July 1, 2022

Para-cycling Athletes,

On behalf of U.S. Paralympics Cycling, USA Cycling, and the Local Organizing Committee in Chattanooga, I’d like to thank you for being a part of this year’s USA Cycling Para-cycling Road National Championships in Chattanooga, TN. Our partners at Chattanooga Sports have put together a first-class competition for 2022.

As you may be aware, this event serves as the selection race for the upcoming World Cup final and World Championships in Quebec, and the staff at U.S. Paralympics Cycling, Medalist Sports, Chattanooga Sports, and the Enterprise South Nature Park have put together an amazing event on some very challenging and beautiful roads in Chattanooga.

Please review the details in this technical guide carefully, as it will provide you with important information about the competition and associated athlete safety and competition rules. If you have questions about the event, please don’t hesitate to contact me.

Thanks again for your participation at the Para-cycling Open and see you in Chattanooga!

Sincerely,

Ian

Ian L. Lawless, Director
U.S. Paralympics Cycling
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Online, Interactive Course Maps:

Time Trial:  https://ridewithgps.com/routes/39061073
Handcycle Relay:  https://ridewithgps.com/routes/39163138
Road Race:  https://ridewithgps.com/routes/39061183

Event Website:  https://www.teamusa.org/usparacycling/events  (start lists, results, tech info, etc.)
The information in this technical guide is subject to change.

GENERAL INFORMATION

Organization
The 2022 USA Cycling Para-cycling Road National Championships is an event organized by USA Cycling and U.S. Paralympics Cycling under the regulations of USA Cycling and the International Cycling Union (UCI). The competition dates are Saturday, July 9 and Sunday, July 10.

General Contact
Ian Lawless – ian.lawless@usopc.org, 1-719-272-1761
Jenny Ryan – jenny.ryan@usopc.org, 1-719-338-6331

Type of event
The event is a “National Championships” event, conducted under the USA Cycling National Championships rules, and the UCI Para-cycling rules.

Athlete Eligibility
To be eligible to compete at the USA Cycling Para-cycling Road National Championships, athletes (including tandem pilots) must:
- hold a national license issued by their National Federation, with a USA Nationality
- be at least 18 years of age by Dec. 31, 2022
- be nationally classified with a 'confirmed' or a 'review' sport class status (not applicable to tandem pilots)
  - *U.S. Paralympics Cycling has opened the competition to athletes without an national classification. These athletes will be permitted to compete if they undergo a virtual classification evaluation in advance of the event.*
  - *For more information about classification, or to make a classification appointment, please contact Kyle Knott at U.S. Paralympics: kyle.knott@usopc.org*

Event Website
The event website, which will include links to updated information, including start lists, timing and results, can be accessed via the following link: https://www.teamusa.org/usparacycling/events
Additional Requirements

- All U.S. participants in this competition are subject to the requirements outlined in the USOPC Athlete Safety Policy available at: [http://teamusa.org/USOPCAthleteSafetyPolicy](http://teamusa.org/USOPCAthleteSafetyPolicy)
- Adult Participants are also required to be familiar with, and comply with the USOPC Minor Athlete Abuse Prevention Policies (MAAPP) available at: [http://teamusa.org/maapp](http://teamusa.org/maapp)
- U.S. Center for SafeSport Training
  - All U.S. athletes (18 years and older), coaches, officials, and support staff requesting accreditation must complete, or have completed within the last calendar year, the U.S. Center for SafeSport’s SafeSport™ Trained Core training, or applicable Refresher training course if they have previously taken the SafeSport™ Trained Core training. The training must be completed prior to arrival at the event and must be valid through the conclusion of the event. Please note, U.S. Paralympics Cycling membership with SafeSport training that is valid through the conclusion of the event will be accepted.
  - SafeSport & Background Check Information: [https://www.teamusa.org/team-usa-athlete-services/safe-sport](https://www.teamusa.org/team-usa-athlete-services/safe-sport)

- All registered competitors are subject to testing and, if chosen for drug testing, are required to comply with the applicable rules. Noncompliance or refusing to be tested will result in the same penalties as a doping violation (see “Anti-doping section) for more information.

COVID-19 INFORMATION

The following COVID-19 protocols are in place for the event:

- Athletes and team staff should practice social distancing whenever possible
- Do not attend the event or come to the competition venue if you are sick
- If you feel sick while at the event or competition venue, please seek medical attention
- No COVID-19 testing is required
## Event Staff

<table>
<thead>
<tr>
<th>U.S. Paralympics Cycling &amp; USOPC</th>
<th>Medalist Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race Director</td>
<td>President / Owner</td>
</tr>
<tr>
<td>Ian Lawless</td>
<td>Chris Aronhalt</td>
</tr>
<tr>
<td>Operations Manager</td>
<td>VP, Events</td>
</tr>
<tr>
<td>Jenny Ryan</td>
<td>Tori Trice</td>
</tr>
<tr>
<td>Ass. Dir, High Performance</td>
<td>VP, Technical</td>
</tr>
<tr>
<td>Sarah Hammer</td>
<td>Chris Reed</td>
</tr>
<tr>
<td>Head Race Mechanic / NRS</td>
<td>Production Director</td>
</tr>
<tr>
<td>Steve Donovan</td>
<td>Joe Hawks</td>
</tr>
<tr>
<td>Race Mechanic / NRS</td>
<td>Operations Director</td>
</tr>
<tr>
<td>Chad Contreras</td>
<td>Larkin Morris</td>
</tr>
<tr>
<td>Classification Mgr / Course</td>
<td>Client Services Director</td>
</tr>
<tr>
<td>Kyle Knott</td>
<td>Shanon Callan</td>
</tr>
<tr>
<td>Photographer</td>
<td></td>
</tr>
<tr>
<td>Casey Gibson</td>
<td></td>
</tr>
<tr>
<td>Race Announcer</td>
<td></td>
</tr>
<tr>
<td>Chad Andrews</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chattanooga Sports &amp; Visit Chattanooga</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>President&amp;CEO</td>
<td>Barry White</td>
</tr>
<tr>
<td>Tim Morgan</td>
<td></td>
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<tr>
<td>Marissa Guarneiri</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Race Officials</th>
<th></th>
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<tbody>
<tr>
<td>Chief Referee</td>
<td>Steve Brady</td>
</tr>
<tr>
<td>Chief Judge</td>
<td>Mitch Beckner</td>
</tr>
<tr>
<td>Commissaire</td>
<td>Vicki Mackzum</td>
</tr>
<tr>
<td>Commissaire</td>
<td>Jon Agazzi</td>
</tr>
<tr>
<td>Assistant Judge</td>
<td>Cindy Clark</td>
</tr>
<tr>
<td>Motor Commissaire</td>
<td>Barry White</td>
</tr>
<tr>
<td>Motor Commissaire</td>
<td>Brian Rasser</td>
</tr>
<tr>
<td>Motor Commissaire</td>
<td>Michael Owens</td>
</tr>
</tbody>
</table>

## A special thanks to...

- Chattanooga Sports
- City of Chattanooga
- Enterprise South Research Park
- Hamilton County Parks & Recreation
- Siskin Hospital
# Summary of Meetings

| Thursday, April 7 | Official Course Preview – ROAD RACE  
<table>
<thead>
<tr>
<th></th>
<th>Enterprise South Nature Park</th>
</tr>
</thead>
</table>
| 11:00am – 2:00 pm (H1-5 & T-1-2 riders)  
| 3:00 – 6:00 pm (C1-5 Riders & B riders) | |

| Friday, April 8 | Check-in / Packet Pick-up  
|                | Chattanooga Doubletree Hotel  
|                | - Pick-up your packet |

9:00 am – 12:00 noon  
(All Classes)

7:30 pm

| Friday, April 8 | Official Course Preview – Time Trial  
|                | Enterprise South Nature Park |

Rider Technical Meeting (virtual)  
Zoom (meeting invite sent separately)  
*Note: The handcycle relay meeting will take place at the end of the rider meeting*

## Media

Media inquiries: Please contact Kristen Gowdy: [Kristen.gowdy@usopc.org](mailto:Kristen.gowdy@usopc.org) 1-719-505-0901
**Local Information**

**Temperature**

<table>
<thead>
<tr>
<th>Thursday (training):</th>
<th>Fri 08</th>
<th>Day</th>
<th>Thu 07</th>
<th>Night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu 07</td>
<td>Day</td>
<td>94°F</td>
<td>76°F</td>
<td></td>
</tr>
<tr>
<td>Humidity</td>
<td>66%</td>
<td>45%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UV Index</td>
<td>10 of 10</td>
<td>W 6 mph</td>
<td>0 of 10</td>
<td>WSW 6 mph</td>
</tr>
<tr>
<td>Sunrise</td>
<td>6:33 am</td>
<td>2:31 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunset</td>
<td>8:58 pm</td>
<td>1:35 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moonrise</td>
<td></td>
<td>Waxing Gibbous</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moonset</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Scattered thunderstorms, especially in the morning. High 94F. Winds WSW at 5 to 10 mph. Chance of rain 40%.

Scattered thunderstorms in the evening, with mostly clear skies overnight. Low 76F. Winds WSW at 5 to 10 mph. Chance of rain 40%.

<table>
<thead>
<tr>
<th>Friday (training):</th>
<th>Fri 08</th>
<th>Night</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 08</td>
<td>Night</td>
<td>76°F</td>
</tr>
<tr>
<td>Humidity</td>
<td>76%</td>
<td>0 of 10</td>
</tr>
<tr>
<td>UV Index</td>
<td>10 of 10</td>
<td>WSW 6 mph</td>
</tr>
<tr>
<td>Moonrise</td>
<td>3:37 pm</td>
<td></td>
</tr>
<tr>
<td>Moonset</td>
<td>2:03 am</td>
<td></td>
</tr>
</tbody>
</table>

Scattered thunderstorms. High 94F. Winds W at 5 to 10 mph. Chance of rain 50%.

Scattered thunderstorms. Low 76F. Winds WSW at 5 to 10 mph. Chance of rain 40%.
Saturday (TT & HC Relay):

Sat 09 | Day

91°
Mixed clouds and sun with scattered thunderstorms. High 91F. Winds W at 5 to 10 mph. Chance of rain 60%.

Sat 09 | Night

72°
Variable clouds with scattered thunderstorms. Low 72F. Winds light and variable. Chance of rain 60%.

• Sunday (RR):

Sun 10 | Day

88°
Scattered showers and thunderstorms. High 88F. Winds NNE at 5 to 10 mph. Chance of rain 50%.

Sun 10 | Night

71°
A few clouds. Low 71F. Winds SE at 5 to 10 mph.

Time Zone (on race day)
Eastern Daylight Time (GMT-4)
Lodging and Race Office

The Official Race Hotel and Race Office is:
Doubletree by Hilton Chattanooga Downtown
407 Chestnut Street
Chattanooga, Tennessee, 37402, USA
Phone:
+1 423-756-5150

Airports

All participants should fly into the Chattanooga International Airport (CHA), which is about 15 minutes from the race accommodations, or Atlanta Airport (ATL), which is about two hours from the race accommodations.

Team & Support Staff Registration

Team and athlete support staff (including PCAs) are subject to USOPC Athlete Safety requirements, and may be subject to a background check. Athletes who have questions about these requirements should contact jenny.ryan@usopc.org
Race Regulations

Medical
Medical and EMS support will be on-site at all race venues. In the event of a transport, unless specified otherwise, patients will be taken to:

- **Minor Injury that requires transport:**
  - Parkridge North ER – 7402 Lee Hwy, Chattanooga, TN 37421
  - Phone: 423-242-9750
  - Erlanger East Hospital – 1751 Gunbarrel Rd, Chattanooga, TN 37421
  - Phone: 423-680-8000

- **Major Injury that requires transport:**
  - Erlanger downtown – 975 E 3rd St, Chattanooga, TN 37403
  - Phone: 423-778-7000

Call-Ups
For this event, the defending National Champions shall be given highest priority for call-ups.

- **Order of Priority:**
  - Defending National Champions
  - Defending World Champions
  - Remaining riders may be called-up by random order after the preceding methods

Scoring & Results
Race timing will be managed using transponders and a finish line camera. Race times will be posted on the race clocks above the finish line, and results will be posted on-site, as well as on the event website [https://www.teamusa.org/usparacycling/events](https://www.teamusa.org/usparacycling/events)

Transponders & Race Numbers
Athletes will be issued a transponder and multiple race numbers (depending on classification) at check-in. A single transponder will be assigned to each individual bike (one transponder for tandems). Transponders must be returned following the completion of the road race. Failure to return transponders will result in a $100 charge to the athlete.

A communique will be sent to athletes prior to race day, with more details and instructions concerning transponder and race number placement.
Race Attire

- Athletes must wear appropriate race attire per UCI rules (www.uci.ch)
  - No sleeveless jerseys or triathlon suits
  - National Team kits are not allowed for USA athletes (National Championships Rule)
  - National Champion’s (2021) kits are not allowed for USA athletes (National Championships Rule)
  - Tandems: Pilot and stoker must have matching uniforms
  - World Champion kits are allowed only for current champions:
    - Current World Champion’s: Awarded in 2021, Cascais, Portugal
  - Handcycle Relay: Athletes on relay teams should wear matching kits, if possible
TIME TRIAL – Saturday July 9, 2022, Enterprise South Nature Park

https://ridewithgps.com/routes/39061073

Time Trial Elevation Profile
Time Trial Notes

- A specially-designed starting ramp will be used for all classes. Riders should arrive 15 minutes prior to assigned start time and must follow directions of the race staff and officials in the starting queue.
- Upon finishing, riders will continue on course for approximately 50 yards and will deviate on the right prior to the first gate and will be recirculated into athlete parking.
- Riders are responsible for keeping track of laps ridden.
- Throughout the race, riders must stay on their side of the road (right) as all sections have enough space for passing on the left.
- Handcycles and trikes do not need to have draft bars affixed during the time trial.
- Neutral Service pits will be available on course.

Location #1 – just after mile 1 at the first left turn, outside the corner
Location #2 top – at mile 4 inside the turn on Connector 3 Rd

Directions to Athlete Parking, Race Start/Finish
The following directions MUST be followed to Athlete Parking for training and competition days.

Please Read – these details have been updated:
Thursday:
All Athletes must follow directions to the “back entrance” of the park (front entrance will be closed)
- CONSTRUCTION DETOUR, if you need to access the park on Thursday or Friday, please use the following address for an alternate entrance: 7966 Ferdinand Piech Way, Harrison, TN 37341

Friday, Saturday and Sunday – Race Days
- On event weekend, use the main entrance address of 190 Still Hollow Loop, Chattanooga, TN 37416.

Athlete Lounge, presented by Siskin Hospital
An athlete-only lounge will be available on Saturday and Sunday near the start/finish stage and podium, for athletes not currently competing or who are waiting for awards ceremonies. Fueling and recovery items as well as other hospitality items will be available in the lounge. Thank you, Siskin Hospital!
HANDCYCLE RELAY – Saturday, July 9, 2022, Enterprise South Nature Park

Relay Elevation Profile (+128 ft/ - 132 ft)
Handcycle Relay Notes

- The relay starts at 6:00 pm sharp
- Course opens for warmup / official preview at 5:45pm
- Rider #1 for each team should line up at the start / finish line
- Riders #2 and #3 for each team should line up in the relay exchange zone
- Each team will complete a total of 9 laps.
- Each rider will complete three, non-consecutive laps and return to the exchange zone after each of their laps
- Each team is allowed two staff in the relay exchange area in order to support its athletes.
  - Teams with more than two staff in the relay area are subject to penalty
- Each team must submit their starting order to jenny.ryan@usopc.org no later than 3:00 pm on Friday, July 8, 2022.
- A representative from each team must pick-up helmet numbers for their team at 5:00 pm on Saturday, at the start / finish line.
- Teams should wear matching racing kits if possible
ROAD RACE – Sunday, July 10, 2022, Enterprise South Nature Park
https://ridewithgps.com/routes/39061183

Road Race Elevation Profile
Road Race Notes

- Neutral support will be available in the athlete parking area & wheel pits located on course
- All handcycles and trikes must have a draft bar affixed for the road race
- All riders must finish on the same lap as the winner of the start group
- Tandems: Pilot and Stoker must wear matching competition uniforms
- All riders must wear the appropriate helmet color as outlined below

Helmet Colors, per Classification

Red: C5 men / C5 women / T2 men / H4 men / H4 women / B men
White: C4 men / C4 women / H3 men / H3 women / B women / T2 women
Blue: C3 men / C3 women / H2 men / T1 women
Black: H5 men / H5 women / C2 men / C2 women / T1 men
Yellow: C1 men / C1 women / H2 women
Green: H1 men
Orange: H1 women

Directions to Athlete Parking, Race Start/Finish

The following directions MUST be followed to Athlete Parking on training and competition days.

Please Read – these details have been updated:

Thursday:

All Athletes must follow directions to the “back entrance” of the park (front entrance will be closed)

- CONSTRUCTION DETOUR, if you need to access the park on Thursday or Friday, please use the following address for an alternate entrance: 7966 Ferdinand Piech Way, Harrison, TN 37341

Friday, Saturday and Sunday – Race Days

- On event weekend, use the main entrance address of 190 Still Hollow Loop, Chattanooga, TN 37416.

Athlete Lounge, presented by Siskin Hospital

An athlete-only lounge will be available on Saturday and Sunday near the start/finish stage and podium, for athletes not currently competing or who are waiting for awards ceremonies. Fueling and recovery items as well as other hospitality items will be available in the lounge. Thank you, Siskin Hospital!
Protocol & Awards
Awards & podiums will be by the start/finish line throughout the competition days. Please see the competition schedule for exact times.

- All athletes are required to attend and are required to follow the UCI rules for podium attire.
- Athletes who do not attend the podium ceremony, or who do not wear appropriate attire may face a fine by the UCI
- For more details re: rules about podium attire, please refer to the UCI rules for Para-cycling: https://www.uci.ch/inside-uci/constitutions-regulations/regulation

The top finisher in each class with one (1) or more entrant from the list below will be awarded the National Champion’s jersey. The top-3 finishers for all events are required to attend and participate in the awards ceremony. Up to three 3 medals will be provided for each event/sport class in the list below – regardless of combined starting groups in the road race - provided the sport class has one (1) or more entrant.

Handcycle Relay
Mixed Classes: Top 3

Time Trial & Road Race
Top 3 in the following classes:
- MH1, MH2, MH3, MH4, MH5
- MT2, MT2
- MB
- MC1, MC2, MC3, MC4, MC5
- WH1, WH2, WH3, WH4, WH5
- WT1, WT2
- WB
- WC1, WC2, WC3, WC4, WC5
Anti-Doping

All Athletes, Athlete Support Personnel and other Persons, by virtue of their participation in the Olympic, Paralympic, Pan American, Parapan American or Youth Olympic Games, participation in an Event or Competition organized or sanctioned by the USOPC or an NGB, an International Federation (“IF”), the International Olympic Committee (“IOC”), the International Paralympic Committee (“IPC”) or other Major Event Organization, participation on a national team, utilization of an Olympic and Paralympic Training Center (“OPTC”), receipt of benefits from the USOPC or an NGB, inclusion in the Registered Testing Pool (“RTP”) or Clean Athlete Program (“CAP”), or otherwise subject to the Code agree to be bound by the USOPC National Anti-Doping Policy and by the USADA Protocol. It is the duty of Athletes, Athlete Support Personnel and other Persons to comply with all anti-doping rules of the World Anti-Doping Agency (WADA), the IPC, the USOPC National Anti-Doping Policy, and of the U.S. Anti-Doping Agency (USADA), including the USADA Protocol for Olympic and Paralympic Movement Testing (USADA Protocol) and all other policies and rules adopted by WADA, the IPC, the USOPC and USADA. Athlete participants agree to submit to drug testing by the IPC and/or USADA or their designees at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules make them subject to penalties including, but not limited to, disqualification and suspension. If it is determined that an individual participant may have committed a doping violation, the participant agrees to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of the IPC, if applicable or referred by USADA. More information about the USOPC National Anti-Doping Policy can be found at https://www.teamusa.org/Footer/Legal/Anti-Doping

More information about banned substances and doping control can be found by visiting: www.usada.org. All athletes who compete in the U.S. Paralympics Cycling Open are subject to drug testing. If athletes are notified for drug testing they must bring an ID with them and are allowed and strongly encouraged to have one representative to accompany them through the drug testing process.
ATHLETE SAFETY REQUIREMENTS

All U.S. participants in this competition are subject to the requirements outlined in the USOPC Athlete Safety Policy available at: http://teamusa.org/USOPC Athlete Safety Policy. Adult Participants are also required to be familiar with, and comply with the USOPC Minor Athlete Abuse Prevention Policies (MAAPP) available at: http://teamusa.org/maapp. Participating in our events also comes with certain responsibilities, such as requirements to report Prohibited Conduct, to include violations of the MAAPP, as outlined in Section 6 of the USOPC Athlete Safety Policy, as well as completing training as outlined below.

**U.S. Center for SafeSport Training**

All U.S. athletes (18 years and older), coaches, officials, and support staff requesting accreditation must complete, or have completed within the last calendar year, the U.S. Center for SafeSport’s SafeSport™ Trained Core training, or applicable Refresher training course if they have previously taken the SafeSport™ Trained Core training. The training must be completed prior to arrival at the event and must be valid through the conclusion of the event. Please note, USA Cycling membership with SafeSport training that is valid through the conclusion of the event will be accepted.

If you are not in compliance with training, depending on the required course, it will take between 30 to 90 minutes to complete the training. Taking the SafeSport™ Trained Core or Refresher training is free for registered event participants. Please email Reagan Folaron if you need help accessing the training. You must submit proof of completion and expiration date of your most recent SafeSport training to Reagan Folaron at Reagan.Folaron@usopc.org by July 7th.

If you are a minor athlete, completing SafeSport training is not required, however, we recommend you work with your parent/guardian to take the free youth training course offered by the U.S. Center for SafeSport. The U.S. Center for SafeSport also has resources available to parents/guardians regarding abuse prevention in sport, to include the Parent Toolkit, and free online training. These resources, and information regarding the training for both minor athletes and parents/guardians is available at: https://uscenterforsafesport.org/training-and-education/safesport-courses-for-all/.

**USOPC Background Check**

All U.S. participants requesting a Team Staff accreditation for this competition are required to undergo a background check utilizing the National Center for Safety Initiatives as further described in the USOPC’s Background Check Policy & Procedures (which can be viewed on the Team USA Athlete Safety Page at https://www.teamusa.org/team-usa-athlete-services/safe-sport) and Exhibit C. The background check must be completed prior to the start of competition. Any individual receiving a “Red Light” may be precluded by the USOPC from participating in the competition. Please note, USA Cycling membership with a background check that is valid through the conclusion of the event will be accepted. Please submit proof of completion and expiration date of your most recent background check to Reagan Folaron at Reagan.Folaron@usopc.org and Jenny Ryan at Jenny.Ryan@usopc.org.

For additional information regarding the USOPC’s Athlete Safety Program, or to report an allegation of misconduct or abuse please visit: https://www.teamusa.org/team-usa-athlete-services/safe-sport.