



Try out a hand cycle, meet some new friends and eat lunch

Little Rock BlazeDays / Paralympic Academy

Hand Cycling Clinic

Saturday September 23, 2006

10:00 am – 1:00 pm

\$10.00

Murray Park

Rebsamen Park Rd. Little Rock

***Cost of the clinic is \$10.00 if pd. by Sept. 8th after that \$15.00**

Please include payment with registration form below. *Lunch will be provided

with us.



Handcycling is reported to be the fastest growing segment of wheelchair sports. From leisurely Sunday rides with your family to competitive sport riding, handcycling is a great way to get your aerobic exercise. Participants will take part in riding instruction, bike maintenance and also learn that the benefits of handcycling to overall health, physical conditioning and quality of life are substantial. With a handcycle you can attain the freedom of cycling independently, or join your cycling friends and family members in outdoor exercise.

***If you own a hand cycle please bring it with you. We will have several on hand for use.**



Name: _____ DOB _____ M ___ F ___

Address: _____ Email _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____ T-shirt size: _____

Disability and /or level of injury: _____ Date of onset _____

Have you previously participated in sports? ___ Yes ___ No

Please Describe _____

What kind of adaptive mobility equipment do you use? _____

Please return this form (before September 8) with \$10.00 to: (after September 8 \$15.00)

Little Rock Parks and Recreation
Therapeutic Recreation Division
500 W. Markham room 108
Little Rock, AR 72201

*For questions please call Cindy Covey @ 244-5489 or Cheryl Vines, AR Spinal Cord Commission@ 296-1788
CCovey@littlerock.org or Cvines@arspinalcord.org