

MUST HAVES

- **Accessible bathrooms.**
- **Accessible parking.**
- **A firm smooth surface** - concrete or pavement is best.
- **A clearly marked course** - racing chairs will be much faster than runners make sure they know where to go.
- **A safe route** - racing chairs and everyday wheelchairs may have a hard time making sharp turns particularly at higher speeds.
- **Blocked roads** - often wheelchair racers are much lower to the surface and cars might not be able to see them as easily. Make sure cross traffic is well maintained.
- **No steps or level changes.**
- **No grades or slope too steep.**

RACE COURSE CHECK LIST

- Is there enough space for a wheelchair plus at least one other person?
- Are there any uneven surfaces?
- Is there adequate passing room?
- Is the grade too steep?
- Are there any steps?
- Is the surface firm and smooth?
- Is there anything blocking the path?
- Is the route safe?
- Are there any dangerous curves?
- Is your course clearly marked?
- Is your finish line wide enough for two wheelchairs?

We know that the lay of the land often dictates degrees of slope for roads and sidewalks. Some wheelchair racers may still choose to participate in your race and in fact enjoy the challenge. In these cases it is important to take care of all the accessibility items on the checklist and inform any wheelchair racers of the degree of difficulty of the course.



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NCHPAD is funded by the National Center on Birth Defects and Developmental Disabilities at the Centers for Disease Control and Prevention under Grant/Cooperative Agreement # U59DD000906.

Let's Race!

Guidelines for Inclusive Road Races



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For people with disabilities to be included in road races the course must be safe and accessible. Outside of the race course accessibility, a few considerations to the event itself can create a welcoming environment for everyone to be physically active.

Inclusive Communication Tips

Provide multiple formats for materials (ex: large print, braille).

Use inclusive images of people with disabilities in marketing materials.

Use inclusive terminology to promote your event.
Ex: Run.Walk.Roll or pushing/wheeling.

Make it known that people with disabilities are welcomed and the course is accessible to them!

Accessibility Tips

Start wheelchair racers 5-10 minutes before runners and walkers.

Make sure the starting line is wide enough for 2 wheelchairs.

Where to Start

Include a person with a disability on the race planning committee or invite people with disabilities out to test the course and provide feedback.

Create a course map to identify areas of greater difficulty and/or video the course.

This allows people with disabilities to make their own choice in participating!

Finish Line & Event Tips

Finish line is wide enough for two wheelchairs

All areas used on race day are accessible

- Water stations
- Awards ceremony
- Bathrooms
- Parking

Preferred Numbers

Course width = 36 inches at all times

Turns = minimum 48 inches

60 inches for passing space

Cross slope = no greater than 1:50

Slope = no greater than 1:20 or 5% incline

Level changes greater than ½ inch require a ramp



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NCHPAD is a public health practice and resource center on health promotion for people with disabilities.