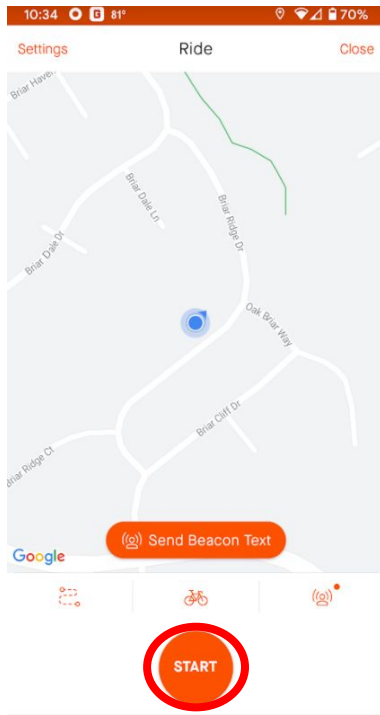
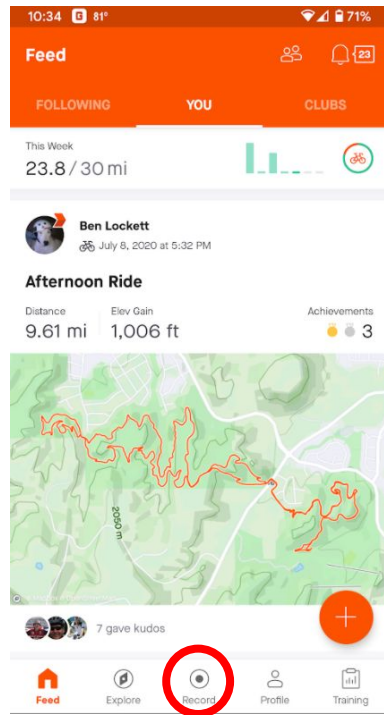
 Add to Wishlist

Install

Download Strava App & Sign Up For An Account.
The Free Version is Fine



Search for the HRJC Club and request to join



At the start of your ride tap the Record Button, then the Start Button. Tap the Stop Button when you are finished with your ride. Make sure you include the HRJC Time Trial Course on your ride.

1. The Time Trial will run from 4-6PM on July 20th.
2. You can ride the course whenever you feel like it within those times
3. During those times there will be coaches along the route to ensure safety and to point you in the right direction
4. You must be wearing a helmet and be carrying water during this event (but you knew that!)
5. You must be signed up with the Team (on the web site) and the League (Pit Zone) to qualify. No Exceptions. Why? Doing this means that you, the coaches and our club are covered by insurance.

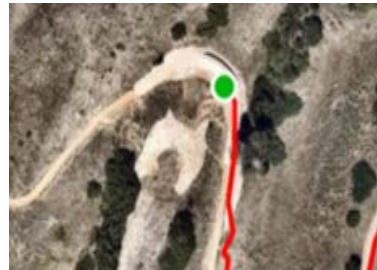
Good Luck!

Instructions

★ HRJC Time Trial

Ride Segment Littleton, Colorado

Distance Avg Grade Lowest Elev Highest Elev Elev Difference 5,372 Attempts By 1,258 People
3.57mi 3% 5,759ft 6,306ft 547ft



Start Point -
As you cross
the concrete
bridge



End Point - At
the top of
Mount Vista

The HRJC Time Trial Course




The HRJC Time Trial Course

Leaderboards

All Time
This Year
My Results
People I'm Following
My Clubs
HRJC
By Age Group
45 to 54
See All
By Weight Class
180 to 199 lbs
See All

HRJC

MY CURRENT PLACE	MY BEST TIME	All-Time ▾	All ▾			
4 / 7	22:06					
Rank	Name	Date	Speed	HR	Power	Time
	Jack Bettcher	Jul 7, 2020	14.1mi/h	-	155W	16:45
2	Jeff Bettcher	Jul 8, 2020	12.6mi/h	146bpm	226W	18:45
3	Caleb Schroder	May 23, 2020	11.4mi/h	-	140W	20:47
4	Ben Lockett	Jul 5, 2020	10.7mi/h	-	251W	22:06
5	Cole Brouillette	May 19, 2020	8.9mi/h	-	131W	26:29
6	Kim LOCKETT	Jul 5, 2020	7.3mi/h	-	-	32:19
7	Kelly Schneider	Oct 4, 2017	6.5mi/h	155bpm	112W	36:03

What We See On This End