



## **Cycling Information Sheet**

See USAC Rule book for Road Racing:

[https://s3.amazonaws.com/USACWeb/forms/rules/2017\\_Chapter\\_3\\_Road.pdf](https://s3.amazonaws.com/USACWeb/forms/rules/2017_Chapter_3_Road.pdf)

### **Cycling Criterium**

**Friday:** May 4, 2018

Open Course and registration: 9:00 AM- 9:45 AM

First Race: 10:15 AM

**Location:** Heroes Stadium, 4799 Thousand Oaks Dr.  
San Antonio, TX 78233

### **Individual Time Trial**

**Sunday:** May 6, 2018

Registration: 8:00 AM-8:45 AM

First Rider: 9:01 AM

**Location:** Fitwell Gym, 842 FM 471 North  
Castroville, TX 78009

### **Type of Cycle Options**

- *Upright*- PTSD, TBI, Amputee, and other mild disabilities
- *Handcycle*-SCI, Double Amputee, other lower limb impairments
- *Recumbent* – for athletes with balance precautions
- *Tandem*- Blind/Low Vision

**Cycling Divisions/Classification:** For the C-Upright Cycle and H-Handcycle Classifications, if there are enough registered riders then we will break down the divisions more.

- C1-5: Upright Cycles, athletes with physical disability that can ride a traditional bike
- H1-5: Handcycles, athletes w/ lower limb impairment
- T1-2: Tandem, Visually impaired cyclist riding with a guide
- BVI: Visual impairment that rides a traditional bike.
- Recumbent: Mobility impairment and rides a recumbent bike.
- Bicycle -Open Division: Includes competitors who do not have a permanent physical disability. Examples of open category competitors include individuals with PTSD, TBI or orthopedic injuries.





## **Cycling Events**

### **Friday: Criterium**

- Each race will be 30 minutes
- Each start wave/division will have separate start times. We will post those times on this site once we get closer to the competition
- Drafting (riding in the slipstream of another Competitor) is permitted in the criterium. Females and Males may draft with each other if they are racing in the same field. Uprights may only draft with uprights regardless of classification. However, a rider may only pull into a slipstream at the end of a pace line or group. The divisions will be clearly marked and separated at the start line.
- Blocking is a legal tactic in road bike racing.

### **Sunday: Time Trial**

- All Classifications will complete a 20K course with 1 min starts.
- Start list will be posted by seed times and classification, slower athletes will have the earliest start times.
- The course is an out and back course and is very flat and fast.
- The road is very quiet and there is ample shoulder space, but please note that the road is not fully closed.
- There is no drafting allowed in the Individual Time Trial

### **Start Times**

- A time clock will be visible at or near the starting line on each course. This is the official clock that the Starter will use for all starts.
- It is the responsibility of each competitor to be ready to go at his or her assigned start time.

### **Neutral Support and Free Laps**

- Neutral Mechanical support will be located near the start finish line at both courses. In the event of a mechanical problem the rider will make his/her way to the support pit via a route that does not interfere with other racers. The rider will be granted a free lap and will reenter the course at the discretion of the designated official monitoring the neutral support area.
- Once the last lap bell has been sounded there will be no more free laps.
- The neutral support official will track all athletes that are awarded a free lap and ensure that the timing officials adjust the final results to reflect as such.





- For the Time Trial, USAC Officials will decide if an athlete can have a restart due to a mechanical issue. However, an athlete's assigned start time is nonnegotiable. If an athlete misses a start time for whatever reason, the athlete will be penalized. The clock started running for that athlete at their designated start time.

## **Results**

- Competitors may check their personal time at the result kiosk located near the finish at the Criterium.
- Official Time Trial Results will be posted after the USAC Officials sign off to confirm.

## **Timing Chips & Race Bibs**

- Each competitor is provided with a numbered non-disposable timing chip with zip ties. The timing chip must be applied on the chain stays of the bike frame as shown at cycling event check-in. Cycling chips must be returned to the event staff after their race.
- Each competitor is provided with a race bib with the same number as the timing chip. The race bib must be safety pinned on the LEFT side of the competitor's jersey/shirt.
- Tandem riders need only one registration. You will receive only one bib number and timing/ID chip. However, the name, date of birth and gender of the second rider must be provided with a waiver signed.

## **Awards**

- Medals will be given to the top three athletes in each division.
- Medal ceremonies will be conducted immediately after the completion of the competition.

Specific rules regarding paracycling classification visit: <http://www.teamusa.org/US-Paralympics/Sports/Cycling.aspx>

For Cycling Information contact: David Smith at 207-650-4121 or [david.lee.smith36@gmail.com](mailto:david.lee.smith36@gmail.com)  
Additional information, registration & to volunteer: [www.TexasRegionalParalympicSport.org](http://www.TexasRegionalParalympicSport.org)

