

## Cycling

Cycling features two categories: outdoor Road events and Track events held inside cycle stadiums. Witness the full impact of the cyclists pushing the pedals to the maximum limit of their bodies as they race in front of spectators at speeds of 60 kilo meters per hour.

### Rules:

Different cycles are used depending on the impairment class.

While the rules are almost the same as for Olympic cycling, cyclists compete for speed by using different cycles according to their impairments. Athletes with a high level of lower limb impairment use handcycles, which are pedalled by hand; those who are unable to balance due to motor impairment of the trunk use tricycles; and those with visual impairments (stokers) ride a tandem cycle with a sighted “pilot”. Worth noting is that the cycles used in the Road events have brakes, whereas those used in the Track events do not.

### Classification & Categories:

Athletes with physical and visual impairments are eligible for the Tokyo 2020 Paralympic Games. Cycling features six events.

### Column:

Para-cycling also features professional cyclists!

Various rules have been introduced to ensure the athletes can focus on the game, which has resulted in an increasing number of professional cyclists. Many athletes have previously specialised in different sports and then gone on to become top cyclists. The Japanese team contains a number of medallists and there are expectations for a gold medal at the Tokyo 2020 Games.

### Trivia:

A cyclist called a stoker sits on the back of a tandem cycle.

### Venue:

At the Tokyo 2020 Paralympic Games, Track cycling will be held at Izu Velodrome. Road cycling will be held at Fuji International Speedway.