



About Cycling: Cycling is a fascinating sport that requires good physical condition, balance, endurance and tactics. Special Olympics include time trial and road race events in different distances. Every athlete riding his/ hers bike aims at traveling at the best possible time and arrive at the finish line first.

Established at Special Olympics: 1987

Differences of Special Olympics Cycling: Special Olympics Cycling has very few variances with UCI rules. The two main differences are the honest effort rule which is in place for Time Trials not road races, and the hands off the handlebars at the finish line. Due to safety concerns. Special Olympics cycling prohibits hands off the handle bars at any time, unlike non-Special Olympics cycling where it is common and accepted and expected for winners to raise both hands after or even before crossing the finish line. UCI Racing also offers racing competitions in four major disciplines: road, track, mountain biking, cyclocross and BMX. Special Olympics racing is limited to time trials and road racing.

By The Numbers:

- In 2011, there were 76,748 Special Olympics Athletes who competed in Cycling
- In 2011, there were 79 Special Olympics Programs who participated in Cycling competitions
- The 2012 Summer Olympics were the first in which men and women competed in the same number of events in all cycling races.
- It wasn't until the late 1800's that bicycles had traditional tires – they were previously made of iron!

Events for Competition:

- 250 Meter Time Trial
- 500 Meter Time Trial
- 1 Kilometer Time Trial
- 2 Kilometer Time Trial
- 5 Kilometer Time Trial
- 10 Kilometer Time Trial
- 10 Kilometer Road Race
- 15 Kilometer Road Race
- 25 Kilometer Road Race
- 40 Kilometer Road Race
- 5 Kilometer Unified Sports Tandem Time Trial
- 10 Kilometer Unified Sports Tandem Time Trial

Associations/Federations/Supporters:

Union Cycliste International (UCI)

Divisioning at Special Olympics: Athletes in every sport and event are grouped by age, gender, and ability – giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it's athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans."