



RaceRunning Club Guide

RACERUNNING USA

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Welcome

Thank you for your interest in establishing a RaceRunning club. By sharing your love of this sport with others, you are helping to strengthen the bonds of the para-sport community.

But you've done more than that. You are giving individuals of all abilities an outlet to express themselves through exercise, an outlet they might not otherwise have.



Thank you.

David Black and Anja Wrede
Co-Founders
RaceRunning USA



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Introduction

What is RaceRunning?

RaceRunning is a sport for people with impaired balance or mobility. Participants use a three-wheeled frame called a RaceRunner to walk or run without assistance at speeds and distances they may not otherwise be able to achieve.

What is a RAD RaceRunner® Running Frame?

Picture a three-wheeled metal frame without pedals, but with a seat, that supports an individual as they walk or run. Even the most

physically challenged athletes may be able to propel themselves on the RAD RaceRunner® running frame considerably faster than they can move unassisted. The low center of gravity and frame design offers stability and poise while running or walking. The RAD RaceRunner® running frame rolls so freely that even someone restricted to a power wheelchair can likely propel themselves through their own efforts.

Who Can Participate?

The sport is for everyone. RaceRunner users include people with conditions like cerebral palsy, muscular dystrophy, Parkinson’s disease, and ALS. It is also helpful for people with spinal cord injuries or in rehabilitation after an injury or an operation.

What is a RaceRunning Club?

Living with a disability or a chronic condition can be isolating. We are hoping to change that by connecting people in the

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RaceRunner community through a network of global RaceRunning Clubs.

as a group can be a great way to stay in shape and meet their fitness goals.

A RaceRunning Club operates in much of the same way as a running club or a neighborhood group might. It offers planned activities and events, as well as a social network for fellow RaceRunners.

For others, participation in a local RaceRunning Club can be a stepping stone to participate in RaceRunning at a competitive level. Especially in Europe, it has become a popular disability sport. People of all ages and severity of disability travel internationally to compete. World records are kept, and the sport is expected to be included in the 2024 World Paralympic Games.

Many people have adopted the sport as a recreational activity to improve their range of motion, overall strength, and cardiovascular fitness. For them, getting together

Know Your Equipment

Purchasing

You can purchase a RAD RaceRunner® running frame from RAD-Innovations. (See Additional Resources Section for details.) RAD-Innovations may be able to help identify sources for grants if you are unable to self-fund.

Fitting

For the best performance, club members should be fitted to their RaceRunner frame, which means adjusting the parts of the frames to match the rider's height, weight and gait. While it may take a few tries to get it right, completing the fitting process will minimize any potential discomfort that the rider may experience. To ensure a perfect fit, the RAD RaceRunner® is available in five sizes with adjustable seats, handlebars, brakes and chest pads. Contact RAD-Innovations or a partner store for

Building a Base

Get started on building a club.

1 Gather a Group of People

Gather a group of interested individuals for a preliminary meeting. If you already know any neighbors with RaceRunners, great! If not, you might be able to find interested participants by talking to existing local groups (Rotary Clubs, Church Groups, Disability Camps, etc.), or by reaching out to a local physical therapist or an elder care home.

Don't worry if they don't have equipment yet. We offer some suggestions later in this manual on how to acquire equipment.

After gathering your founding members, find a platform to communicate. This can be through phone calls, emails, a Facebook group, instant messaging, or anything else that works for your members. Through your preferred

more information on learning how to fit a frame for your members.

Accessories

There are a variety of accessories available for the RAD RaceRunner. Contact RAD-Innovations or a partner store for more information or to place an order.

Maintenance

Like a bicycle, a RaceRunner frame needs regular maintenance. To ensure athletes' safety check frames for rust, dents and other issues every few months. Ensure that the tires are properly inflated and that the brake pads are not worn out. Contact RaceRunning USA or your frame manufacturer if you have any questions about proper maintenance.

communication channel, set a time for the first meeting!

2 Some Logistics

Either on your own or with your founding members, start thinking through the logistics of your club. Determine how often your club will meet, when and where these meetings will be, and who will run events and/or activities. At this point, you should look for a meeting location. Common venues include a local high school's track field, a community rec-center, or a park with a flat ground. Make sure that you get permission from the owner to use whatever location you choose, and to abide by all local regulations.

3 Create a Mission Statement

A club's mission statement is its guiding principle. Think of what your club will do for the community and craft a statement that would encapsulate the goals of all your current and future members.

Example: "The mission of our club is to provide a community



where individuals of all abilities can gather and enjoy the sport of RaceRunning together.”

4 Form a Leadership Group

Designate leaders for your club. The number of executive members is upon your discretion, but a successful club usually has at least the following members: a President, Treasurer and Coach. Refer to the section on leadership for more details on their respective roles.

5 Set the Ground Rules

Establish a set of guidelines for the club. This might include a

set of bylaws for club governance. As this is a physical activity, you will also want to note any safety guidelines and to protect yourself and your members by drafting a liability waiver. See Disabled Sports USA's website for an example of a liability waiver: <https://www.disabledsportsusa.org/waiver-policy/>

6 Build a Budget

A budget helps you manage your funds and track your spending. To get started, list the club's projected expenses. They may include branding materials, snacks for events, costs for renting out spaces for events, and equipment if you decide to sponsor RaceRunner® frames for your members.

At the same time, think about your sources of income. Do you want to establish membership dues? Reach out for potential sponsors? Apply for grants? Whatever you decide, ensure that the money coming in matches the amount going out.

Be sure to keep track of all of these

amounts so that the treasurer can monitor the financial condition of the club, which indicates whether you should tighten the budget or invest for development and expansion. See appendix for a sample budget.

7 The Fun Begins!

Once you handle the logistics, you can shift your meetings to the fun part: group runs, socials and races. Make sure to relay information about such events, like time and location to all your club members.

8 Promote the Club

When the time comes, you should start thinking about promoting your club in new ways. You can design a logo, create merchandise and join local festivals and social gatherings as a group. Engaging your members in designing any merchandise or promoting the club can also be a great way to bring your group closer together outside of RaceRunning. See our appendix for some helpful resources and samples.

Leadership

President

The president will be responsible for handling logistics for the club. This can include: determining and communicating meeting time and location of meetings, organizing events and representing your club when needed. In addition, your president will be in charge of managing club development, which mainly consists of branding and networking. This means that the president will have to decide how to promote the club, and what other organizations or events to connect and cooperate with.

Tips

For smaller clubs, one person might share some of these roles. That's perfectly fine. It is up to you to determine how you want to structure the leadership of your club.

Treasurer

The treasurer will be in charge of managing the finances. They should keep track of the club budget, noting any sources of revenue and expenses. Your treasurer should work with other board members to set any dues for members, apply for grants, or to find other methods of obtaining funds if necessary. The treasurer is also responsible for relaying that information to the members.

Coach

The coach will be responsible for carrying out group runs safely and successfully. The coach can work together with the president to plan and lead club activities like group runs. The coach should also ensure that the members learn how to use a RaceRunner frame correctly. Contact RaceRunning USA to obtain a coaching certification

Recruiter (Optional)

The recruiter will be responsible for finding new members and

ensuring that existing members are active in the organization. The recruiter can find new members by advertising on various

platforms including social media, and reaching out to the local community.

Coaching

As an athletic organization, a RaceRunning Club needs proper instruction to function safely and effectively. It might take some time and investment upfront, but finding the right training for yourself or another club member will pay off many times over.

struggle to communicate their aches and pains. They may need help stretching. And as their muscles relax during the run, coaches may find that they have

Regardless of whether your club is primarily focused on recreational or competitive RaceRunning, a coach should plan meetings and guide your members through their flow. A typical meeting begins with warm-ups and stretches, followed by group runs (or races), and ends with a cool-down with more stretches.

Coaches must also pay attention to certain considerations unique to disability sports and to RaceRunning. Athletes of different abilities may sometimes

Tips

You should require at least one companion per athlete.



to help individuals re-adjust their RaceRunner frames.

But coaches should not be expected to provide for every individual athlete's needs. All disabled athletes should have a parent, guardian or assistant with them during workouts. You should require at least one companion per athlete for everyone's comfort as well for liability purposes.

Coaching certification programs can be found across the country and abroad. The Cerebral Palsy International Sports and Recreation Association (CPISRA)

organizes an annual RaceRunning coaching camp in Denmark. Other examples include programming from the Road Runners Club of America (RRCA), USA Track & Field (USATF), and Disabled Sports USA as they provide guidance applicable to all running sports, including RaceRunning.

Reach out to RaceRunning USA to find a certification program that would fit your needs. Prioritizing proper instruction guarantees that everyone, organizers and participants included, will have the best experience possible.

Programming

Once you have your club set up, you can shift your attention to programming.

Schedule Your Activities

Develop a consistent schedule of activities that fit the lifestyle of your members, and be cognizant of natural limitations. If you live in a place like Vermont, make sure you don't plan a major event in the middle of January! Plan for any conferences, festivals, or international competitions

you might want to enter as a group. Know your members, craft interesting events, and stick to your schedule for best results. See appendix for a sample schedule.

Tips on Planning

1 Use your coach
The coach should work

together with the president to plan group activities. Consult your members, and listen to any proposals they may have. Consider allocating time at the beginning or the end of every meeting to share ideas for events or activities your members might have in mind.

2 Tailor to individual Ability

It may be necessary to plan activities targeted at different ability levels. You can either meet together and run at different paces, or host different meetings altogether. It is up to the coach to determine what the level of the group is and it should be his/her responsibility to tailor the events and runs as needed. The club's events should ideally be accessible to all members, regardless of skill or ability.

3 Set goals

Particularly for clubs with members using RaceRunning as a form of exercise, set group goals or invite members to share their personal goals. This can be anything from running under a certain time on the track, to travel a certain distance, or to practice



collectively for a certain number of hours.

Some Examples

Some examples of successful programming other than usual group runs include:

- Sunday run and brunch
- Club lunch
- Evening run at local track
- A year-end race within your club

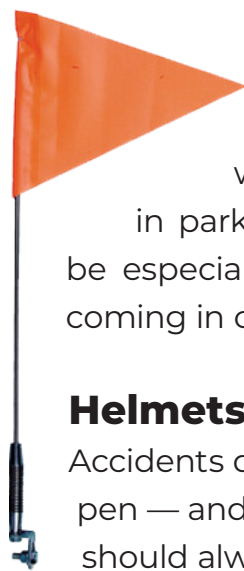
At the end of the day, it is important to remember that creating a club is creating a community for people of all abilities to meet and interact with others around a common interest!

Safety

As with most sports, some safety equipment is required for all participants.

Safety Flags

Attach safety flags to any RaceRunner frame while running on roads or in parking lots. Parking lots can be especially dangerous as cars are coming in or out of parking spaces.



Helmets

Accidents do happen — and heads should always be protected!



Padding

For riders with limited sensation, make sure there are no spots where athletes' legs or hips are contacting metal or moving parts. Soccer, hockey, inline skating, and biking body pads are great options for protecting an athlete's body when running. Check your local sporting goods store for equipment.



Appendix

Sample Budget

Income	Amount (\$)	Expenses	Amount (\$)
Member dues	300.0	Website	112.5
Grant A	200.0	T-shirt with logo	109.0
Grant B	125.0	Hoodies	145.0
Fundraising donations	450.0	Snacks	400.0
		Club dinner	250.0
Total	1075.0	Total	1016.5

Sample Activity Schedule

JANUARY

M	T	W	T	F	S	S
31	1 Group meeting 5pm-6pm	2	3	4	5 Group run (1pm-3pm)	6
7	8	9	10 Group meeting 6pm-7pm	11	12 Group run (1pm-3pm)	13
14	15	16	17	18	19	20 Club Brunch 11 am - 2 pm
21	22	23	24	25	26 Group run (3pm-5pm)	27
28	29	30	31	1	2	3

Contact Information

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