



WELCOME!

You are now part of one of the world's most exciting sports events. The Rio 2016 Paralympic Games Spectator Guide brings tips and important information to enable you to make the most of this great party. Enjoy your reading!



Cycling road

GOLDEN TIPS

What you need to know to enjoy every single moment of the Rio 2016 Games

- Before leaving, **check out the latest information** about the Games on rio2016.com
- Do not forget your tickets and **check the date, time and place** of competitions on the website before leaving. Get more tickets on rio2016.com/en/tickets
- **Check the weather forecast** and prepare yourself accordingly
- **Use public transport.** It is not possible to park at the competition venues and their surroundings
- **Plan your trip.** Transport systems and competition venues will be crowded. It can take you a while to go back and forth!
- Arrive early: **most venues open two hours before the competition gets underway.** If the session has already started, you may have to wait for a break to enter. **Check out this information** at rio2016.com/en/venues
- You will go through a **security check** with X-ray equipment. **Forbidden or restricted items** will be collected and not returned. **Check the complete list** on rio2016.com/en/venues
- **Avoid carrying bags to speed up your entrance.** If necessary, choose the smaller ones that you can put on your lap or under the seat
- **Identify children** and other special cases with **bracelets made available at the public information desks**
- Look for the **Rio 2016 team** members wearing **green** - they are there to **help you!**
- **It is forbidden to smoke at the competition venues.** There are designated smoking areas. Get more information with the volunteers or at the public information desks
- **This Guide has a map with the services available at the venues**
- **Within Rio 2016 venues, payments** can only be made in **cash or Visa debit**, credit or pre-paid cards
- **Download the official app** on rio2016.com/en/app and **stay tuned** to everything that happens during the Games
- Bring your energy and support. Let's make it an unforgettable party!

LEARN MORE ABOUT RIO

Nature culture and gastronomy are permanent attractions in the city, which has been welcoming more and more tourists with open arms. The Olympic City is ready to welcome visitors arriving for the Rio 2016 Games and is preparing an amazing programme for the Live Sites installed at strategic locations in the city, where you can watch the Games broadcast and enjoy a vast cultural programme.

Go to the visit.rio portal and discover the wonders of Rio de Janeiro.

SUSTAINABILITY

Do your part and dispose of your rubbish appropriately. Use the coloured recycling collectors provided: they benefit recycling cooperatives, generating social inclusion and new businesses.

ACCESSIBILITY

Individuals with an impairment or reduced mobility, such as obese people, senior citizens, pregnant and breastfeeding women and people with small children are entitled to preferential service when accessing venues and on services offered to Games' spectators. Exclusive services intended for this audience are also available at all venues. Get more information with the volunteers or at the public information desks.

FORMS OF PAYMENT

VISA In recognition of its long-standing support to the Paralympic Games, only Visa cards (debit, credit or prepaid) and cash are accepted for purchases at Rio 2016 venues.

CONTACT US

An open channel to listen to you.
Call centre: + 55 (21) 3004-2016*
rio2016.com/en/contact

*Price of a local call if calling from Brazil.
Price of a call to Rio de Janeiro if calling from overseas.

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UNDERSTANDING THE SPORT

HOW IT ALL BEGAN

Cycling for athletes with an impairment originated in the early 1980s. Road competitions were introduced in the New York/Stoke Mandeville 1984 Paralympic Games programme, with events for competitors with cerebral palsy. Four years later, in Seoul, cyclists with other types of impairments – cerebral palsy and amputees/*les autres*, were also included. Visually impaired athletes made their debut at the Barcelona 1992 Games.

ABOUT THE COMPETITION

The Paralympic road cycling competition has male and female, individual and team events. As in conventional cycling, the road races are long and, fundamentally, require good tactics.

There are four types of bicycles, specific to each type of impairment. The functional classification is closely related to the model the athletes use. In addition to traditional bicycles, there are tricycles, fitted with two wheels at the back, for those with cerebral palsy. Handbikes, pedalled by hand, are used by paraplegic or tetraplegic athletes. Visually impaired cyclists, pedal a two-seater bike called tandem – the athlete is accompanied by a guide, who sits in the front seat and indicates the direction.

DID YOU KNOW?

Italy's Alessandro Zanardi, a former Formula 1 driver, was involved in an accident in 2001, in a Grand Prix held in Germany, and lost both legs. A speed lover, Zanardi turned to Paralympic road cycling and won three medals at London 2012: two gold (road and time trial) and a silver (mixed relay).



PROGRAMME*

SEPTEMBER	SESSIONS		
07	WED		
08	THU		
09	FRI		
10	SAT		
11	SUN		
12	MON		
13	TUE		
14	WED	08:00 12:35	13:00 16:45
15	THU	09:30 11:40	12:15 16:30
16	FRI	09:30 11:50	13:00 16:15
17	SAT	09:30 11:20	13:05 16:40
18	SUN		

* Information subject to change without prior notice.

 Sessions with victory ceremonies are in bold.

ROAD EVENTS

M Road race – H2	F Road race – H2-3-4
M Road race – H3	F Road race – H5
M Road race – H4	F Road race – C1-2-3
M Road race – H5	F Road race – C4-5
M Road race – C1-2-3	F Road race – B
M Road race – C4-5	F Road race – T1-2
M Road race – B	M F Team Relay – H2-H5
M Road race – T1-2	

TIME TRIAL EVENTS

M Time trial – H2	F Time trial – H1-2-3
M Time trial – H3	F Time trial – H4-5
M Time trial – H4	F Time trial – C1-2-3
M Time trial – H5	F Time trial – C4
M Time trial – C1	F Time trial – C5
M Time trial – C2	F Time trial – B
M Time trial – C3	F Time trial – T1-2
M Time trial – C4	
M Time trial – C5	
M Time trial – B	
M Time trial – T1-2	

M Male **F** Female **M F** Mixed



RIO 2016 STORE

Take the Rio 2016 Games with you. Buy official and exclusive products at physical stores and on rio2016.com/en/shop

PLANNING YOUR TRIP

ARRIVING AT THE VENUE

Pontal is located in a seaside area, in the city's west zone, and will be the place where a few of the Rio 2016 Games competitions will start and end. Check out how to get there:

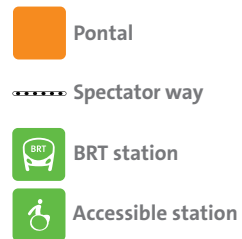
BRT - MATO ALTO X ALVORADA PARADOR > GILKA MACHADO STATION

BRT - RECREIO X ALVORADA PARADOR > GILKA MACHADO STATION
30min walk/2,150m

Accessible station - Gilka Machado Station is accessible. From this station there is an accessible auxiliary shuttle service for the convenience of people in wheelchairs or with reduced mobility. Learn more about public transport accessibility during the Games at visit.rio.

ATTENTION!

- Road cycling is a street competition and there will be restrictions to cross the course
- Make sure you check the competition schedule and public transport stations
- Buy in advance the Cartão dos Jogos (transport card). Some stations are only available for transport card and ticket holders
- Learn more about Cartão dos Jogos and public transport at visit.rio
- Check the venue entry locations and pay attention to the signs at the stations
- After the competition, check the venue exits and public transport access signs
- Walking times are estimated based on the average speed of 1.2m/s



DISCOVERING THE VENUE



A Start

B Finish

--- Complete course

— Circuito Grumari

... 15km circuit

— P1B course difference

COURSE	DISTANCE	CLASSES	LAPS
P1 A	10Km	C1 and C2 - men C1 to C5 - women H1 to H5 - men and women	2 laps
P1 B	15Km	B - men and women C3 to C5 - men	2 laps
		T1 and T2 - men and women	1 laps
P2	15Km	H1 and H2 - men H1 to H5 - women	3 laps
		H3 to H5 - men	4 laps
P3	23,7Km	T1 and T2 - men and women	2 laps
		C1 to C3 - men	3 laps
P4	2,5Km	C1 to C3 - women	2 laps
		H1 to H5 - mixed	9 laps
P5	45Km	C4 and C5 - men B - women	2 laps (15km) + 2 laps (30km)
		C4 and C5 - women	3 laps (15km) + 1 lap (30km)
		B - men	4 laps (15km) + 2 laps (30km)





WORLDWIDE PARALYMPIC PARTNERS



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GOVERNMENTAL PARTNERS

