

Valley of the Sun Stage Race  
Phoenix, AZ

Junior 15-16 and 17-18  
Time Trial Equipment Rules



USAC observes both 15-6 and 17-18 junior men's categories at the Valley of the Sun stage race in order to make athlete selections for potential European roster spots with the US Junior National Team. Race craft and the ability to race forward are extremely important attributes to have while racing in Europe, especially in stage races. These are just some of the athlete skills USAC searches for, but value them much more than the ability to purchase highly specific time trial equipment and ride quickly in a straight line.

We feel that limiting time trial equipment at this important early season event will allow the riders to be tested in a different way, the racing to be more dynamic, and unburden the athlete from having to transport and care for costly, functionally specific equipment. Even certain early season World Tour events limit time trials and team time trials to road bikes only and the racing is still highly competitive, due to the smaller time gaps. We should expect nothing less from our junior categories.

Allowed equipment:

Road bike with drop bars and both brake calipers functioning.  
Aero rim carbon wheels (16 spoke minimum, spokes must be metal)  
Skinsuits  
Snell / ANSI approved aerodynamic helmets  
Shoe covers

Disallowed equipment:

Time trial specific bicycles (example: Specialized Transition or Shiv, Trek Speed Concept, Cervelo P3, P4, Giant Trinity, et al)  
Disc wheels  
Clip on or "aero bars"  
"Aero" water bottles

The rider position USAC rule:

111(k) Rider Position. The rider shall normally assume a sitting position on the bicycle. This position requires that the only points of support are the following: the feet on the pedals, the hands on the handlebars and the seat on the saddle.

In chapter 3, Road Racing, the rider position rule is further emphasized in rule 3B11

3B11. Position on the bicycle. Riders must observe the standard position as defined by 111(k). Sitting on the bicycle's top tube is prohibited. Furthermore, using the forearms as a point of support on the handlebar is prohibited **except in time trials**.

We hope you will welcome this small limitation and allow the spirit of fair play to grow in our junior categories.

Should any parent or athlete have a question or concern regarding the limitation of certain time trial equipment, they should feel free to contact USAC.

Sincerely,  
White Mountain Road Club  
[www.wmrc.org](http://www.wmrc.org)