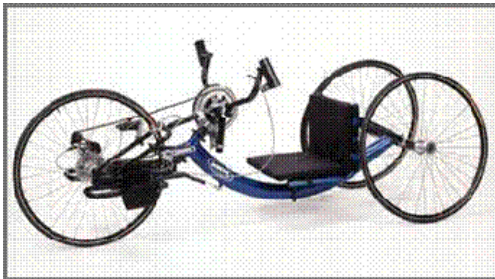


Handcycling



fashion to a bicycle.

What is Handcycling?

Handcycling is a relatively new sport to Australia and although still in its infancy, it is quickly becoming the first choice for individuals looking to satisfy their need for fitness, physical exercise and participation in wider community events. A Handcycle is designed to enable people to use their upper body to propel a 3 wheel cycle in a similar

Brands of Handcycles:

Greenspeed. Infinite. Schmicking. Quickie. Top End

At present the vast majority of Handcycles are manufactured overseas, and as such cost can be an issue. However, recently there have been a number of attempts by Australian manufacturers to build Handcycles. This move will no doubt increase the access to them in the near future.

Why Handcycle?

In the past, many people have had their participation in wheelchair sports limited by a lack of technique, experience and comfortable equipment. Handcycling offers people an accessible outdoor activity that offers a great aerobic workout and the chance to be fully integrated into wider community events. Handcycling also allows individuals with many different disabilities to get involved, much the same way as running and cycling are easily accessible to the wider community.

Events:

There is a whole world of Handcycling out there, with Handcyclists regularly involved in many different events including:

- Rides with Family and Friends
- Local Community Activities
- Albury/Wodonga Dash for Cash
- Murray to Moyne 24 hour relay
- Round the Bay in a Day
- Victorian Races
- National Championships
- New York, London, Berlin, Boston and Amsterdam Marathons

Who Can Handcycle?

Handcyclists disabilities vary from those with a spinal cord injury (Paraplegia & Quadriplegia), lower limb amputations, to those who were born with conditions affecting their mobility. Able bodied participants can also use Handcycles, as they can be set up so everyone can get involved.

I had tried swimming but got water logged, and I couldn't see myself getting into a racing wheelchair again. I saw Handcycling and thought I would give it a go, and found out that Handcycling is an adaptive sport. I had the ability to go at crawling speed, walking or jogging, or even flat out. All of this without pain or discomfort. It doesn't matter if you have legs or don't have legs, if you can feel your legs or not feel them. Handcycling breaks down the barriers between people with a disability and those without. It's great for fitness or just getting out and about, going on a Sunday ride with your mates. Stuart Tripp

How Can I Get Involved?

WSV along with the Victorian Handcycling Association are developing a handcycling program that will offer members the chance to get involved in a wide variety of events. These events include Come & Try days, social and competitive events, information sessions and participation in wider community events. These events in the near future will allow WSV members to get up close with the new Handcycles kindly donated by The Primary Club, and see for themselves what the sport has to offer them.

When the Handcycles arrive, interested members are more than welcome to come in and have a look, especially if they are planning on buying one and want to get a good feel for them before the purchase. The Handcycling program will focus on offering both the recreational and competitive aspects of the sport.

When?

As soon as you realize that Handcycling is definitely for you. Whether that is riding with your family and mates, or racing.

Where Can I Find Out More?

There's a whole world of Handcycling out there, so here's a few tips:

www.wsv.org.au - Local information, news and events.

www.handcycling.org.au - The Australian site with news, events and information about National Championships.

www.bike-on.com - A great place to find out more about what's on the market.

www.infiniterehab.com.au - Local suppliers of Handcycles contact: Peter Richardson 0409 145 675

Dynamic Wheelchair Solutions - Local supplier of handcycles contact: Michael DeSanto on 9548 8400

www.teamhandcycle.org - Details about Handcycling involvement in the Murray to Moyne 24 hour relay



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Michael Taylor General Members Mathew
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