

# *2019 Teesside District Road Bike Specification*



To enter a 2019 road bike specific event in the Teesside District, the following specification is appropriate to the conditions of entry:

## **The Rider:**

- No time trial style pointy helmets (including Kask Bambino), or helmets with built in visors should be worn.
- Use of skinsuits is permitted
- No riding with elbows or forearms on the handlebars. If witnessed, competitor will be disqualified.

## **The Cycle:**

- The frame should be constructed in the traditional pattern, i.e. built around a main triangle.
- No time trial style or triathlon forward extension bars with or without elbow pads should be present.
- Wheels should be of a spoked construction, with a minimum of 12 spokes and a maximum depth of 60mm.

**Please apply the spirit of the road bike competition in your equipment choice.**

**GR/07 February 2019**