

## How can I become a RaceRunner?

The sport of RaceRunning is growing rapidly and a lot of nations now have established RaceRunning clubs.

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## Learn more about RaceRunning

**Introduction to RaceRunning:**  
[https://www.youtube.com/watch?v=dWG1yjO2\\_Ko](https://www.youtube.com/watch?v=dWG1yjO2_Ko)

**Website:**  
[www.RaceRunning.org](http://www.RaceRunning.org)  
[www.cpisra.org](http://www.cpisra.org)

**Facebook:**  
[www.facebook.com/racerunning](https://www.facebook.com/racerunning)

# RaceRunning

- a sport in movement...



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## What is RaceRunning?

RaceRunning is an innovative sport for people with a disability that affects mobility and balance.

The Running Bike was invented in Denmark in 1991. It is a specialised three-wheeled bike with no pedals which provides support as you walk or run. The bike can be used by anyone from 3-4 years old.

RaceRunning offers something that no other disability sport can offer. Because of the Running Bike's unique design, even those who suffer from the most severe balance difficulties are able to take part in competitive sport on an athletics track.

## Annual Camp & Cup

The annual July RaceRunning camp at Copenhagen, Denmark, is a great opportunity to meet other RaceRunning athletes from around the world. The camp is both for beginners and experienced RaceRunners.

At the 2014 Camp, 67 athletes from 11 nations – including Brazil, Denmark, Faroe Islands, Hungary, Norway, Portugal, Russia, Scotland, Sweden, Wales and USA – participated, and made RaceRunning friends from around the world.

For more information about the Camp, please contact: Mansoor Siddiqi  
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## The Benefits of RaceRunning

A Running Bike is stable and easy to move. RaceRunning is a very effective way of improving overall fitness, strength and wellbeing. Even those with a severe lack of balance may now use their legs to get aerobic exercise, and most important: have the feeling of running whatever your speed.

Practising RaceRunning regularly not only improves your stamina. RaceRunning also stimulates the nerve system and the metabolism, greatly improving your everyday life quality. Not to mention making new friends!

