

Regulations
XXIX 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.

Participants of the Race:

6. 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, who are at least 16 years old can take part in the Race.
7. Recruitment of participants is open to all interested.
8. 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.
9. Professional cyclists registered on „Profi” list of UCI (Union Cycliste Internationale) cannot participate in the Race as guides.
10. Participants take part in the Race with their own equipment and in cycle helmets.
11. Each tandem team must take part in the Race in the identical T-shirts.
12. Tandem stokers (rear riders) must put their Race Number in a visible place indicated by the Judge.
13. Race Numbers are drawn in a lottery during the Technical Briefing or given by the Organizer at the beginning of the Race, the choice applies throughout the whole Race. Participant must return the Race Number directly after the Final Stage of the Race.
14. 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:

15. The Race will take place on the road for a total distance of:
- A. Tandems:
 - for men – about 270 km,
 - for women – about 240 km
 - B. Category C1 and C2:
 - for men – about 180 km
 - for women – about 180 km
 - C. Category C3 – C5:
 - for men – about 230 km
 - for women – about 180 km
 - D. Handbike (categories H1 – H2):
 - for men – about 150 km
 - for women – about 150 km
 - E. Handbike (category H3):
 - for men – about 180 km
 - for women – about 150 km
 - F. Handbike (categories H4 – H5):
 - for men – about 230 km
 - for women – about 150 km

Stage I - 14.05.2026, time 10:00-13:00, place: Lublin

- Individual time trial
- Route closed to public traffic,
- Honorary starting line – finish line on ul. Poligonowa, in the direction of ul. Zelwerowicza, behind the exit (50 m) from Zielone Wzgórze estate, next towards the north to the intersection with ul. Zelwerowicza, then straight, turn to the right on the southern lane of ul. Zelwerowicza to the intersection with the old ul. Poligonowa, turn right to the old ul. Poligonowa, under the viaduct, turn to the right via service road along two-lane ul. Poligonowa and return to the intersection of ul. Zelwerowicza and ul. Bohaterow Września, return via western left lane of ul. Bohaterów Września to the intersection with the entry to Zielone Wzgórze estate, return via the eastern right lane to the finishing line – about 50 m to the road bend;
- Distance of the lap: 3,3 km
- Categories H1-H2 in men and categories H1-H5 in women, 4 rounds – about 13,2 km
- Categories C1-C2 in men and categories C1-C5 in women, 4 rounds – about 13,2 km
- Category H3 in men, 5 rounds – about 16,5 km
- Categories C3-C5 in men and categories H4-H5 in men, 6 rounds – about 19,8 km
- Tandem category in men and women, 7 rounds – about 23,2 km

Stage II - 15.05.2026, time: 10:00-14:30, 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), turn to ul. Leśna, turn to ul. Makowa, next turn right to ul. Szkolna (road no. 105937/L) and turn to ul. Krakowskie Przedmieście 50 (in front of Garbów Commune Office).
- Route partially closed to public traffic
- Distance: 6 km
- Handbike categories H1-H2 in men and all women handbike categories: 8 rounds - about 48 km (intermediate sprints 4th and 6th lap)
- Handbike category H3: 9 rounds – about 54 km (intermediate sprints 4th and 6th lap)
- Handbike categories H4-H5 in men: 10 rounds – about 60 km (intermediate sprints 4th and 8th lap)
- Categories C1-C2 in men and C1-C5 in women: 11 rounds – about 66 km (intermediate sprints 4th and 8th lap)
- Categories C3-C5 in men: 12 rounds – about 72 km (intermediate sprints 5th and 10th lap)
- Tandem category in women: 13 rounds – about 78 km (intermediate sprints 5th and 10th lap)
- Tandem category in men: 14 rounds – about 84 km (intermediate sprints 5th and 10th lap)

Stage III - 16.05.2026, time: 10:00-14:00, place: Dys

- Mass start road race
- Route partially closed to public traffic, supervised by Police Officers
- Honorary starting line – finish line on ul. Słoneczna – road no. 106057L close to ul. Wąwozowa (about 100 m to the West from the crossing with ul. Wąwozowa); next turn right to ul. Topolowa, next turn right to the road no. 2216L (Dolina Ciemięgi – Ciemięga Valley) , about 1,7 km flat, next turn right to ul. Samsonówka, up the hill 1,2 km – slope of 9% that flattens up gradually, turn right – return to road no. 106057L ul. Słoneczna in the direction of the finishing line, about 1,3 km flat.
- Distance: 5,8 km
- Handbike categories H1-H2 in men and all women handbike categories: 6 rounds - about 35 km (intermediate sprints 2th and 4th lap)
- Handbike category H3: 7 rounds – about 41 km (intermediate sprints 3th and 6th lap)

- Handbike categories H4-H5 in men: 8 rounds – about 46 km (intermediate sprints 3th and 6th lap)
- Categories C1-C2 in men and C1-C5 in women: 8 rounds – about 46 km (intermediate sprints 3th and 6th lap)
- Categories C3-C5 in men: 10 rounds – about 58 km (intermediate sprints 3th and 6th lap)
- Tandem category in women: 10 rounds – about 58 km (intermediate sprints 3th and 6th lap)
- Tandem category in men: 12 rounds – about 67 km (intermediate sprints 4th and 8th lap)

Stage IV - 17.05.2026 time: 9:00-13:15, place: Lublin CSK Theatre Square - Mass start road race - city criterion round CSK Theatre Square

- 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, 18 rounds – about 25,2 km (intermediate sprints 8th and 16th lap)
- Handbike H3 category, 22 rounds – about 30,8 km (intermediate sprints 10th and 20th lap)
- Handbike H4-H5 categories in men, 26 rounds – about 36,4 km (intermediate sprints 10th and 20th lap)
- Categories C1-C2 in men and categories C1-C5 in women, 26 rounds – about 36,4 km (intermediate sprints 10th and 20th lap)
- Categories C3-C5 in men, 28 rounds – about 39,2 km (intermediate sprints 10th and 20th lap)
- Tandem cat. in women 28 rounds – about 39,2 km (intermediate sprints 10th and 20th lap)
- Tandem cat. in men, 30 rounds – about 42 km (intermediate sprints 15th and 25th lap).

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

I place - 10 seconds

II place - 6 seconds

III place -4 seconds

Time bonus for Intermediate Sprint is:

I place - 6 seconds

II place - 4 seconds

III place - 2 seconds

17. The team or individual participant which will finish the Race in the shortest time, counting the time bonus, is the Winner of the Race.
18. 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).
19. 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 the judge will add to the overall score of the lapped participants an average time per lap and additional 5 penalty seconds for each missed lap.
20. 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.
21. 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.
22. All participants of the race, including competitors, judges and technical staff, are obliged to comply with the current UCI safety regulations in force.

Awards:

23. Three best teams and individual participants (in each category) will be awarded with Cups and financial awards for 30% of participants in each category. The amount of awards will be announced not later than after the third stage of the Race.



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