



Cycling Rules

These sport rules are modified from International Paralympic Committee competition rules to suit the population and goals of the Valor Games.
Please note: The 2019 Valor Games are not a qualifying event for USA Nationals or other Paralympic sanctioned events.

Cycling Competition

Monday, September 23rd, 2019

5:00-7:00 pm: Mandatory Event Check-in and Packet Pick-up (Marriott Plaza Hotel)

5:00-9:00 pm: Bike Fitting for cyclist using Valor Games Provided bikes (Mandatory for those needing a borrowed bike) Marriot Plaza, La Villita Room B

5:00-9:00 pm: Bike drop off @ Marriot Plaza, La Villita Room B for all Hotel guest needing equipment transport to start line

Tuesday, September 24th, 2019

7:00 am: Bus Departure from Marriott Plaza Hotel (Hotel guest only)

7:30-8:20 am: Cycling Warm-up

8:30-8:45 am: Valor Games Opening Ceremony

8:45-11:30 am: Cycling Competition. **Timed Criteriums**

- Men & Women Handcycles 30 min: 0845-0915
- Men & Women Recumbent 35 min: 0920-0955
- Men & Women Upright Disability 35min: 1000-1035
- Men & Women Upright Open/Tandems 40min: 1045-1125

11:00-12:00 pm: Valor Games Lunch @ Cycling Venue

12:00 pm: Bus Return from Cycling Venue to Marriott Plaza Hotel

1:00 pm: Bike return to lobby for hotel guest equipment pickup

Cycling Venue

Alamo Dome Parking Lot B (Parking will be in Parking Lot C)
100 Montana Street; San Antonio, TX

Event Check-in and Packet Pick-up – MANDATORY for ALL Athletes!!

Monday, Sept. 23rd (5:00-9:00 PM)

Marriott Plaza Hotel – 555 South Alamo Street, San Antonio





Cycling Bike Fitting and Bike Check-out (must attend if using a Valor Games provided bike)

Monday-September 23rd : 5:00-9:00 pm at Marriott Plaza Hotel (part of registration)

555 South Alamo Street; San Antonio, TX 78205

Type of Cycle Options

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

Cycling Divisions/Classification

- Bicycle -Open Division: Includes competitors who do not have a permanent physical disability. Examples of open category competitors include individuals with PTSD, TBI or mild orthopedic injuries.
- Bicycle – Category A: Includes athletes with a physical limitation but can ride a traditional upright bike. This category is for athletes with minor physical impairments (ex. limb salvage, below knee amputee, arm amputee, TBI w/ minimal balance issues). This class is a combination of the cycling classes C3-5).
- Bicycle – Category B: Includes athletes with a more impaired physical limitation but can ride a traditional upright bike. This category is for athletes who have a significant loss of motor function and strength in their lower extremities. This category would also include athletes with impairment in both upper and lower extremities. Examples for this class would be double amputee's, above knee amputee, upper and lower body impairments combined, TBI w/ more severe balance issues). This category is a combination of the cycling classes C1 & C2.
- Tandem: Athletes with a visual impairment that require the use of a Tandem Bicycle piloted by a sighted athlete.
- Handcycle – Category A: Athletes with physical disability that only affects their lower extremities. (Ex. Limb salvage, amputee, low level Paraplegic)
- Handcycle - Category B: 1. Athlete with physical disabilities in their lower and upper extremities. (Ex. Quadriplegic, Stroke with arm impairment, Arm amputee with lower limb impairment).
- Recumbent: Mobility impairment and rides a recumbent bike.





Cycling Criterium Events

- Men & Women Handcycles 30 min: 0845-0915
- Men & Women Recumbent 35 min: 0920-0955
- Men & Women Upright Disability 35 min: 1000-1035
- Men & Women Upright Open/Tandems 40 min: 1045-1125

Equipment

- **Loaner Equipment:** If a competitor requested in advance the use of loaner equipment (handcycle, upright bike, recumbent, or tandem), then the competitor will be assigned a specific loaner bike. Competitors using loaner equipment will report to the bike fitting area at the Marriott Plaza Hotel on Sept. 24th between 5:00-9:00 p.m. to be fitted for their bike. The bike will be marked for the specific athlete after fitting and adjustments are completed.
NOTE: Depending on the number of entries, we may not have enough bikes to borrow. So if you have a bike or access to a bike, please bring it. Especially the recumbents.
- **Personal Equipment:** We encourage competitors to bring their own bike/handcycle if they have personal ones they train with. We cannot guarantee the same brand and style bike/handcycle.

Start Times

- A time clock will be visible at or near the starting line on the course. This is the official clock that the Starter will use for all starts.
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- Each start wave will have separate start times. We will post those times on this site once we get closer to the competition.
- It is the responsibility of each competitor to be ready to go at his or her assigned start time.

The Course

- The criterium consists of a .53-mile loop.
- Electronic Timing will track how many laps each competitor has completed. A lap board will be present when there are 5 laps to go
- The course will be marked, and course monitors will be located at turns on the course, but it is the responsibility of each competitor to know the course.
- Helmet use is mandatory.
- The lap/finish line will consist of an inflatable truss arch structure. Antennas that read the timing chip and record the time are mounted on the truss. Competitors must pass through the truss arch at the end of each lap and at the finish.
- Continue riding when crossing the finish until you can safely pull over without impeding any other cyclist behind you.





VALOR GAMES

Drafting & Blocking

- Drafting (riding in the slipstream of another Competitor) is permitted. 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.

Neutral Support and Free Laps

- Neutral Mechanical support will be located near the start finish line. 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.

Results

- Competitors may check their personal time at the result kiosk located near the finish line.

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 RIGHT side of the competitor's jersey/shirt for uprights and tandems and on the chest for recumbents and handcycles.
- 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 pilot must be provided with a signed waiver.

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 about cycling visit: <http://www.teamusa.org/US-Paralympics/Sports/Cycling.aspx>

**For information on the Cycling competition, please contact the Cycling Sports Coordinator:
David Smith @ 207-650-4121 or david.lee.smith36@gmail.com**

