



CYCLING

CYCLING (road) made its debut at New York/Stoke Mandeville Paralympic Games in 1984 and has been contested at every Games since. Track cycling was added to the Paralympic program at the Atlanta 1996 Paralympic Games.

The sport was developed in the 1980s and was first open to visually impaired athletes who competed in tandems with a sighted pilot.

GENERAL OVERVIEW: ROAD

Road races generally take place on public roads and can be point-to-point races or multiple circuits of a loop anywhere from five to 25 miles in length. Road races are team-oriented, mass-start events which typically feature a field of riders. During a road race, team members work together to gain an advantage over other riders.

GENERAL OVERVIEW: TRACK

Track cycling is a bicycle racing sport usually held on specially built banked tracks or velodromes using track upright and tandem bikes.

EQUIPMENT

Depending upon athlete classification, an athlete will need one of the following: bicycle, handcycle, tricycle or tandem. Other items that are needed include a helmet, track suit and racing gloves.

Local bike shops and cycling clubs are the best place to start when looking for equipment. Information about tandem bikes (for visually impaired cyclists and their pilots) can be found on the *U.S. Association of Blind Athletes* website.

GETTING STARTED

We encourage you to start by connecting with a local adaptive sports organization that offers cycling or getting involved with a local cycling club. To find a list of clubs in your area, please visit <https://USACycling.org/find-a-club>.

CLASSIFICATION

Classification determines which athletes are eligible to compete and how athletes are grouped together for competition. If an athlete has a Paralympic eligible impairment, the athlete may be eligible for a classification appointment. Once an athlete is ready to compete regionally or nationally, an athlete should seek national classification.

For more information on U.S. Paralympics Cycling, please visit <https://www.TeamUSA.org/USParaCycling>.

PARALYMPIC ELIGIBLE IMPAIRMENTS

- Ataxia, Athetosis and Hypertonia
- Impaired Muscle Power
- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference
- Visual Impairment

PARALYMPIC TRACK SPORT CLASSES

C class: athletes with physical impairments competing on two-wheel bicycles with or without adaptations

B class: athletes with visual impairments who compete on a tandem with a sighted pilot

PARALYMPIC ROAD SPORT CLASSES

- **Handcycle:** five men's and women's classes
- **Tricycle:** two men's and women's classes
- **Bicycle:** five men's and women's classes
- **Tandem:** one men's and women's class

PARALYMPIC DISCIPLINES

Road

- Individual Road Race
- Individual Time Trial
- Mixed Handcycling Relay

Track

- 500m or one km individual time trial
- Three km or four km individual pursuit
- Mixed team sprint