



OBJECTIVES

To enable the opportunity for aerobic exercise for children and adults with restricted mobility by participation in the sport of RaceRunning through the provision of Running Bikes, related equipment and related sport.

To support the development of RaceRunning throughout Scotland. This may include attending and in some case organising RaceRunning and RaceRunning related events.

To support national (within Scotland) RaceRunning startups/activities/come & tries where possible.