Petra RaceRunner, Cross Runner & Storm Runner

Photograph courtesy of Brian Bray
PERMISSION TO GO!

The sport of RaceRunning was founded in Denmark in 1991 by Paralympian Connie Hansen and present international RaceRunning coordinator Mansoor Siddiqi.

The Running Bike or ‘RaceRunner’, simply described - is a three-wheeled frame with a saddle, body support and most notably, no pedals. The rider finds a running/propulsion style suitable for them and the result is a sensation of speed and exhilaration.
RaceRunners are designed to have very little rolling resistance. The result is the kind of movement that children and adults with restricted mobility rarely experience. This makes exercise and therapy fun and rewarding.

For those who want to, they can race too! There is a growing network of clubs across the UK, offering training, encouragement and the opportunity to run with new friends.
The key components of the RaceRunner work together to make the frame accessible for ambulant users and wheelchair users alike. The frame geometry and steering damper make the RaceRunner stable in turns. The RaceRunner is easily adjusted to allow for growth.

RaceRunners can be personalised for each runner’s particular support needs by using some of the accessories shown on page 7.
2. **DROP-LINK SYSTEM**

The Drop-link system enables the seat and seat post to be folded down to allow for easier transfer into the frame. This feature, together with the space between the rear wheels, makes it easier to access the frame from a wheelchair.

**STEP 1**

**STEP 2**

1. **SADDLE**

The saddle supports the user’s whilst at rest and during Running.

2. **BODY SUPPORT**

Together with the saddle, the body support helps to distribute the user’s body weight. This enables the user to have greater freedom to move their legs.

3. **REAR WHEELS**

The rear wheels can be quickly removed with the 6mm Allen key supplied making it easy to transport and store the RaceRunner.

4. **STEERING DAMPER SPRINGS**

Steering damper springs assist controlled turning and help users maintain straight line running.

5. **HAND BRAKES**

Hand brakes prevent The RaceRunner from rolling whilst users transfer on and off the frame.
The Cross Runner is a version of the RaceRunner, which is designed to be used anywhere - on the street, the seafront or woodland trails. It is a great choice for everyday mobility, regardless of whether you want to walk, jog or winter train for RaceRunning.

The Cross Runner is very easy to assemble and take apart, making it easier to transport to events, holidays and training locations.
PERSONALISE YOUR RACERUNNER/CROSS RUNNER

UNICYCLE (BANANA) SADDLE
The Unicycle saddle offers some users greater hip control and more comfort. This is an extremely useful and popular accessory for clubs, catering for a number of users.

UNICYCLE SADDLE COVER (SYNTHETIC LAMBS WOOL)
The Unicycle saddle cover is just one of many accessories used to improve user comfort and to minimise contact with harder surfaces. A range of frame pads are also available.

‘U’ PROFILE BODY SUPPORT
The ‘U’ profile PU moulded body support provides lateral support as well as anterior support and is supplied with a strap. Available in 3 sizes.

FLAT MOULDED BODY SUPPORT
This support is suitable for users with good upper body control who require simple anterior support whilst running. It can be used with or without a body strap. Available in 2 sizes.

EXTRA-LOW DROP-LINK SYSTEM
The extra-low drop-link system increases the range of adjustment in the saddle height. This is a useful accessory for users with shorter legs relative to their overall height.

LEG SEPARATION PLATE
Leg separation plates are used to control adduction of the feet or knees. They can also be used in combination by stacking them on the same vertical post. Soft covers are also available.

BODY STRAPS FOR FLATTER BODY SUPPORTS
Body straps can be used to prevent extension and to give the user more confidence. They are ideal for those users who do not require more substantial lateral support.

BRAKE CABLE SPLITTER
This simple component enables both brake levers to operate the front brake. This is a useful edition for club bikes, enabling left hand, right hand or both hands to control braking.

HUMPERT AHS HANDLEBARS
These dynamic handlebars can be adjusted in many ways to accommodate different riding styles and asymmetry.

BAR ENDS
Bar Ends give athletes different gripping options to enable better steering control.

GRIPMIT
The Gripmit is designed for children and adults who have low muscle tone or weakness in the lower arm or hand and who want to participate more fully in leisure or DIY activities.

BAR END MITTS
Neoprene bar end mitts are perfect for keeping hands warm and dry on rainy or cold days. They can be used for training and inbetween scheduled races.
The Storm Runner is Connie Hansen’s ‘elite’ RaceRunner. It differs from the Petra RaceRunner as it has a one-piece chrome molybdenum frame and profiled aluminium forks. The Storm Runner has a more aggressive racing stance than it’s counterparts.

The frame-weight has been finely tuned for maintaining stability and stiffness in the bends without having to widen it’s footprint. The result is a RaceRunner which is primed to help you shave off the seconds!

Available in 2 sizes: Large (ref. 4.5) and Extra Large (ref. 5.5)

The Storm Runner shown features optional carbon fibre wheels.
SIZING GUIDE FOR ALL RUNNING BIKES

It is important that you take some time to identify the frame size you need. If you are attending a RaceRunning Club, you may already know what you require. If you are new to RaceRunning then Quest 88 product specialists can help you to determine the right size and set up. We provide free assessments for individuals as well as taster days and advice for new club start ups and schools.

Please use the following chart to help you and do not hesitate to call us to ask any questions you have and arrange an assessment.

<table>
<thead>
<tr>
<th>Size</th>
<th>SIZE -1 BABY</th>
<th>1 - X-SMALL</th>
<th>2 - SMALL</th>
<th>3 - MEDIUM</th>
<th>4 - LARGE</th>
<th>5 - X-LARGE</th>
<th>1 X-STRONG</th>
<th>5 X-STRONG</th>
<th>CROSS LARGE</th>
<th>CROSS X/LARGE</th>
<th>LARGE (4.5)</th>
<th>X-LARGE (5.5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>User max. height (cm)</td>
<td>90</td>
<td>110</td>
<td>140</td>
<td>140</td>
<td>160</td>
<td>185</td>
<td>193</td>
<td>185</td>
<td>193</td>
<td>180</td>
<td>190</td>
<td>175</td>
</tr>
<tr>
<td>User max. weight (Kg)</td>
<td>25</td>
<td>30</td>
<td>50</td>
<td>50</td>
<td>65</td>
<td>85</td>
<td>100</td>
<td>125</td>
<td>125</td>
<td>80</td>
<td>90</td>
<td>80</td>
</tr>
<tr>
<td>Saddle height (cm)</td>
<td>24-32</td>
<td>38-54</td>
<td>45-60</td>
<td>50-66</td>
<td>60-75</td>
<td>70-85</td>
<td>80-95</td>
<td>70-85</td>
<td>80-95</td>
<td>70-85</td>
<td>80-95</td>
<td>65-97</td>
</tr>
<tr>
<td>Body Support (cm)</td>
<td>36-56</td>
<td>50-75</td>
<td>56-82</td>
<td>63-88</td>
<td>75-102</td>
<td>85-111</td>
<td>95-125</td>
<td>85-111</td>
<td>95-125</td>
<td>85-111</td>
<td>90-125</td>
<td>N/A</td>
</tr>
<tr>
<td>Handlebar height (cm)</td>
<td>40-50</td>
<td>50-60</td>
<td>60-70</td>
<td>65-75</td>
<td>70-85</td>
<td>80-95</td>
<td>100-120</td>
<td>80-95</td>
<td>100-120</td>
<td>80-95</td>
<td>100-120</td>
<td>N/A</td>
</tr>
<tr>
<td>Total length (cm)</td>
<td>107</td>
<td>118</td>
<td>128</td>
<td>144</td>
<td>156</td>
<td>168</td>
<td>184</td>
<td>163</td>
<td>172</td>
<td>168</td>
<td>184</td>
<td>183</td>
</tr>
<tr>
<td>Total width (cm)</td>
<td>67</td>
<td>71</td>
<td>73</td>
<td>75</td>
<td>78</td>
<td>82</td>
<td>85</td>
<td>88</td>
<td>90</td>
<td>82</td>
<td>85</td>
<td>80</td>
</tr>
<tr>
<td>Product weight (Kg)</td>
<td>9</td>
<td>11</td>
<td>14</td>
<td>14</td>
<td>15</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>17.5</td>
<td>18.5</td>
<td>N/A</td>
</tr>
<tr>
<td>Front wheel size</td>
<td>30cm PUR Tyres</td>
<td>18&quot;</td>
<td>18&quot;</td>
<td>20&quot;</td>
<td>20&quot;</td>
<td>20&quot;</td>
<td>20&quot;</td>
<td>24&quot;</td>
<td>20&quot;</td>
<td>24&quot;</td>
<td>700cc</td>
<td>700cc</td>
</tr>
<tr>
<td>Rear wheel size</td>
<td>30cm PUR Tyres</td>
<td>20&quot;</td>
<td>20&quot;</td>
<td>700cc</td>
<td>700cc</td>
<td>700cc</td>
<td>700cc</td>
<td>700cc</td>
<td>700cc</td>
<td>700cc</td>
<td>700cc</td>
<td>700cc</td>
</tr>
</tbody>
</table>
RaceRunning offers many opportunities inside and outside of sport. In December 2017, however, RaceRunning was recognised as a new Paralympic sport. This is especially exciting as it defines a new genre of Paralympic sport - which fits between wheelchair sports and non-adaptive events. Quest 88 forms part of the Strategic Development Group for Grassroots RaceRunning.
RESOURCES

RACERUNNING: AN INTRODUCTION

Cerebral Palsy Sport have produced “An Introduction to RaceRunning resource to support the development of the new sport across the country. All proceeds go to CP Sport (Registered Charity 1088600)

GUIDANCE FOR SETTING UP A RACERUNNER

This guide has been co-authored by Liz Moulam and Robert Henshaw, both of whom are members of the Strategic Development Group for RaceRunning for England & Wales together with CP Sport England & Wales and other stakeholders.

Photograph courtesy of Nick Lomas
Quest 88 Limited products must only be used under appropriate supervision. Please consult a professional health care worker before purchasing or contact Quest 88 Limited for more information. The products featured in this catalogue will only function correctly and safely when setup in accordance with the user instructions; please keep these safe and accessible. Always observe minimum insertion marks for saddles and handle bars and ensure that tyres and inner tubes are inflated according to instructions. Occasionally specifications and colours may change. To avoid disappointment, please contact our sales team for the most recent product information. Quest 88 Limited reserves the right to change product specifications without prior notice.

This brochure has been subject to scrutiny by CopyScape Plagiarism Checker and found to be original; therefore no element as a whole or in parts, may be reproduced electronically, or mechanically, or stored in a retrieval system, or transmitted, or photocopied by any means known, or as yet un-invented, without the written prior permission of Quest 88 Limited.