



CEREBRAL PALSY AWARENESS - WHAT IS POSSIBLE?

PARA CYCLING

WHAT IS PARA CYCLING?

Para Cycling has been developed in order to include more people with a wide range of impairments and medical conditions. It can either be done as a general recreational activity where individuals can use a range of adapted bikes, or competitively at club, national and international level.

WHO CAN TAKE PART?

Anyone can take part in cycling recreationally or competitively. There are four bike options; normal two-wheeler bikes, three-wheeler trikes, handbikes (for those who are unable to balance on a two or three-wheeler) and tandem bikes (for people with a visual impairment).



CLASSIFICATION

The classifications for cyclists with Cerebral Palsy starts with C1 and goes to C5 for individuals on two-wheeler bikes, and starts with T1 and goes to T2 for individuals on three-wheeler trikes.

The para cycling classifiers look at how an individual's condition (including the tightness in their legs, balance and mobility of their limbs), affects their ability to cycle a bike or a trike. The more a condition causes the individual difficulty to cycle, the lower the classification will be for a cyclist.

UNION CYCLISTE INTERNATIONALE (UCI)



Para cycling was integrated into the UCI from the International Paralympic Committee in 2007.

Competitive para-cycling includes two disciplines, the road and the track, and seven specialties.

ROAD EVENTS

- Road race (men and women)
- Individual time trial (men and women)
- Handcycling team relay (men and women, mixed event)

TRACK EVENTS

- Tandem sprint (men and women)
- Team sprint (men and women, mixed event)
- 500m time trial (men and women) or kilometre time trial (men and women)
- Individual pursuit (men and women)
- Scratch race (men and women)

www.cpisra.org/cycling/

<http://www.uhi.ch/>