

RaceRunning

Recreation & Disability Sport



RaceRunning, an international disability sport, has come to Scotland.

We would be delighted to hear from both children and adults in Scotland who might be interested in trying a Running Bike.

- ❖ be free
- ❖ have fun
- ❖ make new friends
- ❖ get some exercise
- ❖ for all ages
- ❖ doesn't matter how slow or fast you are



Do you or your child have difficulty walking or running?

Please Read on and Contact Us if you would like to know more and/or Try a Running Bike

Running Bike

An Introduction



What is a Running Bike and who can use it?



A Running Bike is a three wheeled bike with no pedals which supports you as you walk or run. Running Bikes are used by people of all ages for recreation and sport at a variety of levels. A Running Bike is a very effective way of improving overall fitness, strength and well-being. Despite considerable physical challenges, most users are able to use the Running Bike to propel themselves considerably faster than they can unassisted.

The bike can be used by children from 3-4 years through to adulthood. It is predominantly suitable for those with Cerebral Palsy, although it is also suitable for those with Muscular Dystrophy, Parkinsons Disease and other disabilities that affect mobility and balance. The low centre of gravity and frame design offers good stability and poise whilst running or walking. The saddle unit counter-acts lateral sway and also can be used as a seat when resting.

The Running Bike rolls so freely that even children and adults who have been restricted to power wheelchairs have now found a way propelling themselves by their own efforts.

What is RaceRunning?



RaceRunning is an international disability sport in which children and adults compete with running bikes on an athletics track. Events range from 40m to 3000m. Competitors are classified based on their disability and race against other competitors in their class. There are 4 categories RR1 through RR4. In the medal award photo above you can see an RR1 boy, RR2 boy and an RR3 boy.



Following a suggestion from a physiotherapist at Bobath Scotland, Gavin tried a Running Bike at age 5. Straight away Gavin was able to travel much faster than on a traditional 3 wheel trike where his legs needed to be strapped to supports. At first it was about fun & freedom, but Gavin loved sport and had always wanted to compete. His dream came true when he attended the 2010 European RaceRunning Championships in Denmark, where he broke two U/12 world records at 100m and 800m

By the end of 2012, Gavin had improved those 100m and 800m records and set further world records at 200m and 400m distances. He is now joined by fellow club member Kayleigh. Kayleigh also holds 4 world records (over the same distances) and became the first RR2 woman to break 20sec for 100m. They are both members of the Scottish Disability Sport National Squad.



Scotland's World Record Holders

Check out www.acerr.org to see more photos & video and the range of ages and disabilities participating in RaceRunning

What's happening in Scotland?

The first running bike club in Scotland, A.C.E. RaceRunning Club, was formed in November 2010 in South Ayrshire with 7 members. Interest and participation grew swiftly, not only in South Ayrshire, but around Scotland through 'Come & Try' opportunities.

By mid 2013 there were 8 locations in Scotland with bikes and some 40 people using a bike regularly.



RaceRunning events are now held within many official disability athletics competitions. The atmosphere is very encouraging and welcoming. RaceRunners progress from receiving supervision to racing independently.



For further information or if you would like to try a Running Bike :

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Useful Websites: www.acerr.org www.racerunning.org