



2022 AUSTRALASIAN FRAME RUNNING CAMP & CUP



EVENT GUIDE

Inaugural Australasian Frame Running
Camp & Cup 2022

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Welcome to the Inaugural Frame Running Camp & Cup.

This year marks the 25th Anniversary of the International Camp & Cup held in Denmark, and we are seeking to build on this major event, launching this - the first Australasian Camp & Cup.

We welcome athletes, families, carers, therapists, coaches, and volunteers from across the region and hope to create an event where you can build new friendships, learn from those who have competed locally and overseas, race at your best and of course have fun.

A wonderful team of people have come together to help launch this first event. Special thanks go to:

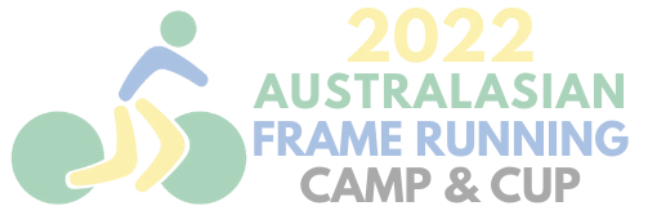
Dr Sarah Reedman
Amy Tobin and Drew Anderson
Dr Emma Beckman
Cindy Wilson
Richard Keith
The Dejay Team

We will survey attendees after the event to gain your feedback and seek to make next year even bigger and better.

Have a great event, make new friends and **HAVE FUN!**

Steve

Dejay Medical



THANK YOU TO OUR SPONSORS



sourcekids



Thanks to the University of Queensland for the sponsorship of the event and use of their class leading facilities.



CREATE CHANGE



The Team at Dejay were proud to launch Frame Running in Australia in 2018. Connie Hansen supported the first national tour and since then we have loved creating many memorable moments supporting frame runners at school, home as well as state, national and international racing.

We will have loan frames, equipment, and spare parts on hand to support attendees.

Please stop by and say hello!

VENUE MAP

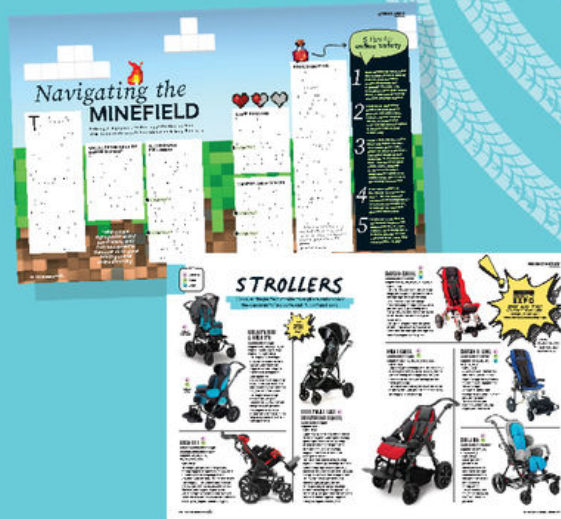
The Camp & Cup is hosted by the University of QLD at the UQ Sport Athletics Centre, Sir William MacGregor Drive, St Lucia, QLD, 4067. All presentations and racing will be at the track. Only the Gym session are located approx. 100m away from the track. Please find the map of the venue below:



PROUD SPONSOR

SOURCEKIDS

IS PROUD TO BE THE OFFICIAL
MEDIA PARTNER FOR THE AUSTRALASIAN
FRAME RUNNING CAMP & CUP 2022.



Source Kids is Australia's leading disability resource delivering content through its magazine, expo events, online, social media and email.

Find out more and join our community

 @sourcekids  @sourcekids_au

sourcekids.com.au

IMPORTANT CHECKLIST

Please remember these important items:

- Your Frame Runner
- Your Helmet
- Your Shoes to run in
- Sunscreen to protect you from the Brisbane sun!
- A Hat for some shade
- Medication where appropriate
- A smile



VOLUNTEERS

Many people have donated their time to make this event a success and we are incredibly grateful to:

UQ Sport Team

Now I Can Run Coaching Team

Students from the University of QLD

**THANK
YOU!**

DAILY SCHEDULE - PRE EVENT

PLEASE NOTE:

Schedule is subject to change. Please scan the QR Code on your lanyard for the latest schedule during the event.



THURSDAY 29TH SEPTEMBER

Athletes are welcome to drop off their frame at the venue from 3pm on Thursday 29th September 2022. The frames will be tagged and stored securely on site for the duration of the camp.



Athletes who have ordered a loan frame are welcome to have their frame fitted between 3pm and 5pm on Thursday afternoon or on Friday morning between 8 and 10am.

Not happy with your current frame setup?

Join Connie Hansen and the Dejay team from 3pm on Thursday, where we can help with adjustments, and advice on finding the best positioning.





LET US HELP YOU ACHIEVE YOUR GOALS

Helping families for over 35 Years

www.dejay.com.au therapy@dejay.com.au 02 9838 8869





DAILY SCHEDULE - DAY 1

PLEASE NOTE:

Schedule is subject to change. Please scan the QR Code on your lanyard for the latest schedule during the event.



FRIDAY 30TH SEPTEMBER

Drop off your frame runner to the event organisers as you arrive, we will tag it and it will be kept secure on site for the duration of the event.

Each day a Warmup session is available on track from 8am to 10am for athletes who would like to hone their skills. Coaching staff will be present to help you and answer your questions.

At 10am we will welcome our athletes from across Australia and New Zealand and provide an outline of the 3-day event.

11am The Stay in Your Lane session is to help provide an overview of the rules for racing on the track then the first races are the heats of the 60m from 12pm. For our advanced athletes head to the Gym for a session on Strengthen & Conditioning training to improve your frame running times.

After lunch the heats of the premier event the 100m commence. Later at 4pm our advanced athletes will be competing in the 800m events on the track. Next to this is the Fun & Game Zones, where our up-and-coming stars can try out some fun & games in your frame runner.



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WELCOME EVENT



Join us for the Welcome Event where you will have the opportunity to meet and mingle with each other and have fun!

The theme is:

Hawaiian!

Come dressed in a crazy Hawaiian shirt or get a team together and dress in theme.

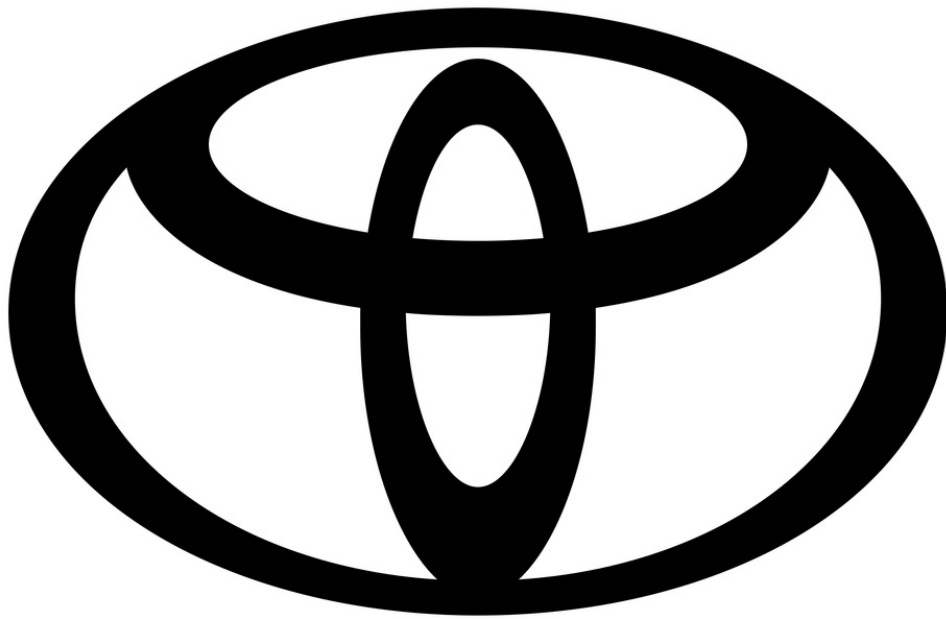
Prizes will be awarded for best dressed.





PROUD SPONSOR

Australasian Frame Running Camp & Cup proudly sponsored by



TOYOTA

Toyota Australia are committed to making a difference and to providing opportunities for the next generation to reach their full potential.

For us, being part of community groups is the cornerstone of our relationship with many Australians.

We're here for a better Australia.



DAILY SCHEDULE - DAY 2

PLEASE NOTE:

Schedule is subject to change. Please scan the QR Code on your lanyard for the latest schedule during the event.



SATURDAY 1ST OCTOBER

Day Two of Competition and Warm-Up on track between 8am and 10am. Coaches will be available to help you with your track skills. Practice your starts, hone your technical skills and try out some distance training.

At 9am our intermediate athletes can join the Gym session to learn strengthen and conditioning exercises to help your frame running.

At the Fun & Games Zone we will have some 40m races and more games in your frame runner.

From 10am will see the start of the 200m heats. Staying in your lane on the bend is very important in this event whilst going fast.

At 11:30am have a well earned rest and join Connie Hansen and Dr Sarah Reedman share their knowledge on Frame Running. Learn about taking your brain for a run and about different types of positioning. Hear about the results of recent research into Frame Running and the benefits it provides.

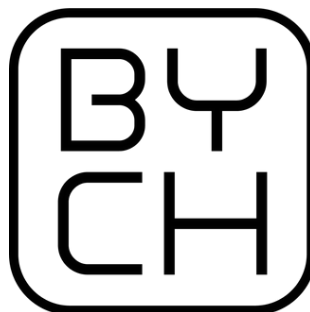
After lunch the heats of the 400m commence for our intermediate and advanced athletes. While this is in progress our beginner athletes can learn about more activities you can do in your Frame and continue to meet other athletes in our community.

At 3pm the finals of the 60m races will be held. The first chance to win a medal at this years event.

From 4pm there will be the option for all athletes and their families to join in a Frame Running relay and a few games.



FRAME RUNNING COMMUNITY





DAILY SCHEDULE - DAY 3

PLEASE NOTE:

Schedule is subject to change. Please scan the QR Code on your lanyard for the latest schedule during the event.



SUNDAY 2ND OCTOBER

The final day of this year's event commences with the track open for warm-up practice from 8am till 10am.

At 10am attend the stretching session to get ready for your race or join in some fun at the Fun & Games zone.

10:30am is the Finals of the 100m. Will we see a new world record time set?

At 11.30am please join the ladies from Frame Running Wollongong who will talk about how they started their club. 12:30pm will see the final of the 200m event on track.

During lunch there will be the opportunity to hear from a few of our experienced athletes. They can share their journey with you, how they overcame challenges and what they have learnt.

The final event will be the 400m finals and for those not racing the last opportunity to meet other frame runners in the Fun & Games zone. We will wrap up this year's event with the Awards Presentation and say farewell until next year!

WARM UP ON TRACK EACH DAY

The track will be open from 8am to 10am each morning for athletes to warm-up and hone their skills. Coaching staff will be on hand to assist athletes, and this is often a fantastic way to meet other athletes and train together.



ACCESS TO THE TRACK AT OTHER TIMES



In the interest of safety, access to the track during the hours of the Camp & Cup is not permitted unless event staff have allocated free time.

Please only cross the track at the designated zones to ensure all athletes and you are always kept safe.





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FIRST-AID & ILLNESS

First Response Certified people will be on hand for the duration of the event. They can attend to any first aid or illness enquiries. Please assist event organisers with keeping us updated by visiting the Event Organisers Marquee.



Nearest Pharmacy to the track
St Lucia Pharmacy
26 Hawken Dr, St Lucia QLD 4067
Ph: 07 3870 9542

EVENT CHECK-IN & LANYARDS

On Friday morning at the Opening Ceremony we will register each attendee and they will receive a lanyard for the duration of the event.

Athletes will be wearing **green** lanyards

Athlete Families will be wearing **blue** lanyards

Event Staff will be wearing **yellow** lanyards



CATERING AT THE EVENT

Thanks to LoveBite for catering the event

For registered attendees of the event your ticket includes:

Morning Tea and Lunch each day plus Food & Drink at the Welcome Event on the Friday evening.

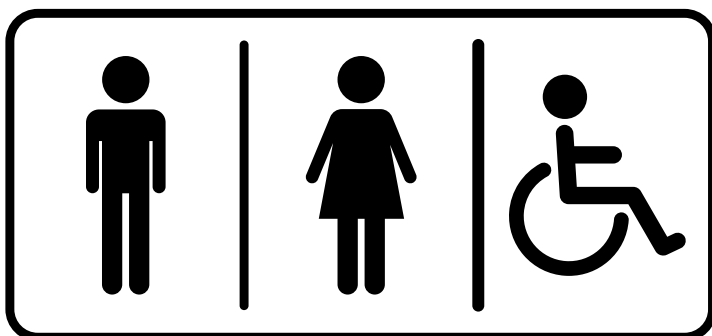
There will also be a Canteen operating throughout the event selling light snacks and drinks.

The lanyard you are issued at the event Check-in should be always worn as this is required to receive your meals.

For your catering needs contact Alisha Smith – 0416 955 647
Food Handling Certificate: Do Food Safely 00266780



DISABLED TOILET FACILITIES



Toilets are located track side underneath the main stadium, this includes two disabled toilet facilities.

In addition there are two on site toilet facilities as shown on the map of the venue.

CLASSIFICATION



Athletes do not need to be classified to participate in their race.

Classification is for those experience athletes seeking to have their time recorded for official purposes. Only athletes that have not been classified prior will be evaluated during the event.

As there will be a significant change in the classification system at the start of 2023, we have encouraged and recommend athletes who require classification to seek a provisional classification prior to the event.

This can be achieved through completing the State Classification form on the Athletics Australia website and sending your completed paperwork to Sean Whipp as outlined on their web page. This should be done at your earliest convenience to receive your provisional classification prior to the event. Please also note the fact sheet for doctors and a parent help sheet.



Importantly, parents/physios/doctors/athletes completing the form should specify on the form AND in the email to Sean Whipp that the person wants to be considered for a Frame Running class. See next page.

CLASSIFICATION - CONT.

Example of how to indicate this on the form.

TRAINING AND COMPETITION HISTORY			
(Athlete to complete)			
List preferred events & Personal Best times and distances	1 Frame Running 100m Time mm:ss.ms	2 add other events as necessary	
	4	5	6
Number of years Competing: _____	Highest Competitive Level (please circle)	Local National	State International
Names & Years of 3 Highest level Competitions			
Throwing Arm if applicable	Right	Left	
Are you choosing to compete?	Sitting	OR	Standing
Number of Training Sessions per Week	Number of Sport Specific Sessions per Week		
Number of Strength Sessions per week	Other Training		
Any Other Sports and Other Notes:			

Athletes can circle sitting AND standing if they are also being considered for a track wheelchair or a seated throws class. In the email the person should state “[name] is intending to compete at the Australasian Frame Running Camp and Cup on 30/09/2022 – 02/10/2022 and would like to be considered for a Frame Running class”.

We will have two classifiers at the event who will be classifying a limited number of athletes.

COVID-19



We will follow the guidelines as applicable with QLD Health for the duration of the event.

Please notify the organisers should you or a member of your family test positive to COVID-19 during the event.

We ask attendees to monitor their health in the lead-up to the event and ensure they are not putting their fellow athletes and their families at risk by not attending if you are feeling unwell and showing any signs of symptoms.

NO SMOKING EVENT

NO SMOKING



The Australasian Frame Running Camp & Cup is a no smoking event. Thank you for your courtesy in not smoking.

PHOTOGRAPHY & FILMING

Please ensure you seek permission prior to taking someone's photo or filming them.

We encourage you to highlight the sporting activity rather than a participant's disability.

Photography at the start / finish area is strictly for authorised personnel only. We must ensure

that the equipment used for timing is not impeded in any way.

A professional photographer will be onsite for the duration of the event.



FRAME RUNNING STORAGE

Your Frame Runner can be dropped off at the venue from 3pm on Thursday afternoon 29th September or on the Friday morning at registration.



Frames will be kept in a secure location under the stadium for the duration of the event.

A volunteer will be on hand to assist with the booking in/out of your frame during the 3-day event. Hence you will not be required to take your frame to/from the event each day.

PARKING



There is plenty of parking available. Car park is located opposite the track is ideal to park and cross the crossing to the back of the track.

PUBLIC TRANSPORT

St Lucia campus is conveniently serviced by more than 10 direct bus routes from the Brisbane CBD and outer suburbs.

Some routes travel via rapid-transit busways, which offer congestion free services to and from campus.

There are also frequent services from Indooroopilly Shopping Centre and Toowong.

St Lucia campus has two bus stations, located at Chancellor's Place and the UQ Lakes.



EVENT TEAM

The Event Team will be located at a Marquee near the 100M start line. This is outlined on the map of the venue on page 5 of this booklet.

Please visit this Marquee should you have any questions during the event.



IMPORTANT EVENT RACE INFORMATION

The Camp & Cup is not an official sanctioned event, however as a Club event your time is being officially recorded.

Your Race Step By Step

1 You Need Your Frame.

Please allow sufficient time to retrieve your frame from the storage area. Please see the Map of the venue (page 5) for the location.

Event staff will be on hand to sign out your frame.

There is a walkway from the storage area to the warmup area to transport your frame. This **MUST** be kept clear at all times.

2 The Warmup

The designated warm-up area is located to the LHS of the track on the netball courts.

This is open at all times to be used by athletes to prepare for their event. Please be courteous to your fellow athletes.



IMPORTANT EVENT RACE INFORMATION

3 Athletes Preparation Marquee

15 minutes prior to your event please head to the Athletes Preparation Marquee as shown on the Map of the Venue (page 5). Here you can have final preparation for your event with your personal assistant / carer.



4 Athletes Race Marquee

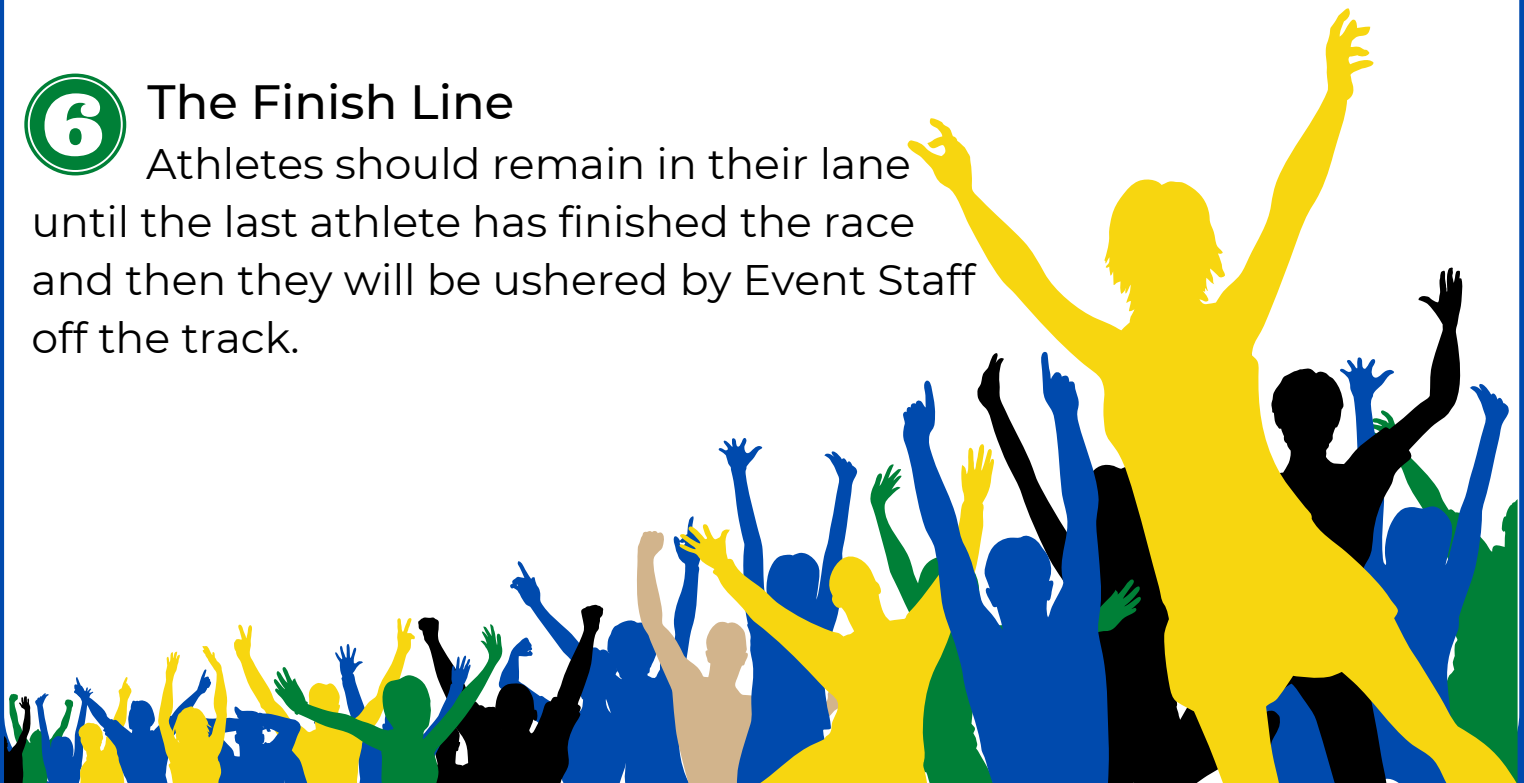
Athletes will move to the Race Marquee once they have been registered and prior to their race. Race numbers will be allocated to each athlete.

5 Time to Race

Athletes will be ushered onto the track ready for their race.

6 The Finish Line

Athletes should remain in their lane until the last athlete has finished the race and then they will be ushered by Event Staff off the track.



RULES AND REGULATIONS

The event follows the WPA rules and regulations where appropriate.

Medal distribution

Medal distribution takes place as follows:

At least two runners in a race of the same RR-class for a Gold Medal

At least three runners in a race for a Silver Medal

At least four runners in a race for a Bronze Medal



PERSONAL ASSISTANCE ON THE TRACK

RRA assistance is where an RRI athlete requires assistance to steer during their race.

Please advise the Event Team if you require this assistance as an athlete at registration.



TECHNICAL REQUIREMENTS FOR YOUR FRAME RUNNER

Please notify Event Staff if any modification has been made to your Frame Runner so we can ensure fair racing.

Connie Hansen, RAD, WISP frames are all made to meet the rules and regulations some of which are set out below for your information.

To participate in the competition your Frame Runner shall meet the technical requirements as defined in the CPISRA Frame Runner rules.

- The frame must have two rear wheels and one front wheel.
- The Frame Runner has a maximum length of 200cm and maximum width of 95cm (measured between the outer sides of the two wheels).
- No part of the Frame Runner including the saddle, handlebars and supports must go further than the front wheel hub and be wider than the gap between the two rear wheels measured between the hubs.
- No part of the Frame Runner may extend further back than the rear wheels.
- The diameter of each wheel including the inflated tyre shall not exceed 72cm.

OUR PRESENTERS



CONNIE HANSEN

Connie is the Founder of By Connie Hansen. After a spinal cord injury when she was 13 and after rehabilitation, Connie went on to become a successful para athlete. This motivated Connie to give this opportunity to others. She designed the Petra Frame Runner and the business has grown from there to help individuals reach their full potential.



DR SARAH REEDMAN

Sarah is a Postdoctoral Research Fellow at the Queensland Cerebral Palsy & Rehabilitation Research Centre. She is currently involved in the conduct of a large, multi-site randomised controlled trial of an intensive functional goal-directed motor training intervention in children with bilateral cerebral palsy. (Hand Arm Bimanual Intensive Training Including Lower Extremity [HABIT-ILE]).



SUZY LOCK - FRAME RUNNING WOLLONGONG

Suzy is a physiotherapist who has worked for more than 25 years. Motivated to help children with special needs join in physically active play, Suzy brings the sneaky therapy activities into the Frame Running setting: all disguised as fun.



RENEE JURGIELAN- FRAME RUNNING WOLLONGONG

Renee was inspired to be involved in the creation of Frame Running Wollongong after seeing the joy on Ashton's face when he trialled a Frame Runner.

To drive the charity, Renee has taken on operational governance responsibilities, administration and funding whilst maintaining relationships with their corporate sponsors and supporting community partners.

THANK YOU FOR BEING A PART OF
THE INAUGURAL AUSTRALASIAN
FRAME RUNNING CAMP & CUP

*See you
next year!*



2022
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