

# *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



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*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 very effective way of improving overall fitness, strength and well-being.**

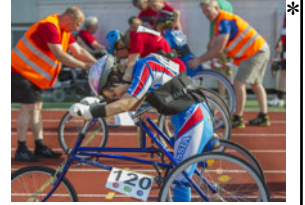
**A Running Bike is a three wheeled bike with no pedals which supports you as you walk or run. Running Bikes are used by people of all ages for recreation and sport at a variety of levels.**

**Despite considerable physical challenges, most users are able to use the Running Bike to propel themselves considerably faster than they can unassisted.**

**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.**

**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.**

## 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 5000m. Competitors are classified based on their disability. There are 4 categories RR1 through RR4. There are now over 20 countries competing.



Check out [www.acerr.org](http://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 October 2014 there were 9 locations in Scotland with bikes and regular RaceRunning sessions.



Indoor Festival

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 :

Please contact: Margaret Drysdale, A.C.E. RaceRunning Club  
Ph: 07531 061 307  
Email: [info@acerr.org](mailto:info@acerr.org)

Useful Websites: [www.acerr.org](http://www.acerr.org) [www.racerunning.org](http://www.racerunning.org)