



Retro Category Rules

- **MUST** use regular road bike frame (no time trial or triathlon frames)
- **NO** Disc wheels, Tri Spokes or Zipp (high profile rim) no higher than 28mm wheels. Use common sense and have plenty of spokes too... try for no less than 28 in each wheel.
- **NO** aero bars, clip-ons, make-shift-Graham-Obree-style “superman” stretched out position type steering mechanisms...
- You **MAY** use standard road bike, drop bars with aero brake levers
- **NO** fairings or coverings on the bike are allowed.
- **NO** aerodynamic, teardrop shaped helmets...
- You **MUST** use a standard USAC approved mass start helmet
- You **MAY** use a skinsuit...

Try to have your bike look something like this... minus the Trek branding of course.



Note: If in your head, you're thinking... “I wonder if my TT bike would work if I put regular road bike bars on it...”, forget it... you should think about doing another category... this is about rider and bike only... let's maintain the spirit of the category...