Roll chart — page 1 (Macho Man 24 / For Ringo)

Min	Dist	Spd		Min	Dist	Spd		Min	Dist	Spd
34	8.3	18						17	6.6	18
35	8.6	18						18	6.9	18
36	8.9	18						19	7.2	18
37	9.2	18						20	7.5	18
38	9.5	18						21	7.8	18
39	9.8	18						22	8.1	18
	Free Time at 9.80							22	8.1	15
00	0.0	15						24	8.6	15
12	3.0	15		15 min				26	9.1	15
12	3.0	18		54	9.8	18		26	9.1	17
13	3.3	18		Reset to 0 at 9.80				32	10.8	17
14	3.6	18		54	0.0	20		32	10.8	21
15	3.9	18		57	1.0	20		34	11.5	21
16	4.2	18		00	2.0	20		36	12.2	21
16	4.2	10		00	2.0	15		36	12.2	15
19	4.7	10		02	2.5	15		38	12.7	15
22	5.2	10		04	3.0	15		40	13.2	15
22	5.2	15		06	3.5	15		42	13.7	15
24	5.7	15		08	4.0	15		42	13.7	10
26	6.2	15		08	4.0	17		45	14.2	10
28	6.7	15		14	5.7	17		45	14.2	18
30	7.2	15		14	5.7	18		46	14.5	18
32	7.7	15		15	6.0	18		47	14.8	18
32	7.7	18		16	6.3	18		48	15.1	18
33	8.0	18						49	15.4	18

Roll chart — page 2

Min	Dist	Spd		Min	Dist	Spd		Min	Dist	Spd
50	15.7	18		25	3.0	18		57	11.4	24
51	16.0	18		26	3.3	18		58	11.8	24
52	16.3	18		27	3.6	18		59	12.2	24
53	16.6	18		28	3.9	18		59	12.2	10
54	16.9	18		29	4.2	18		02	12.7	10
55	17.2	18		30	4.5	18		05	13.2	10
56	17.5	18		31	4.8	18		08	13.7	10
57	17.8	18		32	5.1	18		11	14.2	10
58	18.1	18		33	5.4	18		11	14.2	15
59	18.4	18		33	5.4	10		13	14.7	15
00	18.7	18		36	5.9	10		15	15.2	15
01	19.0	18		39	6.4	10		17	15.7	15
	Free Time at 19.00			39	6.4	21		19	16.2	15
	15 min			41	7.1	21		21	16.7	15
16	19.0	18		43	7.8	21		23	17.2	15
	Reset to 0 at 19.00			45	8.5	21		23	17.2	18
				45	8.5	5		24	17.5	18
16	0.0	21		45	8.5	21		25	17.8	18
18	0.7	21		47	9.0	15		26	18.1	18
20	1.4	21		49	9.5	15		27	18.4	18
22	2.1	21		51	10.0	15		28	18.7	18
22	2.1	18		53	10.5	15		29	19.0	18
23	2.4	18		53	10.5	10		Free Time at 19.00		
24	2.7	18		56	11.0	10		15 min		
				56	11.0	24				

Roll chart — page 3

Min	Dist	Spd		Min	Dist	Spd		Min	Dist	Spd
44	19.0	18		18	8.9	10		49	19.8	24
	Reset to 0 at 19.00			18	8.9	21		50	20.2	24
44	0.0	17		20	9.6	21		51	20.6	24
50	1.7	17		22	10.3	21		52	21.0	24
50	1.7	18		24	11.0	21		53	21.4	24
51	2.0	18		26	11.7	21		54	21.8	24
52	2.3	18		28	12.4	21		55	22.2	24
53	2.6	18		30	13.1	21		56	22.6	24
54	2.9	18		30	13.1	10		57	23.0	24
54	2.9	24		33	13.6	10		END at 23.00		
55	3.3	24		35	14.3	21				
56	3.7	24		37	15.0	21				
57	4.1	24		37	15.0	24				
57	4.1	5		38	15.4	24				
03	4.6	5		39	15.8	24				
03	4.6	15		40	16.2	24				
05	5.1	15		41	16.6	24				
07	5.6	15		42	17.0	24				
07	5.6	21		43	17.4	24				
09	6.3	21		44	17.8	24				
11	7.0	21		45	18.2	24				
13	7.7	21		46	18.6	24				
15	8.4	21		47	19.0	24				
15	8.4	10		48	19.4	24				

These are the roll charts. Basically, they are a list of possible places for checks. The left column is the minutes, the middle is the distance and the right column is the speed you should be going.
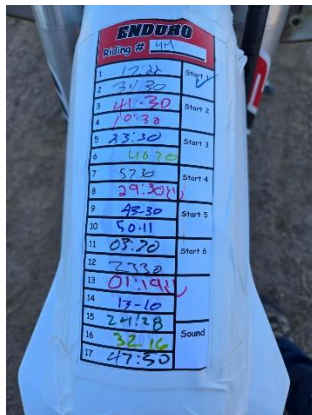
All those lines, we call "possibles"

Now the highlighted lines are where the checks actually were. (I missed the highlight on third page line 28, 12.4).

So, the first check was 13 minutes into the race, at mile 3.3.

The second check was much further on, at minute 30, mile 7.2.

Here is my time card for the event. It is always a good idea to get a picture of your card before you turn it in.

I was on minute 4.   So, you have to add 4 minutes to each highlighted check to see if I was there on time. That means that my times on the card are all 4 minutes behind what the roll chart above says. (We all start when our clocks say 9:00. In other words, we set our clocks behind the number of minutes equal to the line we start on.) On check number 1, I was within my minute. Because the check was at minute 13, my time when I came in was minute 17.

For every check you are in your minute, you do not get minute penalties. But for every minute you are late, you get a 1 minute penalty. Those are bad. Even worse is being early. For the first minute you are early to a check, you get 2 minutes of penalty, and 5 for each minute you arrive earlier than that.

Riding faster is really bad

Now the seconds penalty explanation. Ideally, it's not enough to arrive at your check in your minute. You have to arrive to the check in your minute but also as close to the 30 second mark as you can. These are called tie-breaker checks.

For every second off the 30, you get a point. 29 seconds is one point, so is 31 seconds. Check 1, I arrived at 17:22 and got an 8 second penalty.

The next 8 checks, I was having a great day, getting perfect 30s in my minute. I couldn't do any better. However, at check 10, I ran out of talent. The check was at key time 10:45 and so my card should have read 49:30 for a perfect score. My score was 50:11. I was a minute late out of my minute and 41 seconds away from the perfect 30. So, I received a score of 1:0041.

Two good checks, then my day really tuned sour – 11, 20, 2, and 14 seconds off perfect 30s. The last check, I was down two minutes. I came in at 47:50 instead of 45:30 (which would have been perfect). I received a score of 2:0140 – two minutes of penalty and 140 seconds from the perfect 30.

In all, I had a score of 3:0236. That is, 3 minutes and 236 seconds away from a perfect score.