

CYCLING



WHAT TO EXPECT:

Discover the freedom of adaptive cycling!

Cycling is one of the most inclusive and adaptable sports Sportable has to offer! With a diverse fleet of adaptive bikes, along with expert staff and dedicated volunteers, there's a bike to match every individual's needs and goals. Whether you're a beginner looking to develop new skills or a seasoned cyclist aiming for regional and national competition, our program provides the perfect blend of recreation, fitness, and community.



JOIN THE FUN:

Our athletes participate in adaptive cycling with a wide range of diagnoses including, but not limited to:

- Amputation
- Multiple Sclerosis
- Spinal Cord Injury
- Cerebral Palsy
- Visual Impairments
- Post CVA (Stroke)
- Spinal Muscular Atrophy
- Osteogenesis Imperfecta

EQUIPMENT

- Sportable will provide all equipment necessary including:
 - Hand Cycles - this bike is propelled by your arms through a crank system
 - Recumbent Foot Pedaled Trikes - this bike has the user in a reclined position for increased support, with foot pedals and hand controls
 - Tandem Bikes - this style of bike allows for 2 riders at once
 - Traditional Bikes
 - Helmets



COMMON ADAPTATIONS*

- Foot fixation trays, straps, and toe clips can be utilized to hold the rider's feet in place while cycling
- Active Hands gripping aids can be utilized to keep your hand in a fist to grasp the handles for individuals with reduced hand function
- Quad Grips can be utilized to increase your grip on handcycles for individuals with decreased grip strength
- Brakes can be mounted on same side as the gear shifter for easy, one handed operation



HOW IT WORKS

- Sportable offers two programs:
 - Recreational Cycling – Ideal for those new to adaptive cycling, this level focuses on skill development, bike fitting, safety, and confidence-building in a supportive environment. Participants learn basic handling, braking, and riding techniques with the guidance of experienced coaches and volunteers.
 - Advanced Cycling – Designed for experienced riders looking to improve endurance, speed, and technique. This level includes structured training and preparation for competitive events at regional and national levels.
- Sportable staff and volunteers will ride alongside you for safety should you need assistance!



*This is not an exhaustive list – Sportable can adapt and modify equipment to meet your individual needs and find what works for you!