

RACERUNNING

Recreation and Disability Sport



www.acerr.org
Charity No: SC042877

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

Do you or your child have difficulty walking or running?

Want to have fun and get some exercise?



Then why not come along and try a Running Bike

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.

RaceRunning is an international disability sport in which children and adults can compete with Running Bikes on an athletics track.



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



Come along to A.C.E. RaceRunning Club , we meet (March to October) on:

Monday Nights at: Dam Park Stadium, Ayr

For more information please contact:

Margaret Drysdale Ph: 07531 061 307
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Website: www.acerr.org

or Kilmarnock Harriers at Ayrshire Athletics Arena (Wed Nights) contact:

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Please note: children must be accompanied by a parent/carer at all times