

# Frame Running Recreation & Disability Sport



- ❖ 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 Frame*

# *Running Frame : An Introduction*

*What is a Running Frame and who can use it?*



**A Running Frame is a very effective way of improving overall fitness, strength and well-being.**

**A Running Frame is a three wheeled frame with no pedals which supports you as you walk or run. Running Frames 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 Frame to propel themselves considerably faster than they can unassisted.**

**The Running Frame 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 frame 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 Frame Running?



Frame Running is an international disability sport in which children and adults compete with Running Frames on an athletics track. Events range from 40m to 5000m. Competitors are classified based on their disability. There are 2 categories T71 & T72. There are now over 20 countries competing.



\*photograph courtesy of John Clarke Russ Photography, LLC (USA)

## What's happening in Scotland?

The first Frame Running club in Scotland, was formed in November 2010 in South Ayrshire with 7 members. Interest and participation around Scotland grew swiftly through 'Come & Try' opportunities.

Now there are 12 locations in Scotland with frames and frame running sessions, and frames from as far afield as Shetland to the Borders.



Frame Running events are held within official disability athletics competitions. The atmosphere is very encouraging and welcoming. Frame Runners progress from receiving supervision to racing independently.

