



**Introduction to Frame Running Workshop**  
**Saturday 15th January 2022 – 1.30pm to 5.30pm**  
**North Notts Community Arena, Eastgate, Worksop, S80 1QS**

**About Frame Running**

Frame Running is an adapted sport, where individuals living with disabilities that affect their mobility and balance are able to participate in walking and running activities. In many cases this means people who cannot normally walk independently are able to experience the joy and freedom of running. Athletes use a Running Frame, which is a three wheeled frame with a saddle and body support (but no pedals) providing the opportunity for them to move at speed using their own feet and their own power. As well as physical health benefits, Frame Running is a great activity to promote mental and emotional wellbeing as well as a fantastic opportunity to engage socially and develop great friendships.

**The Be More Bailey Charitable Foundation**

As a Charity dedicated to increasing opportunities for children and young people with disabilities to engage in Swim, Bike and Run activities, we are delighted to offer the opportunity for Athletics and Running Coaches, Physiotherapists, Sport and Exercise Professionals, along with parents and children with disabilities, to learn more about the sport of Frame Running. As more children and young people are experiencing the benefits of movement with a Running Frame, there is a great opportunity for coaches and clubs to encourage these children to get involved in sport. Our aim is to provide support and training to give coaches the knowledge and confidence to actively encourage the participation of Frame Running within their clubs. As well as supporting coaches and clubs with our educational workshops, The Be More Bailey Charitable Foundation is also providing organisations that would like to introduce Frame Running activities to their club environment with the opportunity to apply to us for grant funding towards Frame Running equipment.



**Be More Bailey Charitable Foundation**  
**Registered Charity Number: 1173355**

**Beacon Court, Plumtree Farm Industrial**  
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