



An introduction to RaceRunning

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WHAT IS A RUNNING BIKE

- Running Bike is a three wheeled bike with no pedals, it supports you as you walk/run.
- Significantly improves overall fitness, strength & well being.
- Little movement required in lower limbs to propel a bike, there are power wheelchair participants.
- Suitable for Cerebral Palsy and also Muscular Dystrophy, Parkinsons Disease and other disabilities that affect mobility and balance.





INTRODUCTION TO RACERUNNING

- Compete with running bikes on athletics track. Events 40m to 3000m.
- Competitors classified by disability, 4 categories RR1 to RR4.
- Commenced in 1990, relatively young international disability sport.
- Regulated by CPISRA (Cerebral Palsy International Sports & Recreation Association).
- Major presence in Denmark, small presence in approximately 11 other countries.
- An expanding sport with goal to become a paralympic sport.





WHY ENCOURAGE RACERUNNING

- ❖ “Unprecedented” opportunity for aerobic exercise (few other avenues).
- ❖ Opportunity to compete in an organised aerobic sport (for many the only one).
- ❖ Children and Youths love the relative freedom of movement & independence.
- ❖ Friendships formed and self confidence enhanced.
- ❖ RaceRunning is attracting children. (e.g. 1st successful start up of junior disability sports club in Sth Ayrshire – A.C.E. RaceRunning Club).
- ❖ For juniors an entry route to disability sports



EVENTS

SCOTLAND

- ❖ Official Event at SDS Athletics Competitions (over 5 p.a.)
- ❖ Festival of RaceRunning Events
- ❖ Clubs : A.C.E., Scotstoun, Red Star and Forth Valley Flyers
- ❖ Come & Try Opportunities
- ❖ RaceRunning Scotland

ENGLAND

- ❖ Official Event at CP England and Wales Grand Prix (5-6 p.a.)

INTERNATIONAL

- ❖ IWAS World Games – UAE - Dec 2011
- ❖ European Championship - Portugal 2012
- ❖ International Cup - Denmark 2012
- ❖ CPISRA / IWAS World Games – England 2013
- ❖ World Championships – Scotland - 2015