

REGULATIONS

XXV Race in Paralympic Road Cycling HTC Race

The Aim of the Race is:

1. to promote sports among the blind, visually impaired and persons with locomotor disabilities;
2. to promote Paralympic cycling among the blind, visually impaired, persons with locomotor disabilities and among other members of society;
3. to support rehabilitation processes;
4. to improve sports skills of the participant of the Race;
5. to support international cooperation among the blind, visually impaired, and locomotor disabled sportsmen and sportswomen.

Organizer:

6. The organizer of the race is:
HETMAN Cycling Tandem Club
ul. Jana Sawy 5/13, 20-632 Lublin
tel. +48 601 963 627, tel./fax. +48 81 443 21 20
e-mail: hetman.cycling@gmail.com
Race director: Andrzej Gózdź, tel. +48 601 963 627

Participants of the Race:

7. All blind and visually impaired participants with their guides (category MB, category WB) and persons with locomotor disabilities (category C1-C5, category H1-H5), regardless of their sex, over the age of 16 can take part in the Race.
8. Recruitment of participants is open to all interested.

9. If at least 5 female teams apply to take part in the Race, it will be organized for men and women separately, according to the rules specified below.
10. In the event that 5 tandem crews enroll in the competition, or 5 U-23 riders (up to 22 years old) apply to participate in other categories, a youth peloton will be created, taking into account the dysfunctions in each category. The youth category will compete at distances equal to the women's distances, but in a separate classification. Riders of the junior category (17-18 years old) will also be admitted to the youth category.
11. Professional cyclists registered on „Profi” list of UCI (Union Cycliste Internationale) cannot participate in the Race as guides.
12. Participants take part in the Race with their own equipment and in cycle helmets.
13. Each tandem team must take part in the Race in identical T-shirts.
14. Tandem stokers (rear riders) Rear riders in the tandem are required to post the number in accordance with the PZKOl / UCI regulations
15. The starting numbers are given by the organizer and are valid throughout the race. Participant must return the Race Number directly after the Final Stage of the Race.
16. Blind or visually impaired participants must have the Polish Association of the Blind ID card or other document which certifies their visual disability of group I or II, locomotor disabled participants must have document which certifies their disability, all participants are obliged to have their identity documents (ID documents/passport) and cyclist's license (issued not earlier than 3 months before the Race).

Rules of the Race:

17. The Race will take place on the road for a total distance of:
 - A. Tandems:

- for men – about 310 km,
- for women – about 280 km

B. Category C1 and C2:

- for men – about 240 km
- for women – about 200 km

C. Category C3 – C5:

- for men – about 280 km
- for women – about 240 km

D. Handbike (categories H1 – H2):

- for men – about 180 km
- for women – about 150 km

E. Handbike (categories H3 – H5):

- for men – about 210 km
- for women – about 160 km

Stage 1 -30.04.2022, time 10:00-13:00, place: Lublin, ul. Poligonowa

- Individual time trial
- Honorary starting line on the right-eastern road line at ul. Poligonowa on the direction to ul. Zelwerowicza, just past the exit from ul. Relaksowa, next in the northern direction to the crossroads with ul. Zelwerowicza, next turn right via the southern road line of ul. Zelwerowicza to the crossroads with the old part of ul. Poligonowa, turn right to the old part of ul. Poligonowa under the road overpass, turn right to the service road along two-line ul. Poligonowa and return to crossroads of ul. Zelwerowicza and ul. Poligonowa, return on the western- left line of ul. Poligonowa to the crossroads with ul. Relaksowa, to the eastern -right line of the road;
- Route closed to public traffic.

- Distance of the lap: 4,3 km
- Categories C1-C2 in men + categories C1-C5 in women + categories H1-H2 in men + categories H1-H5 in women - 2 rounds – about 8,8 km
- Categories C3-C5 + categories H3-H5 in men - 3 rounds – about 13,1 km
- Tandem categories in men and women: 4 rounds – about 17,4 km
- The starting order of the competitors to the 1st stage will be drawn at the Technical Briefing

Stage 2 -30.04.2022, time: 16:00-19:30, place: Dys

- Mass start road race.
- Route closed to public traffic, supervised by the Police securing the Race.
- Honorary starting line – finish line on local road No.: 106057L - ul. Słoneczna close to ul. Wąwozowa; next turn right to ul. Topolowa, turn right to the local road No.: 2216L (ul. Dolina Ciemięgi), about 1,7 km via flat part of the road, next turn right via ul. Samsonówka, up the slope for 1,2 km (9 % slope that becomes flat) and turn right – return to the local No.: 106057L ul. Słoneczna to the finishing line, about 1,3 km flat.
- Distance of the lap: 5,8 km
- Handbike H1-H2 in men and all handbike categories in women, 6 rounds – about 35 km (intermediate sprints 2nd and 4th lap)
- Handbike H3-H5 in men, 8 rounds – about 46 km (intermediate sprints 3rd and 6th lap)
- Categories C1-C2 in men and categories C1-C5 in women, 8 rounds – about 46 km (intermediate sprints 3rd and 6th lap)
- Categories C3-C5 in men, 10 rounds – about 58 km (intermediate sprints 3rd and 6th lap)

- Tandem category in women, 10 rounds – about 58 km (intermediate sprints 3rd and 6th lap)
- Tandem category in men, 12 rounds – about 67 km (intermediate sprints 4th and 8th lap)

Stage 3 -01.05.2022, time: 10:00-15:30, place: Garbów

- Mass start road race.
- Honorary starting line – finish line in front of Garbów Commune Office Garbowie ul. Krakowskie Przedmieście 50 in the direction to ul. Słoneczna (road No. 2206L) next turn to ul. Słoneczna to the (road No. 2205L) to Ługów, next turn right to road No. 105947/L to Gutanów, next turn right to road No. 105965/L (ul. Gutanowska) and next turn right to road No. 2202/L (ul. Dolna), next left through ul. Szkolna No. 105937/L and turn to ul. Krakowskie Przedmieście 50 (in front of Garbów Commune Office).
- Route partially closed to public traffic.
- Distance: 11 km
- Handbike categories H1-H2 in men and all women handbike categories: 4 rounds - about 44 km (intermediate sprints 2nd and 3rd lap)
- Handbike categories H3-H5 in men: 6 rounds – about 66 km (intermediate sprints 2nd and 4th lap)
- Categories C1-C2 in men and C1-C5 in women: 6 rounds – about 66 km (intermediate sprints 2nd and 4th lap)
- Categories C3-C5 in men: 7 rounds – about 77 km (intermediate sprints 3rd and 6th lap)
- Tandem category in men: 8 rounds – about 88 km (intermediate sprints 3rd and 6th lap)

- Tandem category in women: 7 rounds – about 77 km (intermediate sprints 3rd and 6th lap)

Stage 4-02.05.2021 time: 10:00-13:30, place: Lublin (Felin)

- Mass start road race.
- Route closed to public traffic.
- Honorary starting line and finishing line: ul. Wilhelma Hessa, ul. Plewińskiego ul. Braci Krausse, ul. Macieja Rataja, return to the starting line at ul. Wilhelma Hessa.
- Distance of the lap: 2,8 km
- Handbike H1-H2 in men and all handbike categories in women, 12 rounds – about 34 km (intermediate sprints 4th and 8th lap)
- Handbike H3-H5 categories in men, 18 rounds – about 51 km (intermediate sprints 8th and 15th lap)
- Categories C1-C2 in men and categories C1-C5 in women, 18 rounds – about 51 km (intermediate sprints 8th and 15th lap)
- Categories C3-C5 in men, 22 rounds – about 62 km (intermediate sprints 8th and 15th lap)
- Tandem category in women 22 rounds – about 62 km (intermediate sprints 8th and 15th lap)
- Tandem category in men, 26 round – about 73 km (intermediate sprints 8th and 15th lap).

Stage 5-03.05.2022 time: 10:00-13:00, place: Lublin CSK Theatre Square

- Mass start road race
- Street criterion
- Route closed to public traffic.

- Honorary starting line and finishing line: Al. Raławickie vis a vis CSK Theatre Square, next ul. Radziszewskiego to the left, ul. Uniwersytecka, ul. Skłodowska to the left, ul. Grottgera and Al. Raławickie.
- Distance of the lap: 1,4 km
- Handbike H1-H2 in men and all handbike categories in women, 20 rounds – about 28 km (intermediate sprints 8th and 16th lap)
- Handbike H3-H5 categories in men, 30 rounds – about 42 km (intermediate sprints 10th and 20th lap)
- Categories C1-C2 in men and categories C1-C5 in women, 30 rounds – about 42 km (intermediate sprints 10th and 20th lap)
- Categories C3-C5 in men, 30 rounds – about 42 km (intermediate sprints 10th and 20th lap)
- Tandem category in women 30 rounds – about 42 km (intermediate sprints 10th and 20th lap)
- Tandem category in men, 40 round – about 56 km (intermediate sprints 20th and 30th lap).

18. The Winner of each Race Stage, except individual time trials, will have a time bonus:

I place - 6 seconds

II place - 4 seconds

III place - 2 seconds

Time bonus for Intermediate Sprint is:

I place - 3 seconds

II place - 2 seconds

III place - 1 seconds

19. The team or individual participant which will finish the Race in the shortest time, counting the time bonus, is the Winner of the Race.
20. During the Race Rules of PZKOL (Polish Cycling Federation) and UCI (Union Cycliste Internationale) will apply. In the case that female peloton catches up with male team or teams, the female tandem is obliged to overtake male tandem/tandems so that the male tandem/tandems could follow them a few meters behind. It is forbidden for female tandems to race directly behind a male tandem or male tandems (racing „on the male wheel” is forbidden to female tandems).
20. During Mass-Start Stages the team or individual participant caught up (lapped) by the fastest team or individual participant will finish the race with the winner (in each category), but for each lap not traveled, the time of the slowest lap traveled, increased by 5 seconds for each lap not traveled, shall be added.
21. On the routes closed to public traffic the participants can use the whole road width. On the routes partially closed to public traffic the participants must use only right line of the road. The Group will be escorted by the Police pilot. All Participants of the Race who will fall out of the Group must continue the Race and obey all road traffic rules. If the participant team leaves the peloton, they are not protected by any particular law and will be held responsible for breaking of any road traffic regulations enforced in Poland.
22. During the Race all final decisions concerning sports matters are made by the jury commission or the Chief Judge, and in other matters the Race Organizer will have the deciding voice.
23. All participants of the race, including competitors, judges and technical staff, are obliged to comply with the current sanitary regulations in force and

maintain social distancing, use disinfection of hands and properly cover mouth and nose throughout the competition, except for the stages of the race when riders must wear the facemask until a few minutes before the start, in accordance with the current regulations on the state of the epidemic in accordance with the current regulations on the state of the epidemic and UCI recommendations contained in the collection "Rules for the organization of Para-cycling events during the COVID-19 pandemic (applies to: championship-rank competitions and international road events) published on the website

https://assets.ctfassets.net/76117gh5x5an/6J9stmEo2OIrC7tr8VqU2f/00f5f4dc5e35aef7fc3309d706d54e07/2022.01.21_COVID_Protocol_Road_ENG.pdf

24. In the Competition can participate only those who have a negative result of the Coronavirus PCR test (Sars-Cov2) 48 hours before the race or who are fully vaccinated (second dose compulsory, third dose recommended) and who can prove vaccination with a relevant UE Digital Covid Certificate.

Awards:

25. Three best teams and individual participants (in each category) will be awarded with Cups and financial awards. The amount of awards will be announced not later than after the first stage of the Race.