AMATEUR ROAD NATIONAL CHAMPIONSHIPS

HAGERSTOWN • MD
JUNE • 2019

TECHNICAL GUIDE | REV 5.2019
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WELCOME TO HAGERSTOWN & WASHINGTON COUNTY, MD

WELCOME ATHLETES!
Congratulations for making it to this national event. When the thrill of your competition is over, relax at one of our 2200 hotel rooms and refuel at a variety of restaurants that will meet everyone’s taste. We invite you back to take a leisurely ride along the 184.5-mile tow path of the C&O Canal National Historic Park, ride the 22-mile Western Maryland Rail Trail, mountain bike at Greenbrier State Park, or peddle along one of our Maryland Scenic Byways. You can cycle through history at Antietam National Battlefield, the most perfectly preserved civil war battlefield in the United States. Beyond your prestigious national championship event, Washington County Maryland has a culture of cycling; we want you to experience it.

HOME TO 5 NATIONAL PARKS! Our parks offer a range of amenities - everything from historic monuments and battlefields to waterways, with camping, trails, boat launches, and abundant educational opportunities. We also have three C&O Canal Towns along the C&O Canal in Washington County: Hancock, Sharpsburg and Williamsport. They each offer everything needed for hikers and bikers of the Canal, from nutritious meals, bicycle repairs and bike-friendly places to lay your head. We invite you to come and learn about our part in the nation’s history and to soak in the breath-taking scenery.


DISTINCTIVE DINING & SHOPPING A variety of options and flavors, to meet every budget, abound throughout the county and downtown Hagerstown. Fine dining, brew pubs and neighborhood grills, bustling local eateries and quick to-go delis provide eclectic menus with dozens of choices. Outlets, Malls, and Boutiques Shops are strewn throughout the County!

DIVERSE ARTS & CULTURE Our arts and cultural amenities allow for everyone to engage in a wide variety of arts experiences. From the Maryland Theatre, Maryland Symphony Orchestra and the Washington County Museum of Fine Arts to our quaint galleries and dinner theatres, there is always something engaging and captivating happening! Be sure to walk our new Cultural Trail!

THE HAGERSTOWN & WASHINGTON COUNTY COMMUNITY ARE EXCITED TO HOST MARYLAND’S FIRST EVER USA CYCLING AMATEUR ROAD NATIONAL CHAMPIONSHIPS!

Download the Visit Hagerstown App. or go to www.VisitHagerstown.com
LODGING

Our USA Cycling Partner Hotels are conveniently located to all courses in a central location than 30-minute drive time to each course.

**Courtyard by Marriott**
17270 Valley Mall Rd.
Hagerstown, MD 21740

**SpringHill Suites Hagerstown**
17280 Valley Mall Rd
Hagerstown, MD 21740

**Homewood Suites by Hilton**
1650 Pullman Lane
Hagerstown, MD 21740

**Ramada Plaza**
1718 Underpass Way
Hagerstown, MD 21740

Hagerstown is just over one-hour west of the Nation’s Capital, located at the interchange of U.S. Interstates 70 and 81.

**Holiday Inn Express**
241 Railway Lane
Hagerstown, MD 21740

**Hampton Inn Hagerstown**
1716 Dual Highway
Hagerstown, MD 21740

**Hampton Inn I-81**
18300 Peak Circle
Hagerstown, MD 21742

**Hagerstown Antietam Battlefield KOA**
11759 Snug Harbor Lane
Williamsport, MD 21795

**Regional Airports**
Baltimore Washington International (BWI) 74 Miles
Reagan International Airport (DCA) 74 Miles
Dulles International Airport (IAD) 64 Miles
Hagerstown Regional Airport (HGR) 10 Miles
EVENT STAFF

USA CYCLING
Shawn Brett   National Events Manager (RD)
Tara McCarthy   National Events Manager
Randy Shafer   Technical Director
Kyle Knott   National Events Manager
Larry Martin   Event Services Regional Manager (RET)
Stephanie Sexton  Event Services Coordinator
Corri Zaiger   National Events Intern
Carson Brett   National Events Intern

VISIT HAGERSTOWN
Daniel P. Spedden   President
Jolene Thomas  Director of Operations
Betsy DeVore  Director of Communications
Audrey Vargason  Sales/Event Manager
Tim Lung   Logistics Coordinator

ADDITIONAL EVENT STAFF/SERVICES
Socket Events   Event Services
One2Go Event Services   Timing and Results
SRAM    Neutral Support
Scot Herrmann   Announcer
John Hoopingarner  Announcer
Bruce Buckley   Photographer

USA CYCLING OFFICIALS
Marco Vasquez   Chief Referee
Ugur Tosun   Commissaire
Jeffrey Helgerson   Commissaire
Lynn Taylor   Chief Judge
Christopher Clark   Judge
Christofer Dehahn   Judge
Mark Byers   Motor
Shaun Weigand   Motor
Brian Adamchuk   Motor
Stefan Yencha   Motor
Cynthia Hines   Timeboard
John Balaban  Timeboard Pilot
Alissa Weigand   Apprentice
## EVENT SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>**WEDNESDAY • JUNE 19</td>
<td>AMATEUR ROAD • HAGERSTOWN, MD**</td>
<td></td>
</tr>
<tr>
<td>3:00pm - 6:00pm</td>
<td>Registration/Packet Pick-Up</td>
<td>Courtyard by Marriott Hagerstown</td>
</tr>
<tr>
<td>3:00pm - 6:00pm</td>
<td>Collegiate Recruitment Fair</td>
<td>17270 Valley Mall Rd</td>
</tr>
<tr>
<td>3:00pm - 6:00pm</td>
<td>Complimentary TT Bike Check, M U23/MW 17-18 Only</td>
<td></td>
</tr>
<tr>
<td>6:30pm</td>
<td>Manager/Driver Meeting M U23/Cat 1 Men</td>
<td></td>
</tr>
<tr>
<td>7:00pm</td>
<td>Caravan Drivers Training</td>
<td></td>
</tr>
<tr>
<td>**THURSDAY • JUNE 20</td>
<td>INDIVIDUAL TIME TRIAL • BOONSBORO, MD**</td>
<td></td>
</tr>
<tr>
<td>6:30am - 2:30pm</td>
<td>Registration/Packet Pick-up</td>
<td>Rohrersville Rd/Alt 40A</td>
</tr>
<tr>
<td>7:30am (60 sec intervals)</td>
<td>Men U23 (19-22)</td>
<td>30k</td>
</tr>
<tr>
<td>To Follow</td>
<td>Men Open (Category 1-5)</td>
<td>30k</td>
</tr>
<tr>
<td>(60 sec intervals)</td>
<td>Women Junior 17-18</td>
<td>20.6k</td>
</tr>
<tr>
<td>To Follow</td>
<td>Men Junior 17-18</td>
<td>20.6k</td>
</tr>
<tr>
<td>(30 sec intervals)</td>
<td>Women Junior 15-16</td>
<td>20.6k</td>
</tr>
<tr>
<td>To Follow</td>
<td>Men Junior 15-16</td>
<td>20.6k</td>
</tr>
<tr>
<td>To Follow</td>
<td>Women Junior 13-14</td>
<td>10.9k</td>
</tr>
<tr>
<td>To Follow</td>
<td>Men Junior 13-14</td>
<td>10.9k</td>
</tr>
<tr>
<td>To Follow</td>
<td>Women Junior 11-12</td>
<td>10.9k</td>
</tr>
<tr>
<td>To Follow</td>
<td>Men Junior 11-12</td>
<td>10.9k</td>
</tr>
<tr>
<td>6:30pm</td>
<td>Awards</td>
<td>Valley Mall, 17301 Valley Mall Rd</td>
</tr>
<tr>
<td>**FRIDAY • JUNE 21</td>
<td>ROAD RACE • CLEAR SPRING, MD**</td>
<td></td>
</tr>
<tr>
<td>6:30 - 4:00pm</td>
<td>Registration/Packet Pick up</td>
<td>12627 Broadfording Rd</td>
</tr>
<tr>
<td>7:00am</td>
<td>Men Cat 1</td>
<td>183.8k (5.5 laps L-loop)</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Men U23 19-22 Pro/Cat 1/2</td>
<td>183.8k (5.5 laps L-loop)</td>
</tr>
<tr>
<td><strong>12:15pm</strong></td>
<td><strong>Cat 1 Awards</strong></td>
<td>ONSITE</td>
</tr>
<tr>
<td>4:45pm</td>
<td>Men Junior 15-16 Cat 1/2/3</td>
<td>59k (3 laps M-loop)</td>
</tr>
<tr>
<td>5:00pm</td>
<td>Men U23 Awards</td>
<td>ONSITE</td>
</tr>
<tr>
<td><strong>After Last Race</strong></td>
<td>Awards</td>
<td>ONSITE</td>
</tr>
</tbody>
</table>
# EVENT SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>SATURDAY • JUNE 22</td>
<td>ROAD RACE • CLEAR SPRING, MD</td>
<td></td>
</tr>
<tr>
<td>6:30 - 3:00pm</td>
<td>Registration/Packet Pick-up</td>
<td>12627 Broadfording Rd</td>
</tr>
<tr>
<td>7:00am</td>
<td>Women Junior 17-18</td>
<td>80.4k (4 laps M-loop)</td>
</tr>
<tr>
<td>7:05am</td>
<td>Women Junior 15-16</td>
<td>38.4k (2 laps M-loop)</td>
</tr>
<tr>
<td>10:00am</td>
<td>Men Junior 13-14</td>
<td>26.4k (4 laps S-loop)</td>
</tr>
<tr>
<td>10:02am</td>
<td>Women Junior 11-12</td>
<td>20k (3 laps S-loop)</td>
</tr>
<tr>
<td><strong>10:15am</strong></td>
<td><strong>Session 1 Awards (W 15-18)</strong></td>
<td><strong>ONSITE</strong></td>
</tr>
<tr>
<td>11:15am</td>
<td>Women Junior 13-14</td>
<td>26.4k (4 laps S-loop)</td>
</tr>
<tr>
<td>11:17am</td>
<td>Men Junior 11-12</td>
<td>20k (3 laps S-loop)</td>
</tr>
<tr>
<td>11:30am</td>
<td>Session 2 Awards (M 13-14/W 11-12)</td>
<td>ONSITE</td>
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<tr>
<td>12:30pm</td>
<td>Men Junior 17-18 Cat 1/2/3</td>
<td>122k (6 laps M-loop)</td>
</tr>
<tr>
<td><strong>12:45pm</strong></td>
<td><strong>Session 3 Awards (M 11-12/W 13-14)</strong></td>
<td><strong>ONSITE</strong></td>
</tr>
<tr>
<td>After Last Race</td>
<td>Awards</td>
<td>ONSITE</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUNDAY • JUNE 23</td>
<td>CRITERIUM • DT. HAGERSTOWN, MD</td>
<td></td>
</tr>
<tr>
<td>7:00am - 3:30pm</td>
<td>Packet Pick-up Only</td>
<td>120 S Potomac St</td>
</tr>
<tr>
<td>7:30am - 7:50am</td>
<td>Course Preview</td>
<td></td>
</tr>
<tr>
<td>8:00am</td>
<td>Criterium Women Junior 11-12</td>
<td>20 min</td>
</tr>
<tr>
<td>8:35am</td>
<td>Criterium Men Junior 11-12</td>
<td>20 min</td>
</tr>
<tr>
<td>9:10am</td>
<td>Criterium Women Junior 13-14</td>
<td>30 min</td>
</tr>
<tr>
<td>9:55am</td>
<td>Criterium Men Junior 13-14</td>
<td>30 min</td>
</tr>
<tr>
<td><strong>10:30am</strong></td>
<td><strong>Awards</strong></td>
<td><strong>Univ. Plaza, 50 W. Washington St</strong></td>
</tr>
<tr>
<td>10:30am - 10:50am</td>
<td>Course Preview</td>
<td></td>
</tr>
<tr>
<td>11:00am</td>
<td>Criterium Men Junior 15-16 Cat 1/2/3</td>
<td>45 min</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Criterium Women Junior 15-16</td>
<td>30 min</td>
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<tr>
<td>12:45pm</td>
<td>Criterium Women Junior 17-18</td>
<td>45 min</td>
</tr>
<tr>
<td>1:45pm</td>
<td>Criterium Men Junior 17-18 Cat 1/2/3</td>
<td>60 min</td>
</tr>
<tr>
<td><strong>2:55pm</strong></td>
<td><strong>Awards</strong></td>
<td><strong>Univ. Plaza, 50 W. Washington St</strong></td>
</tr>
<tr>
<td>2:55pm - 3:15pm</td>
<td>Course Preview</td>
<td></td>
</tr>
<tr>
<td>3:25pm</td>
<td>Criterium Men U23 19-22 Pro/Cat 1/2</td>
<td>75 min</td>
</tr>
<tr>
<td>4:50pm</td>
<td>Criterium Men Cat 1</td>
<td>75 min</td>
</tr>
<tr>
<td><strong>6:15pm</strong></td>
<td><strong>Awards</strong></td>
<td><strong>Univ. Plaza, 50 W. Washington St</strong></td>
</tr>
</tbody>
</table>
UNITED STATES ANTI-DOPING AGENCY
The United States Anti-Doping Agency is the independent anti-doping agency for the Olympic Movement in the United States. USADA is dedicated to eliminating doping in sport, preserving the well-being of sport, and ensuring the health of athletes through drug testing, research initiatives, and educational programs.

SELECTION OF RIDERS FOR DOPING CONTROL
By registering to compete at this event you have consented to be subject to drug testing and adhere to the penalties associated with an anti-doping rules violation. Noncompliance or refusing to be tested will result in the same penalties as a doping violation.

For more detailed information concerning USADA protocol and banned substances, please visit the USADA website at www.usantidoping.org.

All athletes should check the results board once they complete their race. If athletes are selected for testing, numbers of selected riders will be posted next to the results.

MEDICAL
Medical and EMS support will be on-site at all race venues. Race medical support is provided by Boonsboro Ambulance & Rescue at the time trial, Clear Spring Rescue 49 at both road races and Hagerstown Fire Dept. at the criterium. In the event of a transport, unless specified otherwise, patients will be taken to:
Meritus Medical Center
11116 Medical Campus Road
Hagerstown, MD 21742
(301) 790-8000

* Reminder: Injured riders that will utilize USA Cycling’s Supplemental Health Coverage, must have a First Report of Occurrence form completed. Forms may be collected and completed at the event registration locations.

NEUTRAL SUPPORT
SRAM will be providing neutral technical support throughout the event.

RESULTS
Results will be posted near the finish line across from the announcer’s stage after each race. The protest period is 15 minutes after posting, after which time they become FINAL. Final results will also be posted to the USA Cycling website.

CALL-UPS
- 1 Defending national champion from previous year (same class)
- 2 The national champion from the next younger age class the year before if he/she has since moved to the next age class
- 3 Finishers 2-5 returning to the same age class from the previous year’s national championships
- 4 USA Cycling rider rankings
- 5 Remaining riders will be called-up by random order after the first four (4) methods

VEHICLES
Team vehicles will be allowed during the M-U23 time trial and road race as well as the M-CAT1 road race. No other team vehicles will be allowed in any other race.

GREEN ZONE
Riders are prohibited from discarding water bottles or other refuse anywhere other than the designated green zones. Green Zones will be in use during the road race in Clear Springs, MD. They will be placed shortly before and after the feed zone and the neutral feed zone and will be clearly marked with signage.

REGISTRATION
There is NO day-of registration allowed. Riders may register the day before their event at the appropriate venue but under no circumstances will riders be allowed to register for a race on the day of the event. No registration on Sunday.
**RADIOs**
Radios are allowed in the Cat. 1 and U23 RR, Criterium and TT only. Audio playback devices are forbidden.

**OFFICIAL EVENT WEBSITE**
www.usacycling.org/events/national-championships/2019-amateur-road
USA Cycling Permit 2019-18
Race Director, Shawn Brett, sbrett@usacycling.org
Chief Referee, Marco Vasquez, vasquezmr@yahoo.com
Chief Judge, Lynn Taylor, Lynn.Taylor2010@hotmail.com

**NUMBER PLACEMENT**
Numbers shall not be cut, folded, or otherwise altered. Altering a number, covering or bad placement may result in fines and lack of results.
- Time trial: A single number should be placed, low and centered on the back of the rider’s jersey.
- Road Race and Criterium: Numbers shall be placed so as to be seen from the sides by the officials and the photo-finish camera above the finish line.
- Bike frame numbers will be supplied and are required.

**AWARDS**
The top-3 male finishers in the UCI categories U23 and Jr 17-18, and the top-5 finishers in each category are required to participate in the appropriate award ceremonies. The riders must report to the awards area at the appropriate times.

No bikes will be allowed on the podium during the ceremonies. The US National Champion’s jersey will be presented for all categories with at least one official finisher.

Awards will be presented at scheduled ceremonies, please pay attention to the timeline for the proper time of your award ceremony.

**FEED ZONE FOR THE ROAD RACE**
USA Cycling road race feeding rules: Individual road race- 3C5(a), 3C5(b), 3C5(c)
The feed zone is located on Draper Road w/parking at the Fairview Outdoor Education Center.
No parking is allowed on Draper Road.
Feeding will be allowed from the right side (rider right) of the road only.
During final instructions by the Chief Referee, feeding laps will be discussed.
AMATEUR ROAD NATIONAL CHAMPIONSHIPS
JUNE 2019 • HAGERSTOWN, MD

TIME TRIAL 30k

LEGEND
Course
Start, Finish
Direction

All information is approximate & subject to change at any time.
TIME TRIAL 11k

Legend:
- Course
- Start, Finish
- Direction

All information is approximate & subject to change at any time.

TIME TRIAL LAST 3K

<table>
<thead>
<tr>
<th>Distance in km</th>
<th>Elevation (meter)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.5</td>
<td>150</td>
</tr>
<tr>
<td>2</td>
<td>160</td>
</tr>
<tr>
<td>1.5</td>
<td>170</td>
</tr>
<tr>
<td>1</td>
<td>180</td>
</tr>
<tr>
<td>5</td>
<td>160</td>
</tr>
</tbody>
</table>
ROAD RACE 32k
L Loop
ROAD RACE 22k
M Loop

ROAD RACE LAST 3K
ROAD RACE 7k
S Loop

All information is approximate & subject to change at any time.
CRITERIUM

Legend
Course
Start, Finish
Direction

All information is approximate & subject to change at any time.

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Singletrack Maps
SEVERE WEATHER GUIDELINE

When looking at weather conditions, the safety of the athletes, spectators, staff, and volunteers is the utmost priority. While often providing an additional challenge, adverse weather in its extremes may result in hypothermia, heat exhaustion or other dangerous conditions. In preparation for the upcoming Amateur Road National Championships in Hagerstown, MD, USA Cycling and a cross section of key constituents have created the following plan to help mitigate any weather-related risks while respecting the unique racing conditions of the sport.

In the case of severe weather, the following group would be empaneled to make decisions regarding the conduct of the race(s):

• Race Director: Shawn Brett
• National Events Director: Tara McCarthy
• Technical Director: Randy Shafer
• Local Organizing Committee: Audrey Vargason
• Local Organizing Committee: Tim Lung
• Chief Referee: Marco Vasquez

Other staff and experts may be included and consulted based on the specific conditions.

CONVENING THE PANEL

This panel would be immediately convened under the following circumstances:

• A NOAA special weather statement is issued for the race venue.
• Severe cold/heat and/or wind anticipated within 72 hours.
• Freezing rain, heavy snow or other threatening precipitation is forecast.
• Other atmospheric conditions that could affect the health and welfare of athletes, spectators, staff, and volunteers.
• Road conditions, travel and transportation to and from the venue, poses danger to volunteers, staff, spectators, or athletes.

Any member of the panel would also be empowered to request that the group convene based on conditions outside of those mentioned above.
ACTIONS
The following actions may be taken based on the forecast and conditions:
• No direct action/monitor situation
• Modification of the course
• Change of start times (e.g. later starts when warmer or precipitation has stopped)
• Combining of classes and categories
• Shortening of individual races
• Change of start date
• Cancellation

In addition to the above actions affecting race participants, the following actions may be considered in relation to spectators, staff and volunteers:
• Increased medical staffing
• Warming/cooling areas provided
• Decrease in shift times/exposure

These lists are not exhaustive, and may be used in combination or separately on different days or at different times.

COMMUNICATIONS PLAN
Status updates, and if needed revised schedules, will be communicated to the affected parties through a variety of methods:
• An e-mail update will be sent directly to registered athletes/participants by USA Cycling
• USA Cycling will utilize its social media platforms to provide outreach to spectators and volunteers
• Venue announcements will be used in the case of on-site modifications and notifications, using Public Ad-dress System and posted materials at Race Office/Awards Stage.
• Credentialed media will be provided with updates through USA Cycling communications staff
RULES & QUALIFICATIONS

All races are run solely under USA Cycling’s regulations, except where specifically noted that UCI regulations prevail. The following is a brief overview of USA Cycling National Championship rules. For complete championship regulations, please see Chapter 7 National Championships.

Individuals attempting to pre-ride the course prior to the event or any scheduled practice day may encounter hazards including incomplete course construction or obstructions. The course may also cross private property and is also subject to change. Those individuals pre-riding the course do so entirely at their own risk.

LICENSE REQUIREMENTS

ALL NATIONAL CHAMPIONSHIP PARTICIPANTS MUST HAVE A CURRENT USA CYCLING ANNUAL LICENSE OR VALID UCI FOREIGN FEDERATION LICENSE AS DEFINED BELOW. Riders must also be licensed for the category in which they are attempting to register. If you do not have a current and valid USA Cycling annual license, the easiest way to obtain one is via the USA Cycling website at www.usacycling.org. You may purchase, renew and/or request a category upgrade online on your My USA Cycling page. Please review the license criteria below:

JUNIOR 17-18, MEN U23: Must be a United States citizen and have a current
• USA Cycling International License with a USA racing nationality or
• A foreign International License with a USA racing nationality and a UCI ID* or
• USA Cycling Domestic Annual License with a UCI ID*

Juniors 16 and Under, Amateur Men: Must be a United States citizen and have a current:
• USA Cycling International License with a USA racing nationality indicated or
• A foreign International License with a USA racing nationality and a UCI ID* or
• USA Cycling Domestic Annual License with a UCI ID*

OR

Must be a Permanent Resident (verified) and have a current:
• USA Cycling International License or
• USA Cycling Domestic Annual License with a UCI ID*

*UCI ID: To compete in a USA Cycling National Championship, riders must have their date of birth, gender and citizenship or permanent resident status verified. Having verified this information, a free UCI ID is issued. If a UCI ID is not currently displayed on your license, log into your USA Cycling “My Account” and look for this in your Profile link. If these items are not listed or are incorrect, please do the following to update your account:
Create a copy of your Birth certificate or Passport and Permanent Resident Status (Green Card) as it applies, and mail, email or fax (719-434-4300) it to USA Cycling

A UCI ID is your lifelong, internationally unique, identity number to confirm your racing status and maintain your privacy in internationally published registration and results documents.

YOU DO NOT NEED TO REPRINT OR PURCHASE A NEW LICENSE ONCE YOUR ACCOUNT IS UPDATED
ELIGIBILITY
At the time of registration, all participants in the USA Cycling Amateur Road National Championships MUST meet the minimum required category for the respective races according to the USA Cycling Rulebook.

ROAD NATIONAL CHAMPIONSHIP RACES

JUNIORS

11-16 Participants MUST be either confirmed U.S. citizens OR permanent residents.
17-18 Participants MUST be confirmed U.S. citizens and have a USA racing nationality*

Participants MUST race in their respective age groups, subject to category restrictions.

Participants MAY race in both their age group and/or the amateur men cat. 1 races, subject to category and gender restrictions.

U23

19-22 Participants MUST be confirmed U.S. citizens and have a USA racing nationality*

U23 participants MAY race in both their age group and/or the Amateur (Cat. 1) races, subject to category restrictions.

U23 members of any UCI-registered road trade team (WorldTeam, Professional Continental & Continental) are eligible.

AMATEUR MEN

Amateur (Cat. 1) 17+ Participants MUST be either confirmed U.S. citizens OR permanent residents, subject to category restrictions.

Category 1 only

Amateur men U23 participants MAY race in both their age group (U23) and/or the Amateur (Cat. 1) races, subject to citizenship and category restrictions.

Members of any UCI-registered road trade team (WorldTeam, Professional Continental & Continental) are not eligible to compete in the Amateur Men Road National Championships.

*Note: A rider must be both a U.S. citizen AND have USA indicated as their cycling nationality on their license regardless of other citizenship considerations as confirmed by their UCI ID.

CATEGORY REQUIREMENTS

INDIVIDUAL TIME TRIAL
Open to ALL categories – men’s categories 1-5 and women’s categories 1-5.

ROAD RACE

Junior Men Ages 11 through 14
Junior Women Ages 11 through 18
Junior Men Ages 15 through 18
U23

Amateur

Open to ALL categories – men’s categories 1-5
Open to ALL categories – women’s categories 1-5
Restricted to category 1-3 participants only
Restricted to road category 1-2 participants, as well as professionals as noted above
Restricted to road category 1 only

Junior Men Ages 11-14
Junior Women Ages 11-18
Junior Men Ages 15-18
U23

Amateur

Open to ALL categories – men’s categories 1-5
Open to ALL categories – women’s categories 1-5
Restricted to road category 1-3
Restricted to road category 1-2, as well as professionals as noted above (eligibility)
Restricted to road category 1 only
EQUIPMENT RULES

BICYCLE REGULATIONS BY CHAMPIONSHIP:
Men’s U23 and Men’s and Women’s Junior 17-18

1. All UCI rules for bicycles AND components, will be in force for road national championship races in these classes. For more information, reference Part 1, Section 3 of the UCI Rulebook or review the following UCI Equipment and Material page with detailed information on equipment, verification and measurements of the bicycle that you will encounter. There is a helpful UCI Video that demonstrates the verification of dimensions on this page.

2. Socks and overshoes used in competition may not rise above the height defined by half the distance between the middle of the lateral malleolus and the middle of the fibula head. (UCI article introduced on 15.10.18)

3. Disc brakes are allowed.

4. Following is a brief overview of the key UCI bicycle regulations.
   a. Weight of the bike shall be a minimum of 6.8 kilograms.
   b. Wheels must be of the same diameter between 55.0 and 70.0 cm.
   c. Wheels used in road races must have at least 12 spokes and be listed on the UCI's approved wheel list/UCI’s Non-standard wheels list, or have at least 16 metal spokes and meet the other specifications of a traditional wheel per UCI regulation 1.3.018.
   d. Frames must be of a double triangle configuration.
   e. The nose of the saddle must be at least 5cm behind the vertical plane of the center bottom bracket.**
   f. The angle of the saddle must be within 9 degrees of horizontal (up or down), measured by a plane passing through the highest points at the front and rear of the saddle.
   g. The end of handlebar extensions can extend no further forward than 75cm, measured from a vertical line through the center of the bottom bracket, to the end of the handlebars**. The end of the handlebars includes the end of the shifter mechanism in its maximum forward position.
   h. All components (handlebars, seat posts, etc.) must meet the UCI 3:1 aerodynamic ratio rule.
   i. Equipment presented at bike check may not be modified to meet rules. (e.g. no cutting/grinding of frames, no sawn-off saddles or shifters).
   j. Extensions must have two hand holds. Elbow pads must be two separate pieces with a maximum size of 12.5 cm x 12.5 cm and have a maximal inclination of 15 degrees.
   k. Height difference between uppermost part of the extension and the elbow pad (center) is 10 cm.

**Morphological exceptions: One exception is allowed, either for saddle position or handlebar position***.
   - For personal fit, the nose of the rider’s saddle can be as far forward as the vertical line drawn through the center of the bottom bracket.
   - For personal fit, the horizontal measurement of the handlebar extensions may be up to 80 cm as noted above.
   - For riders 190cm or taller this distance may be increased to 85 cm

***No rider can take both morphological exceptions.
14 & Under requirements
1. Juniors, race age 14 and younger, are restricted to massed-start bicycles in the road race and time trial
2. These bicycles must also have wheels with at least 16 spokes and no wheel covers may be used
3. A gear development limit (roll-out) of 26’ is in effect (no blocked or restricted gears). Regulation 114(a)
4. Disc brakes are allowed in all events and categories.

Jr. 15-16 and Amateur Men requirements
1. In general, the regulations for bicycles are those of USA Cycling. Please refer to section 11 – Bicycles, in the USA Cycling rulebook: Chapter 1 General Regulations
   The main points are:
   a. Bicycles may be no more than 2 meters long and 75 cm wide.
   b. There may be no protective shield, fairing, or other device on any part of the bicycle, which has the effect of reducing air resistance except that spoke covers may be used. (Tri-bike tool pods, extreme water bottles).
   c. Wheels may be made with spokes or solid construction.
   d. The handlebar ends shall be solidly plugged.
   e. Handlebars with ends, features, or attachments that extend forward or upward or that provide support for other than the rider’s hands are permitted only in time trial events.
   f. Brake controls attached to the handlebars and operable with the hands.

Per USA Cycling regulations, these additional UCI regulations will be in effect for mass start events and individual time trials:
   g. Bicycle frames must be of double triangle construction.
   h. Wheels must be of the same diameter, between 55.0 and 70.0 cm.

2. Junior gear development (roll-out) is limited to 26’ and no blocked or restricted gears are allowed.
   Regulation 114(a)
3. Disc brakes are allowed in all events and categories.
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