



Paralympic Cycling

How do I get involved in this sport?

The first step is to ensure you have a bicycle and that the bicycle fits you properly. Your local bike shop is an excellent place to start. If you don't own a bicycle, they will be able to sell or loan you one that meets your needs and they can properly fit you on the bicycle. In addition, you can check out USA Cycling's website. This website is a wonderful resource in terms of racing calendars, rules, clinics, seminars, etc.

Where can I go to participate in this sport?

Your local bike shop will often have information on cycling clubs and group rides in the area. This will allow you to learn from the local experts so you can gain valuable technical knowledge.

Who can I contact in my area to help me get started?

The place to start is with a local cycling club. Clubs often have good relationships with bike stores for equipment and in some cases have access through its members to bicycles. Most clubs will also have organized group rides for different levels with club coaches sometimes present at these rides.

What if there is no local club in my area?

Visit this USA Cycling webpage.

What are other websites I can visit to obtain more information?

US Paralympics

US Cycling

Union Cycliste Internationale

United States Association of Blind Athletes

Cerebral Palsy International Sports and Recreation Association

Challenged Athletes Foundation

US Hand Cycling



What disability groups can compete in cycling?

Athletes with amputations, cerebral palsy, spinal cord injuries, traumatic brain injuries/stroke or visual impairments are all eligible to compete in cycling. For more information about all cycling regulations, check out the US Paralympic Cycling website.

How do I get classified for my sport?

Official classifications are usually conducted at international UCI/IPC sanctioned events. However, preliminary classifications can be performed at the National Championships or an appointment is made to meet with an IPC qualified physician. At these preliminary meetings, a full medical history is required for review. For brief descriptions of the classification system, visit the Cerebral Palsy International Sports or US Paralympics websites. However, you do not need an official classification to begin competing.

How do I qualify for the National, Talent Pool, Emerging or Paralympic Team?

Specific performance criteria is to be attained in order to qualify to each level of the team. Status on the team is required to be maintained annually. However, the US Paralympic Games Team qualification occurs within the same calendar year of the Games.

Where can I find competition information?

Local bike shops and cycling clubs should be able to provide information about area competitions. The USA Cycling website can also provide links to websites for groups in your area and provide contact information for the regional coordinator for your part of the country. National competition information can also be found on the US Paralympics website.

Where can I get equipment for cycling?

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



Where can I find qualifying times/distances/etc. for my sport?

Qualifying standards, athlete performance plans, and selection procedures for the Paralympic Games, World Championships and the U.S. Paralympics Cycling Elite, National and Emerging Teams can all be found at the US Paralympics or Union Cycliste Internationale websites.

How can I find out if a sport is right for me?

Get on a bike!