

# ACE RaceRunning - August 2020

It was initially planned that Dam Park would reopen at the beginning of August. After reviewing the Guidance from Scottish Athletics, the committee came to the difficult decision that the RaceRunning group would **not** restart this year. It became apparent that we could not come together whilst adhering to the restrictions that remain in place around social distancing and the number of adult households that can meet up. We have also not been able to access the bikes, would need time to check them over and we have only a few weeks until the end of the season. In fact, at the time of writing, Dam Park has not yet reopened.

The first Running Bike Come & Try took place at Dam Park in August 2010 and so this is a hugely disappointing situation as we approach the 10th anniversary of the setup of the first RaceRunning Group in Scotland. Here is a reminder of how we got started.

## July 2010

Having had a running bike for a number of years and after discovering there were no other events in the UK, Gavin became the first Scottish person to participate at the International RaceRunning Camp & Competition in Denmark.



## Aug 2010 – Sep 2010



With the support of South Ayrshire Council and Quest88, two “Come & Try a Running Bike” events were held at Dam Park to introduce RaceRunning to others. These were very successful and a number of attendees were interested in attending a club.

## Oct 2010

Quest88 donated four ex-demonstration bikes on the understanding the bikes would be used both locally and to help develop RaceRunning in Scotland. And so, the first running bike club in Scotland was formed by parents. It was also the first club in South Ayrshire to offer an aerobic activity to children with a physical disability.

## Nov 2010 – Mar 2011



On 8<sup>th</sup> November, the club held its first meeting at Carrick Academy, Maybole. The club continued to meet at Carrick Academy through the winter.



We also held Come & Try Events in Glasgow and Edinburgh. Many of those who first tried out a Running Bike 10 years ago still participate today and have all contributed to the development of RaceRunning in Scotland. 🙌 🙌



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