

Updates to the 1994 edition as of March 1, 2017

The University of Illinois provided the following notes concerning updates to this book.

Course elevation: In regards to course elevation, although we continue to stress safety and look at ways to manage early down hills with a significant drop, we've moved away from controlled starts, Boston being an example (and the example cited in the guidelines). The chair technology has evolved in a way that makes navigating those types of descents safer.

Aid stations: In regards to water aid stations, there is no need to provide any special accommodations, primarily because wheelchair racers typically carry fluid on their chairs. Those that do need water can easily take it from a cup.

Rules: Disregard the reference to WA-USA when sourcing rules. We are now racing under the jurisdiction of Adaptive Sports USA (rulebook is found at https://adaptivesportsusa.org/wp-content/uploads/2016/03/2016-athletics-rb_v.2_3.16.16.pdf).

Road Race Management is grateful to Adam Bleakney for providing the rights to distribute this publication. His contact information appears below.

Adam Bleakney
Head Coach, Wheelchair Track
University of Illinois
1207 S Oak Street | Champaign, IL 61820
Office: 217.244.5869
Facebook: @illinoiswheelchairathletics