

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.

EQUIPMENT

Sportable will provide all equipment necessary including:

- Hand Cycles (propelled by hands and arms through a crank system)
- Recumbent Foot Pedaled Trikes (support users in a reclined position for increased support with foot pedals and hand controls)
- Tandem Bikes (allow for two riders at once)
- Traditional Bikes
- Helmets



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.



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

COMMON ADAPTATIONS

- Foot fixation trays, straps, and toe clips can be utilized to hold the rider's feet in place while cycling.
- Active Hands are gripping aids that 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 hand-cycles for individuals with decreased grip strength.
- Brakes can be mounted on same side as the gear shifter for easy, one handed operation.

