Introduction to Frame Running (AKA Racerunning)

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The Aim of this Presentation

- Provide more information on the new World Athletics event of Frame Running.
- What benefits it can bring to those with high support needs.
- Explain what impairments groups can compete in Frame Running.
- Explain what level of impairments can compete in Frame
- Explain why World Para- Athletics is developing Frame Running
What is Frame Running

• Frame Running is a form of adaptive running. To allow the athlete to run the athlete is supported by a three wheeled frame. The frame provides the athlete with support and gives them stability.

• Using the frame will allow the athlete to ambulate down the track. For some of the athletes this will be the first time they will have experienced such a sensation – running independently and with freedom.

• Frame Running is primarily for athletes with co-ordination impairments associated with Cerebral Palsy and other neurological conditions.

• Frame Running provides a much need opportunity for aerobic exercise for individuals with severe motor and co-ordination impairments.

• It can be enjoyed recreationally or as an athletics event on the track. At the moment World Para-Athletics are focusing on 100m but as interest in the event grows there is the potential for other distances to be added.
History of Frame Running

1991: Inception of Running

1992: Race Running spreads across Copenhagen

1993: Frame Running is the main discipline in Frederiksberg Handicap Sport (FHI)

2001: Race Running becomes CIPIRSA development sport

2005: First CIPIRSA Race Running Camp and Cup Competition

2010: CIPIRSA International Race Running Committee formed

2011: Race Running included at the IWAS World Games

2013: CIPIRSA Race Running classification published following 5 year pilot

2015: Highest participation athletics event at CIPIRSA World Games in England

2016: Race Running classification and physiology research begins

2017: Race Running announced as World Para Athletics Discipline

2018: Race Running debuts at World Para Athletics European Championships

2019: Race Running to debut at WPA World Championships in Dubai
Who can take part in RaceRunning

RaceRunning is appropriate for individuals with severe motor and coordination impairments. Conditions can include but are not limited to: cerebral palsy, traumatic brain injury, stroke, Friedreich’s Ataxia, Spino-cerebellar Ataxia, hereditary spastic diplegia/paraplegia and dystonia. Recreationally, RaceRunning can be enjoyed from children as young as 3-4 years old through to adulthood.

<table>
<thead>
<tr>
<th>Impairment Type</th>
<th>Impairment description as per ICF and Sanger et al, 2003, 2006 &amp; 2010</th>
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<tbody>
<tr>
<td>Hypertonia</td>
<td>High muscle tone</td>
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<tr>
<td>Spasticity</td>
<td>Velocity dependent resistance of a muscle to stretch</td>
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<tr>
<td>Dystonia</td>
<td>An involuntary alteration in the pattern of muscle activation during voluntary movement or maintenance of posture. Sustained or intermittent muscle contractions.</td>
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<tr>
<td>Rigidity</td>
<td>Resistance to passive movement and is independent of posture and speed of movement. Rigidity is not specific to particular tasks or postures.</td>
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<tr>
<td>Ataxia</td>
<td>Lack of control of voluntary movement, poor balance and coordination</td>
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<tr>
<td>Athetosis/Chorea</td>
<td>Involuntary contractions of muscles</td>
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Frame Running Classification

- To ensure fair competition, a classification system was developed by CPISRA specifically for RaceRunning, which takes into account leg function and how the athlete controls the RaceRunning frame.

- In November 2017 World Para-Athletics announced that they would recognise RaceRunning as a Para-Athletics event. As part of the CPISRA/WPA transition plan research has been carried out to ensure that any RaceRunning classification system adopted was robust and compliant with IPC classification code.

- Research was completed by March 2020.

- IPC Classification in conjunction with WPA submitted a paper to IPC Governing Board in October outlining the new classification rule. This has been approved by the Governing Board and after a consultation process with member early in 2021 it is hoped the new system will become part of the WPA classification system some time in 2021.

- The new system proposes 2 classes, T71 and T72. Full details of these class profiles will be available when the consultation document is published.
Participation: Sport, Recreation and Therapy

Potential benefits:

- Increased aerobic capacity and increased cardio-respiratory health
- Psychosocial benefits — increased interaction with peers
- Increased muscular strength, improved motor control and coordination
- Enhanced health through increased physical activity
World Para Athletics
European Championships 2018
World Para Athletics
World Championships 2019

Women's 100m RR3 Final | Dubai 2019
Why are World Para- Athletics promoting Frame Running

- World Para Athletics wish to increase opportunities and athletes with High Support Needs (HSN).
- Within 2 years of recognising Frame Running almost 100 athletes licenced on World Para-athletics licencing system from 15 countries covering 3 continents.
- Frame running is one of the few events or sports where this group of athletes can compete in aerobic competition.
More Information available

If you require more information please contact.

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Thank you!