

RaceRunning on 3-wheeled running frames is rapidly growing in Europe. RaceRunning is at the moment known in about 21 countries all over the World. 17 of them have participated to the International RaceRunning Camp and Cup.

RaceRunning is a unique opportunity to run and perform fast, "airborne" movements and integrate signals from all sensory systems despite being severely challenged in ambulating. Using feet, legs, spine is important to stimulate vestibular and visual senses and the united integration.

At RehaCare Düsseldorf you may find us in hall 3 by Bundesverband Konduktive Förderung or hall 7 by Behinderten Sports Verband NRW.



RaceRunning at EMOKI, Pfennigparade München



At the International Conductive Education Conference in Munich 2012, By-CONNIEHANSEN and RaceRunning Sweden held a very well received presentation about RaceRunning and a TRY

OUT session with many positive feed backs. It inspired Pfennigparade Munich and the Petö sports program EMOKI to wish to offer RaceRunning to their students. <http://www.emoki-sport.de/wp-content/uploads/2012/09/programmheft.pdf>

Now they get 4 PETRA RaceRunners and By-CONNIEHANSEN will run a training workshop for the staff and volunteers, Oct. 21st. The program cover subjects such as:

User profiles:

- Who can - age groups and disabilities
- Ways to use a racerunner (therapy, sports, daily living)

Technical information:

- How to adjust a racerunner to an user
- Points of attention when fitting a racerunner
- How you can get them

Training and techniques:

- Instruction methods
- How to measure progress
- Some info about two recent pilot studies

Implementation in Europe and worldwide:

- Organizations involved
- Level of RaceRunning in Germany, UK, Scotland, Denmark, Sweden & the Netherlands

Pfennigparade, Munich operates kindergartens, schools, outpatient and residential facilities, nursing services, workshops, an integration company and special support programs, such as for persons with traumatic brain injury. More than 1,500 physically disabled persons and over 1,000 nondisabled live, work and learn together at Pfennigparade. www.pfennigparade.de

Germany

By-CONNIEHANSEN also supports Behinderten Sportverband, Nordrhein Westfalen. In 2014 they got a Petra to use at mobility workshops and events for different groups eg. MS, CP and youth. The

PETRA RaceRunner is included in DBS new Try-Out Bank of sports material aiming to help people find right equipment for sport and activity.



The Netherlands

In the Netherlands RaceRunning takes place in several special schools and a few sports clubs, such as the Club Only Friends in Amsterdam.

<http://onlyfriends.nl/racerunning/>

The development has gained momentum with Research Pediatric Physiotherapist Petra Van Schie and her team at Rehabilitation medicine department of VUmc's work of studying training and monitoring methods for RaceRunning. Their effort also includes promotion, information and tending RaceRunning teams, school & therapeutic use of RaceRunning.

The first project 'De RaceRunner' (2012-2013) was funded by the Rehabilitation Fund, the Children's and Johanna Cornelia Foundation. The aim was to raise awareness and promote the use of racerunner as sports equipment, by providing workshops and organize activities/events. More information about the project on this website:

<http://www.vumc.nl/afdelingen/revalidatiegeneeskunde/Onderzoek/klinischetrial/racerunner.pdf/>



8 young runners did the Dutch race "Dam to Dam" this September.

The new project 'De Racerunner in beweging' started in January 2015'. The new project to promote RaceRunning as a sport is funded by NSGK a Dutch foundation for children with special needs.

France

Colibrius is our new French dealer and they enthusiastically promote the Petra RaceRunner in France and co work with local sports clubs. A 19 years old girl, Inés Chaabna participated on a RaceRunner in the Half Marathon Montbéliard were 6300 was running. Inés took the 10 km. with 8,4 km/h with a finish time 1h6min.

Inés said after the race "I feel fine to participate on the Petra and hope that it will encourage others". She started running at the athletic club of Châtenois les Forges on a 400 m. track. Inés will take another 10 km.race 22th of November.



Inés Chaabna to the Half Marathon Montbéliard just 1km before finish.

<http://www.colibrius.fr/>

ECAD conference 2015 & 16

Liz Bryant PhD, Senior Research Fellow / Research Lead, Chailey Heritage Clinical Services, Sussex Community NHS Trust, did in 2013 make a pilot study of impact on bone mass density for non-ambulating students doing RaceRunning. They found indications of growth in bone mass despite short period of study

and small number of participators. A further study is hoped to be carried out soon.

Petra Van Schie and Liz Bryant presented results of their studies at the ECAD conferences 2015 in Copenhagen. Presently a workshop coordinated with other UK, DK and Swedish people working with

RaceRunning is planned for EACD meeting in Stockholm next year.

More information on conference:
<http://eacd2016.org/>

Sweden

The history of RaceRunning in Sweden has been quite outstanding, and in the recent years the increase in number of athletes and clubs has been explosive. RaceRunning has a great appeal to children and youth with a broad kind of physical and neurological disabilities. Also many persons with learning/intellectual challenges likes the RaceRunner

as it provides stability and reduce hard workload allowing the user to be active longer and get further. Now Sweden have 9 clubs up and running and about 100 runners after only 6 years. Beside the clubs there are also 10 different schools where RaceRunning is integrated. They started a project last year and 2760 persons have already tried it out.

Embla Race New event by FIFH Malmö

September 6th. 2015 Embla-Loppet was held in Malmö. Approximately 100 members and friends of the club did 1, 3 or 5 kilometers as walk, run as well as use wheelchair or RaceRunner. It was a great day in spite of a strong wind. A great success where individual or family could walk, run, use wheelchair, handbikes, walkers RaceRunners or anything like that. By-

ConnieHansen was there for everyone to try a RaceRunner and we have made a film from the race. Scan the code to see:



International Racerunning Camp in Copenhagen

The 2015 International RaceRunning Camp and Cup were held in Copenhagen, DK in July. This wonderful event was once again a big success and enjoyed by all who attended.

The 10th - 17th of July Next year, will be the 20th anniversary of the Camp and Cup and it will be an extra special week to celebrate the anniversary.
<http://racerunning.org/FrontPage/default.asp?action=showarticle&articleID=335&id=15>

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