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Technical Summary - Handcycle Relay ..................................................12-15
Technical Summary - Road Race ..............................................................16-29
**USA Cycling Staff**
- President & CEO: Rob DeMartini
- VP of Racing Operations: Chuck Hodge
- Technical Director: Randy Shafer
- Director of Marketing & Communication: Guillermo Rojas
- National Events Director: Tara McCarthy
- National Events Manager: Shawn Brett
- National Events Manager: Kyle Knott

**U.S. Paralympics Cycling Staff**
- Director: Ian Lawless
- Associate Director, Operations: Kyle McKinnis
- Associate Director, High Perf.: Sarah Hammer
- Lead Mechanic: Steve Donovan
- Press Officer: Olivia Truby
- Classification Manager: Bryce Boarman

**Medalist Sports Staff**
- Project Director: Chris Aronhalt
- Race Director: Jim Birrell
- Technical Director: Jeff Corbett
- Technical Ast.: Chris Reed
- Production Director: Brent Snodgrass
- Client Services Manager: Emily Sanders
- Race Office Manager: Angela Ewers
- Media Ops Manager: Jackie Tyson
- Volunteer Director: Chris Reed
- Operations Director: Tori Trice
- Operations Manager: Justin Smith

**Race Services**
- Timing and Results: One to Go Sports
- Neutral Support: SRAM
- Medical: UT Medical

**Race Officials**
- Jury President: Bruce Brasaemle
- Commissaire: Bonnie Walker
- Commissaire: Mimi Newcastle
- Chief Judge: Kristen Mills
- Assistant Judge: Ixsa Gollihur
- Motoref: James Abbott
- Motoref: Duke Spinelli
- Motoref: Vicki Mackzum
- Motoref Driver: Kevin Roberts
- Motoref Driver: Frank Mackzum
- Motoref Driver: Kirk Leidy
- Timeboard: Janet Yencha
- Timeboard Driver: Anthony Philpin

**Summary of Meetings**
**Holiday Inn-Knoxville Downtown**
- Race Office Hours - Parlour 6
  - Tuesday-Wednesday: 9:00 am - 5:00 pm
  - Thursday-Saturday: 12:00 pm - 5:00 pm
  - Sunday: 6:00 pm - 8:00 pm

**Wednesday, June 26**
- Staff In-Processing - Parlour 6
  - 9:00 am - 5:00 pm

- Athlete Classification - Parlour 7
  - 9:00 am - 6:00 pm

- Athlete Registration - Parlour 7
  - 3:00 pm - 6:00 pm

- Athlete Meeting - Crystal Ballroom
  - 6:30 pm

A special thanks to the City of Knoxville, City of Oak Ridge, TDOT, and the Knoxville and Oak Ridge Police Departments.
AWARDS

Thursday’s Para-cycling Time Trial awards will be onsite following racing. Friday’s Relay awards will be held in conjunction with the Women’s and Men’s Pro Criterium awards. These will be under the Start/Finish line at the conclusion of the men’s criterium (approx. 8:50 PM). Saturday’s Road Race awards will be held onsite at intervals throughout the day. Please see the race schedule for exact times.

CALL-UPS

In National Championship events, the defending National Champion (in that event) shall be given highest priority in call-ups except if the event is run under UCI rules.

CALL-UPS Order of Priority:

- Defending National Champion
- Prior year’s podium finishers
- Remaining riders may be called-up by random order after the preceding methods

MEDICAL

Medical and EMS support will be on-site at all race venues. Race medical support is provided by University of Tennessee Medical Center. In the event of a transport, unless specified otherwise, patients will be taken to:

UT Medical Center
1924 Alcoa Hwy
Knoxville, TN 37920
865-305-9000

NEUTRAL SUPPORT

SRAM and U.S. Paralympics Cycling will be providing neutral technical support throughout the event.

RESULTS

Results will be posted near the finish line after each race. The protest period is 15 minutes after on-site posting, after which time they become FINAL. Final results will be posted to the USA Cycling website.

RADIOS

Riders may not use radios, telephones, or other communication devices. No earpieces may be worn. Audio playback devices are forbidden.

VEHICLES

No team vehicles are allowed in any race.

GREEN ZONE

Riders are prohibited from discarding water bottles or other refuse anywhere other than the designated Green Zones while on course. Green Zones will be in use during the road race in Knoxville. They will be placed 300m before and after the feed zone and will be clearly marked with signage.
RULES & REGULATIONS

Para-cycling Athletes: Must be a United States citizen with a USA racing nationality.

LICENSE REQUIREMENTS

National Championships: Riders may have a current International or Domestic USA Cycling license (USA citizen- ship) or Foreign Federation license showing a USA racing nationality to register.

World Championships Selection: Riders must have a current International USA Cycling license with a USA racing nationality on or before June 20, 2019 in order to be selected for the Team USA roster for the 2019 UCI Para-cycling Road World Championships. Selection procedures for the World Championships can be found on the U.S. Paralympics Cycling Website: https://www.teamusa.org/US-Paralympics/Sports/Cycling/Selection-Procedures

REGULATIONS

General: All events conducted under UCI Regulations, including UCI equipment regulations.

Road Race and Time Trials:
- No National Team Kit or National championship uniforms are allowed.
- For the Road Race, only neutral service and official’s cars are allowed in the caravan.
- For the Time Trial, bicycles and handcycles must be checked 15 minutes before the athlete’s assigned start time. Courtesy checks will be available from 1 hour before the first start. No follow vehicles are allowed.
- For all sport classes in the road race, athletes are required to wear a helmet in the correct sport class color, or use an appropriately color helmet cover, as follows:

<table>
<thead>
<tr>
<th>Color</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>RED</td>
<td>MC5, WC5, MT2, MH4, WH4, MB</td>
</tr>
<tr>
<td>WHITE</td>
<td>MC4, WC4, MH3, WH3, WB, WT2</td>
</tr>
<tr>
<td>BLUE</td>
<td>MC3, WC3, MH2, WT1</td>
</tr>
<tr>
<td>BLACK</td>
<td>MH5, WH5, MC2, WC2, MT1</td>
</tr>
<tr>
<td>YELLOW</td>
<td>MC1, WC1, WH2z</td>
</tr>
<tr>
<td>GREEN</td>
<td>MH1</td>
</tr>
<tr>
<td>ORANGE</td>
<td>WH1</td>
</tr>
</tbody>
</table>

Handcycle Team Relay (TR): New National Championship event run under UCI and special regulations below:

- Team Requirements: Teams eligible for the National Championship Team Relay, must be respect the following composition:
  - Teams of three athletes
  - Using the table below, the total of points for the three TR athletes may not be more than six (6) points which must include an athlete with a scoring point value of 1.
  - Composite teams may be formed (which may include riders from different teams).
  - Teams not meeting composition requirements will be allowed to compete but are not eligible for the National Championship title and medals.

  The submission of the roster confirms the order in which the athletes must compete.

<table>
<thead>
<tr>
<th>Team Relay Points Scoring Table</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>Men H5</td>
</tr>
<tr>
<td>Men H4</td>
</tr>
<tr>
<td>Men H3</td>
</tr>
<tr>
<td>Men H2</td>
</tr>
<tr>
<td>Men H1</td>
</tr>
</tbody>
</table>
**QUALIFICATION CRITERIA**

**Classification**

All registered athletes who have never been classified, have a national review (NR) or a fixed review date (NR 2019 or earlier) must go through a classification evaluation.

**Physical Impairment:**

Athletes with a physical impairment should request classification by emailing Bryce Boarman at: Bryce.Boarman@usoc.org and complete the U.S. Paralympics Medical Diagnostics Form (MDF). Athletes must request classification and submit a MDF by June 23, 2019. Classification appointments for physical impairments will be schedule on June 25 and 26 between 9am and 6pm. In order to guarantee an appointment time, athletes must be available on these dates. If an athlete is unable to attend their scheduled classification appointment time, the athlete will be removed from the competition entry list. The national MDF form can be found at: https://www.teamusa.org/US-Paralympics/Sports/Cycling/ Classification

**Visual Impairment:**

Athletes with a visual impairment must submit the visual impairment medical diagnostic form to Bryce Boarman at: Bryce.Boarman@usoc.org by June 17, 2019. The form must be completed by an Ophthalmologist and include supporting documentation related to their eye condition as outlined on the form. There is no on-site classification for athletes with visual impairments. Failure to submit your V.I. medical forms by June 17 will result in removal from the competition entry list. The visual impairment MDF form can be found at: https://www.teamusa.org/US-Paralympics/Sports/Cycling/ Classification

Per UCI 16.4.019, athletes designated not eligible (NE) cannot compete in any sport class. Therefore, riders classified as NE at the 2019 Road National Championships will be allowed to ride for time only in the Individual Time Trial on June 27th, but will not appear in the official results.

**PROTOCOL & AWARDS**

There will be independent awards ceremonies for each competition throughout the event. See the schedule in this Technical Guide for times. The top-3 finishers for all events are required to attend and participate in the awards ceremony. Athletes will be directed from the finish to a backstage area, pending commencement of the official awards ceremony. Riders should be prepared for media interviews in the staging area for the awards ceremony.

Up to 3 medals will be provided for each event/sport class in the table below – regardless of combined starting groups - provided the sport class has one (1) or more entrant.

<table>
<thead>
<tr>
<th>Time Trial</th>
<th>Road Race</th>
<th>Handcycle Relay</th>
</tr>
</thead>
<tbody>
<tr>
<td>MC1</td>
<td>WC1</td>
<td>MC1</td>
</tr>
<tr>
<td>MC2</td>
<td>WC2</td>
<td>MC2</td>
</tr>
<tr>
<td>MT1</td>
<td>WT1</td>
<td>MT1</td>
</tr>
<tr>
<td>MT2</td>
<td>WT2</td>
<td>MT2</td>
</tr>
<tr>
<td>MH1</td>
<td>WH1</td>
<td>MH1</td>
</tr>
<tr>
<td>MH2</td>
<td>WH2</td>
<td>MH2</td>
</tr>
<tr>
<td>MB</td>
<td>WB</td>
<td>MB</td>
</tr>
</tbody>
</table>

Mixed Relay Teams (H1-H5 Men and/or Women)*

* Only Teams meeting the composition requirements outlined in the regulations above are eligible for podium and National Championship title.
Medical Services will be provided during the Para-Cycling Championships by the staff of University of Tennessee Medical.

Athletes and staff are encouraged to seek out the assistance of the medical staff for any injuries or illnesses and report any incidents to the Medalist Sports staff.

**PRE-RACE STAGING**

A medical support vehicle and staff will be available in the staging area one hour before the race start each day.

There will be medical staff on site near the Time Trial start.

**RACE CARAVAN**

Medical staff will be positioned at critical locations along all course and dispatched from Start/Finish.

**RACE FINISHES**

A medical services tent will be located adjacent to the finish line each day for treatment of athletes immediately after the race finish.

**MEDICAL STAFF**

Blaine Enderson, MD  
Keith Borg, MD  
Phyllis Walker, NREMTP  
Kevin Kopera, MD, MPH  
Chris Brooks, MD  
Luci Olewinski, MD  
Michael Moreland, MD  
Kathryn Reitz, DO  
Matthew Beidleman, MD

Ron Blakeslee, NREMTP  
Yvette Naff, AEMT  
Terry Neal, NREMTP  
Matt Plummer, NREMTP  
Stephen Roberts, NREMTP  
Jill Shelton, AEMT  
Phyllis Walker, NREMTP

Marty Griffith, RN  
Rhonda McAnally, RN  
Amy Owens, RN  
Susan Toberman, APRN  
Les Roberts, RN

**AREA HOSPITAL**

UT Medical Center  
1924 Alcoa Hwy  
Knoxville, TN 37920  
865-305-9000

For emergencies, dial 911 on your phone.
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. 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.

When the U.S. Anti-Doping Agency ("USADA") is conducting testing at a race the list of cyclists selected for doping control will be posted at the finish line (or location where the cyclists leave the course or track) and at the Doping Control Station.

All riders, including any athlete who has abandoned the competition, are responsible for ensuring personally whether they are required to appear for doping control. All posted riders are required to report to the Doping Control Station unless their release from testing is documented by a USADA Official in the field. If, after reporting to the Doping Control Station a posted rider is not required to provide a sample for purposes of doping control, their dismissal will be documented by a USADA Official.

Notification of Athletes

It is your responsibility to check the doping control posting even when chaperones are provided at events where USADA is testing. The lack of a Chaperone or Escort does not excuse a rider from testing. Should a rider fail to report to doping control within 60 minutes of notification, that rider will be subject to sanctions.

Applicable Rules

USADA will conduct testing in accordance with its Protocol. A copy of and additional information concerning the USADA Protocol are available online at http://www.usantidoping.org. You should also review the applicable anti-doping rules of the Union Cycliste International (UCI), the International Federation for the sport, at http://www.uci.ch/.

"Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in applicable anti-doping rules or otherwise evading sample collection" is an anti-doping rule violation.

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 the practice of doping in sport, preserving the well-being of sport and ensuring the health of athletes through drug testing, research initiatives and educational programs.

Prohibited Classes for Event Testing

USADA will test for the classes of substances and methods prohibited by the World Anti-Doping Code. For in-competition testing, urine samples are tested for the following categories of substances: anabolic agents, hormones, beta-2 agonists, anti-estrogenic substances, diuretics, stimulants, narcotics, cannabinoids (i.e. marijuana), glucocorticosteroids, alcohol and beta-blockers; additionally, the following methods such as blood doping, gene doping and pharmacological, chemical and physical manipulation are also prohibited.

For more detailed information or a non-exclusive list of substances within each category listed above, visit the USADA web site at http://www.usantidoping.org/prohibited_sub/wallet_card.asp for the USADA Wallet Card.

Further information about the drug testing, the protection of your rights and the status of specific medications on the WADA Prohibited List is available from the USADA Drug Reference On-Line at http://www.usantidoping.org/dro or from USADA’s Drug Reference Line at 1-800-233-0393. When in doubt athletes should check with these resources.

Please remember that even over-the-counter or prescription medications can contain a banned substances that could cause a positive test result and a doping offense. Dietary/nutritional supplements including vitamins, minerals and amino acids is completely at the athlete’s risk, even if the supplements are labeled ‘approved’ or ‘verified.’ If you take dietary/nutritional supplements you may test positive for a prohibited substance which is not disclosed on the product label. This would result in a doping violation and sanction. Always check with your team doctor or the USADA Drug Reference Line before taking any medication.
# Time Trial

**Time Trial** Thursday, June 27

<table>
<thead>
<tr>
<th>First Rider: 7:30 am</th>
<th>:30 or One-Minute Intervals - Riders in Heats</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date</strong></td>
<td>Thursday, June 27, 2019</td>
</tr>
<tr>
<td><strong>Classification</strong></td>
<td>USAC CN/UCI CN</td>
</tr>
<tr>
<td><strong>Rider Meeting</strong></td>
<td>6:30 pm - Wednesday, June 26 - Holiday Inn Knoxville Downtown</td>
</tr>
<tr>
<td><strong>Reg / Packet Pickup:</strong></td>
<td>3:00 - 6:00 pm on Wednesday, June 26 - Holiday Inn Knoxville Downtown</td>
</tr>
</tbody>
</table>

1, 2 or 3 laps based on Classification

---

**Race Headquarters** Holiday Inn Knoxville Downtown

**Parking** see Locator Map

**Anti-Doping** On-site at venue

**Media Work Room** Holiday Inn Knoxville Downtown

**Commissaire’s Room** Pavillion

**Awards Ceremony** Pavillion, see locator map
**Time Trial Notes**

- Starting riders need to use extreme caution when merging onto the course and look out for lapping riders.

- Upon finishing riders will continue on course for approximately 150 yards and will deviate on the right back into team parking.

- Rider and managers are responsible for keeping track of laps ridden.

- Throughout the race, riders must stay on their side of the road (right) as all sections are out and back.

- All riders must wear one bib number and one helmet number, both on the right side.

- Neutral Service pits will be available on course. Locations TBD

**Directions to Race Start and Finish**

- The following directions MUST be followed as the course has a single crossing point to enter parking areas at the venue.

- Follow I-40 West to exit 376 (TN 162 N) toward Maryville/Oak Ridge.

- Continue north on TN 162 N for 10 miles and turn right onto Emory Valley Road. Continue straight for 2.9 miles. Event staff and Police will direct you across the course toward team, staff, VIP and media parking when safe to cross.
**Relay Friday, June 28**

<table>
<thead>
<tr>
<th><strong>Start Time:</strong> 4:45 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date</strong></td>
</tr>
<tr>
<td><strong>Classification</strong></td>
</tr>
<tr>
<td><strong>Riders Meeting</strong></td>
</tr>
<tr>
<td><strong>Team Enrollment</strong></td>
</tr>
<tr>
<td><strong>Finish ETA:</strong></td>
</tr>
</tbody>
</table>

**RELAY**

<table>
<thead>
<tr>
<th><strong>Race Headquarters</strong></th>
<th>Holiday Inn Knoxville Downtown</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parking</strong></td>
<td>see Locator Map</td>
</tr>
<tr>
<td><strong>Anti-Doping</strong></td>
<td>RV in Team Parking</td>
</tr>
<tr>
<td><strong>Press Conference</strong></td>
<td>Bijou Theatre</td>
</tr>
<tr>
<td><strong>Media Work Room</strong></td>
<td>Bijou Theatre, 2nd floor</td>
</tr>
<tr>
<td><strong>Commissaire’s Room</strong></td>
<td>Bijou Theatre, 3rd Floor</td>
</tr>
<tr>
<td><strong>Awards Ceremony</strong></td>
<td>Under Finish Truss - After Women &amp; Mens Pro Criterium</td>
</tr>
</tbody>
</table>
**RELAY NOTES**

- Each team will be supplied special helmet and bib numbers before the start. These numbers are different from the individual race numbers issued and must be worn on the left side.

- Each rider will ride a total of three laps, in succession.

- Each team will responsible to send the next rider when the rider finishing the preceding lap passes the lane for their team in the exchange zone. Teams who send their riders early will receive a ten second penalty (per instance) added to their overall time.

- Each team may - but is not required to - have two staff in the team area (exchange zone). Teams with more than two staff in the exchange zone will be disqualified.

- All three riders on each team must wear matching jerseys.
First Race: 8:00 am

<table>
<thead>
<tr>
<th>Date</th>
<th>Saturday, June 29, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classification</td>
<td>USAC CN/UCI CN</td>
</tr>
<tr>
<td>Riders Meeting</td>
<td>6:30 pm - Wednesday, June 26 - Holiday Inn Knoxville Downtown</td>
</tr>
<tr>
<td>Team Enrollment</td>
<td>3:00 - 6:00 pm - Wednesday, June 26 - Holiday Inn Knoxville Downtown</td>
</tr>
</tbody>
</table>

Race Headquarters: Holiday Inn Knoxville Downtown
Parking: see Locator Map
Feed Zone: Ramp onto James White Pkwy
Anti-Doping: In Athlete Parking
Awards Ceremony: Parking lot, adjacent to Start / Finish
**Road Race**

**Elevation Profile**

*PROFILE = 1 LAP*

![Elevation Profile Graph](image_url)

**Directions to Race Start**

- From the Hotel Knoxville parking lot, exit right onto E. Hill Avenue and proceed to the 1st traffic light at Hall of Fame Drive.

- Turn right on Hall of Fame Drive and continue for 1/2 mile. Turn left onto E. Summit Hill Dr. and proceed for 4/10ths of a mile to Locust Street.

- Turn Left onto Locust Street and proceed for 6 blocks to Main St. SW.

- Turn Left onto Main St. SW and in 1 block you will be directed to parking by event staff.

**Road Race Notes**

- Neutral support will be available in the athlete parking area

- Neutral support vehicles will be on course for M/W C and M/W B races only

- All riders must finish on the same lap as the winner of the start group

- All riders must wear the appropriate helmet color as outlined on page 4

- All riders must wear one bib number and one helmet number, both on the right side.