



GRAVEL NATIONAL CHAMPIONSHIPS

LA CRESCENT, MN

Updated: May 27, 2026

****Individuals attempting to pre-ride the course prior to the event or scheduled practice day(s) or times, if any, may encounter hazards including incomplete course construction or obstructions. The course may also cross private property. Athletes pre-riding the course do so entirely at their own risk and accept all liability.****

LICENSING/CITIZENSHIP/RESIDENCY REQUIREMENTS

ALL NATIONAL CHAMPIONSHIP PARTICIPANTS MUST HAVE A CURRENT USA CYCLING ANNUAL LICENSE OR VALID UCI FOREIGN FEDERATION LICENSE AS DEFINED BELOW. Riders must also be licensed for the category in which they are attempting to register. You may purchase, renew and/or request a category upgrade online by logging into your USA Cycling account [HERE](#).

Must be a **United States citizen** and have a current:

- USA Cycling International License **or**
- A foreign International License **or**
- USA Cycling Domestic Annual License

OR

Must be a **Permanent Resident (verified)** and have a current:

- USA Cycling International License **or**
- USA Cycling Domestic Annual License

Para-cycling

In addition to the licensing requirements above, Para-cycling athletes (including tandem pilots) must:

- Be internationally or nationally classified with a 'confirmed' or a 'review' sport class status (not applicable to tandem pilots).
- New athletes without a classification should submit the National Medical Diagnostics form to USA Cycling using the link below and **no later than August 28, 2026**, for Para Cycling classification evaluation. The form should clearly define which of the eligible impairment(s) the athlete has and supporting documentation should be provided to verify the underlying health condition or origin of the impairment(s). The national medical diagnosis form must be submitted prior to attending a classification evaluation.
[National Medical Diagnosis Form - Submit documentation to USA Cycling.](#)
- Athletes with visual impairments may obtain a national classification at any time during the year, and do not need to attend an event as part of the classification process. To obtain a National VI Classification, athletes must have the visual impairment medical diagnosis form completed by their ophthalmologist and returned to USA Cycling along with supporting documentation related to the diagnosed eye condition as outlined on the medical diagnosis form **at least four weeks prior to a competition** they intend to compete at.
[National VI Classification Form - Submit documentation to USA Cycling.](#)

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CATEGORIES & DISTANCES			
Men	Distance	Women	Distance
Elite/Open 19+	105 miles	Elite/Open 19+	105 miles
Junior 17-18	66 miles	Junior 17-18	66 miles
Junior 15-16	66 miles	Junior 15-16	66 miles
Junior 13-14	30 miles	Junior 13-14	30 miles
Junior 11-12	30 miles	Junior 11-12	30 miles
Amateur 19-30	105 miles	Amateur 19-30	105 miles
Masters 35-49	105 miles	Masters 35-49	105 miles
Masters 50-69	66 miles	Masters 50-69	66 miles
Masters 70+	30 miles	Masters 70+	30 miles
Singlespeed 19+	105 miles	Singlespeed 19+	105 miles
Men Para-cycling (14+)	Distance	Women Para-cycling	Distance
B Tandem	66 miles	B Tandem	66 miles
C1, C2	30 miles	C1, C2	30 miles
C3, C4, C5	66 miles	C3, C4, C5	66 miles
H3, H4, H5	30 miles	H3, H4, H5	30 miles
Non-binary/Open	Distance		
19+	105 miles		
Intellectually Impaired	Distance		
11+	30 miles		

GENERAL REGULATIONS
Age group riders must compete in the Championship event in their age group to be eligible for an age group championship title.
COMPETITION RACING AGE
Riders will compete in their respective age-group based on their official racing age determined on December 31, 2025.
EQUIPMENT REGULATIONS
Regulations detailing equipment standards and rider support will be defined in the Tech Guide.

CATEGORY REQUIREMENTS
ELITE/OPEN 19+ CATEGORY
The Elite/Open 19+ category is open to riders with a race age of 19 or older meet the license requirements as stated above in the LICENSING/CITIZENSHIP/RESIDENCY section.
JUNIORS, AMATEURS, MASTERS & SINGLESPEED CATEGORIES
There are no requirements other than age for Junior, Amateurs or Masters riders. Riders of any age are eligible to enter Singlespeed.
<i>Riders meeting one or more of the following criteria must enter the Elite/Open 19+ category:</i>
<ol style="list-style-type: none"> 1. Has been a member of a team registered with the UCI during the current year; or 2. Any rider who has taken part in an Elite event at any of the following events during the current year: World Championships, the Olympic Games, Continental Games, Regional Games, the Commonwealth Games, a World Cup, or a Nations Cup; or 3. Any rider who has points in the UCI World Ranking® as of January 1, 2026 in the disciplines of road, track, cyclo-cross, or mountain bike; or

4. Has been a member of USA Cycling Domestic Elite Team (road) during the current year; **or**
5. Any rider with an Endurance Mountain Bike or Cyclo-cross category of “Pro”

PARA-CYCLING CATEGORY

Athletes wishing to compete in a para-cycling category must hold a current classification as defined in the Licensing section above and have a racing age of 14+. No category restrictions.

NOTE: *There will not be an offering for H1 and H2 athletes this year due to the steep, challenging ascents and descents.*

NON-BINARY CATEGORY

At non-elite competition levels, a member may self-select non-binary through the registration process. If a question should arise about a member’s eligibility to participate in a manner consistent with their chosen gender, any member may lodge a protest with the Chief Referee up to fifteen (15) minutes after the completion of the event. In such a situation, USA Cycling may use the following criteria to determine a member’s eligibility to enter a chosen gender based on evidence of one or more of the following:

- Does the member’s gender in their “everyday life” match their registered USAC gender for the year they are racing at Nationals?
- Has the member registered and completed a race as a non-binary person during the past year at a race where a non-binary category was offered?
- Attestation of non-gender identity by a personal or professional reference.

If USA Cycling determines a violation has occurred, disciplinary actions may be taken as noted in [Policy III](#).

INTELLECTUALLY IMPAIRED

**** This division is open to athletes with intellectual impairments who require adaptations and/or accommodations to compete but can do so with limited assistance or equipment modifications.**

Athletes must hold a current Athletes Without Limits (AWL) National Classification (Category 1–3) prior to the event to be eligible. Applications must be submitted by August 31 to allow sufficient time for classification review. The application can be found [here](#).

Athletes may compete with a co-athlete for all or portions of the race.