

First Entry

16th International RaceRunners Cup Event
Frederiksberg, Denmark
July 11th – 15th 2012



16th International RaceRunners Cup Event

**RaceRunners and
CPISRA members countries are invited to the**

16th International RaceRunners Cup Event

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Dear Sports friends,

In July 2012 Frederiksberg Handicap Sports Club stages the 16th International RaceRunners Cup Event. We would like to invite all Racetrainers, coaches and organisational officers, who are interested in the sport of RaceRunning.

The Organizing Committee and Frederiksberg Handicap Sports Club are proud to offer this opportunity to strengthen the work for athletes with severe disability as well as CP athletes in general. The 16th International RaceRunners Cup Event is recognized and supported by CPISRA and the Danish Sports Organisation for Disabled.

During the week Racetrainers, coaches and organisations benefit through:

- Participating in the International RaceRunners Cup Event the 14th of July.
- Sharing and developing knowledge about training, equipment and disabilities.
- Sharing the joy of practicing with other Racetrainers from many countries.
- Strengthening friendships and the contact within the sport of RaceRunning and athletics.

Accommodation

If You wish accommodation, then we can help you finding a proper accommodation place, but you are also welcome to make a reservation yourself. To get it as cheap as possible, please return the entry form below as soon as possible, latest the 1st of March 2012.

If we shall make the reservation for you, then we have to receive the money before the reservation takes place.

Transport

If You need help with transportation reservation to and from the airport, hotel and stadium then we can help You with this. You can also take care of this yourself. To get it as cheap as possible, please return the entry form below as soon as possible, latest the 1st of March 2012.

If we shall make the reservation for you, then we have to receive the money before the reservation takes place.

Meal

Lunch and dinner will be served at the Three Falk School.

The school is fully accessible for wheelchairs there are many standard toilets and 3 handicap toilets.

Training Venue

The stadium is right next to the school. - The official address is:

Frederiksberg Idrætspark
Sønderjyllands Allé 6
DK-2000 Frederiksberg

Entry Fee

Entry fee is 500 Dkk.

16th International RaceRunners Cup Event

Entry fee covers lunch and diner from Wednesday the 11th to Saturday the 14th of July. It also covers participation in the 16th International RaceRunners Cup Event and the farewell party Saturday night. This entry fee is paid together with the second entry form the 15th of May 2012.

Preliminary program

Wednesday July 11th

Morning & afternoon Main arrival day.
Classification for all.
Evening Briefing for runners, coaches, assistants and staff.

Thursday July 12th

Morning & afternoon Classification
Evening Free time.

Friday July 13th

Morning & afternoon Ability to train
Evening Free time.

Saturday July 14th

Morning/afternoon 16th International RaceRunners Cup Event
Evening Farewell Party.

Sunday July 15th

Morning Departure – everyone has to leave latest at 3pm.

The Participants in 16th International RaceRunners Cup Event

Athletes must bring their own RaceRunner to compete in the 16th International RaceRunners Cup Event. Athletes wishing to sample the experience of RaceRunner for the first time will be able to hire a RaceRunner during the week but they must contact organizers in due time to make necessary arrangements.

Following age groups can participate in the 16th International RaceRunners Cup Event.

Age Group	Definition
Senior	Aged 20 or above on 31st December in competition year
Junior	Aged 18 or 19 on 31st December in competition year
Youth	Aged 16 or 17 on 31st December in competition year
U16	Aged 14 or 15 on 31st December in competition year
U14	Aged 12 or 13 on 31st December in competition year
U12	Aged 10 or 11 on 31st December in competition year

Athletes must be in cerebral palsy classes T31-T34 – or RR1-RR3 – see the specification of the RaceRunner classification below. Other disability groups can attend the CUP, but can only compete in the Open class.

16th International RaceRunners Cup Event

RACERUNNER CLASSIFICATION

The Racerunner Classification is a functional system. The athletes are assessed in the Racerunner to determine the functional use of their extremities operating the Racerunner. A bench test is also used to determine, the type and degree of the motor and neurological problem.

RaceRunning is a sport open to athletes that can not functionally walk or have severely limited functional walking. The athletes with limited functional walking should not be able to participate competitively in ambulatory track or field athletics.

The RaceRunning athlete has movement difficulties due to the moderate/severe effect of spasticity, athetosis, dystonia, or ataxia or a combination of these. The movement difficulties result in reduced coordination and difficulties with isolated movements of the limbs.

The RaceRunning Classification System is an independent system and has no direct relation with the CP classes.

Athlete Profiles:

RaceRunning Class 1 (RR1):

Athletes with severe athetoid, spastic, ataxic dystonic or mixed quadriplegia are in this class.

- The RR1 will have severe involvement in the lower extremities and trunk and moderate to severe involvement in the upper extremities.
- Only gross patterns of movement, flexion, and extension, with ineffective leg propulsion are observed.
- Athletes with spasticity would have grade 3 and /or 4 in lower extremities- grade 3 in the upper extremities on the ASAS.
- Severe difficulty isolating individual joint movements in the lower extremities.
- There is poor control of the stride.
- Foot drag, severe asymmetry, or no alternate leg movements may be seen.
- Upper extremities have poor control and strapping may be necessary for hand placement.
- Startle reflex may limit the start.
- Severe difficulties in co-ordination of functional running movement, severely limited hand function, and poor trunk stability characterize this class.

RaceRunning Class 2 (RR2):

Athletes with moderate involvement in the upper extremities and trunk with moderate to severe involvement of the lower extremities are in this class.

- Spasticity, athetosis, ataxia, dystonia or weakness limits effective pushing movements of the lower extremities.
- Asymmetric stride pattern, but more effective than RR1

Those athletes with spasticity would have grade 2 or 3 on the ASAS in the lower extremities, or grade 3 in at least 1 lower extremity. Upper extremities – grade 2 or 3 in at least one upper extremity.

- Minimal to no foot drag.
- May need strapping of one or both hands on handlebars.
- Spasticity, limited range of motion, athetosis, asymmetry, weakness or a combination of these, in the lower extremities, limits stride effectiveness.
- Bilateral alternating, unilateral, and simultaneous leg push will be effective but limited by range of motion, spasticity, or athetosis.
- Startle reflex may be present.
- Asymmetry or limited range of motion, poor coordination in the lower extremities, fair trunk and upper extremity control, along with limited stride effectiveness characterize this class.

16th International RaceRunners Cup Event

RaceRunning Class 3 (RR3)

Athletes with mild to moderate involvement in one or both upper extremities, fair to good trunk balance and moderate involvement in the lower extremities are in this class.

- Symmetrical or slight asymmetrical — alternate leg movement with good push-off.
- Effective start with good acceleration — no startle reflex.
- Those athletes with spasticity would have grade 1, 2, or 3 on ASAS.
- Usually able to move foot, knee and ankle joints independently.
- Adequate steering and braking with the upper extremities usually without strapping.
- Hip and knee contractures may limit stride length.
- Athletes with athetosis in this class may show a smoother movement pattern as there speed increases.
- Asymmetry or moderate coordination difficulties in the lower extremities, moderate to good steering and trunk function in the Racerunner, and effective start with good acceleration characterize this class.

16th International RaceRunners Cup Event

Ask for more information

Mansoor Siddiqi,
Chairman of the Organizing Committee
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Annemarie Jensen,
Member of the Organizing Committee
Phone home: +45 4484 0407
E-mail: annemarie.jensen@hotmail.com

Send entry form to

**Organizing Committee
16th International
RaceRunners & Cup Event**

Danish Sports Organization for Disabled
Idraettens Hus
Broendby Stadion 20
DK-2605 Broendby
Denmark
Fax: +45 43 26 24 70
E-mail: msi@dhif.dk

Entry Deadlines

1st Entry Form (see next page) must be filled out by number of participants and forwarded by mail, fax or post.

1st Entry Form must be received in Denmark no later than **March 1st 2012**

After this date only those federations who have submitted the first entry will receive further information.

2nd Entry Form will be distributed in the beginning of **April 2012** to inform about names, etc.

2nd Entry Form must be received in Denmark no later than **May 15th 2012.**
Registration after this date will not be accepted!!!

16th International RaceRunners Cup Event

Please copy the form and send it by mail, or use typewriter or write in capital letters.

1st Entry Form must be received in Denmark no later than **March 1st 2012**

Country		Code	
Name of the federation			
Address			
Telephone			
Mobil phone			
Fax			
Email			

Name and position			
Signature		Date	

TOTAL NUMBER OF PERSONS IN THE TEAM	
TOTAL NUMBER OF ATHLETES	
TOTAL NUMBER OF STAFF	
WOULD YOU LIKE US TO BOOK YOUR HOTEL (YES/NO)	
HOW MANY SINGLE ROOM?	
HOW MANY DOUBLE ROOM?	
WOULD YOU LIKE US TO BOOK YOUR TRANSPORTATION (YES/NO)	

NUMBER OF POWER WHEELCHAIRS	
NUMBER OF MANUAL WHEELCHAIRS	