

# ROAD RACING & RUNNING



## WHAT TO EXPECT:

### Reach your personal finish line!

Sportable's Road Racing and Running/Walking Program welcomes all paces and abilities, offering wheelchair racing and guided run, jog, and walk opportunities. Whether you're training for fun or a personal best, athletes can prepare for top local races. Join us to meet welcoming, supportive peers and build a community!



## JOIN THE FUN:

Our athletes participate in adaptive pickleball 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:

- V-Frame Racing Wheelchairs - this bike can be used in a kneeling or feet-forward position
- U-Frame Racing Wheelchairs - this bike is designed for the user to race in a kneeling position
- I-Frame Racing Wheelchairs - this bike is designed with a footplate and higher set seat for increased ease with transfers
- Sport chairs
- Helmets & gloves



## COMMON ADAPTATIONS\*

- A variety of racing gloves can be utilized to offer better grip and generate more power when pushing
- Straps and foam pieces can be utilized along for added support to maintain your position in your chair
- Free Wheel attachments can be attached to sport chairs to offer extra propulsion while navigating various terrains



## HOW IT WORKS

- If needed, Sportable staff and trained volunteers will assist you in transferring into a racing wheelchair adapted to your individual needs!
- Train and compete in local races including 8Ks, 10Ks, Half Marathons, and Full Marathons or simply get some added movement in!



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

OUR PARTNERS:

