



CEREBRAL PALSY AWARENESS - WHAT IS POSSIBLE?

# RACERUNNING

## WHAT IS RACERUNNING?

RaceRunning allows aerobic exercise for individuals with CP who have severe motor and coordination impairments. A frame is used to support the upper body and bodyweight, allowing the legs to propel the athlete forward.

## WHO CAN TAKE PART?

RaceRunning is predominantly suited to those with Cerebral Palsy, although it is also suitable for those with Muscular dystrophy, Parkinson's disease and other disabilities that affect mobility and balance. The sport is suitable for children from aged 3-4 through to adulthood to enjoy recreationally and competitively.



CPISRA World Games

## CLASSIFICATION

RR1: Severe involvement of lower limbs and trunk, ineffective leg propulsion, poor trunk control and upper limb involvement.

RR2: Moderate involvement of lower limbs and trunk. Asymmetry but more effective propulsion than RR1.

RR3: Mild to moderate involvement of one or both upper limbs, fair to good trunk control. Good push off and no startle reflex.



CPISRA World Games

## GOVERNING BODY



CPISRA and World Para Athletics (WPA) are currently working together to develop and classify RaceRunning. Both CPISRA and WPA organise and endorse RaceRunning events; including the annual RaceRunning Camp and Cup in Denmark, and the WPA World Championships.

## RACERUNNING FRAME

A RaceRunning frame is a three wheeled bike with no pedals, which provides support for walking or running.

The low centre of gravity and frame design offers good stability and poise whilst running or walking. The saddle unit counteracts lateral sway and also can be used as a seat when resting. The frame rolls so freely that even children and adults who have been restricted to power wheelchairs have found a way to propel themselves forwards by their own efforts.

[www.cpisra.org/sport/racerunning/](http://www.cpisra.org/sport/racerunning/)

<https://paralympic.org/athletics>