



**DISABILITY
CYCLES**
FROM
GET CYCLING

Bikes not Barriers

Get Cycling is a Community Interest Company based in York. Our aim is to get people cycling – whatever their ability.

For many disabled people a regular bicycle is the often best answer, perhaps with no more than one or two adjustments, moving the handlebars or adapting two brake levers to be used with only one hand for example. Short cranks, 'Pendulum' cranks and super low step-thru frames help those with stiff joints. More profound disabilities require more far reaching solutions: a tricycle for its better stability and the use of a torso support, harness, foot-plates with straps. We'll help you find the right solution for your needs. It's what we do.

We've scoured the planet for innovative machines. This brochure is just the tip of the iceberg. Our website is the place to go to find up-to-date information on the huge range of products that we offer.

▼ Adult stabilizers - cheaper than a tricycle, they convert an existing bike



► Two wheeled trailer bikes 'tandemise' a regular bike, a popular low cost solution

TRICYCLES

We have an enormous range of models to suit everyone from our smallest to our most senior customers.

It's really a matter of ticking the right boxes: super-low step-thru frames offer easy access. Folding frames help with transportation and storage. Fixed wheel transmissions and super low gears can help those with poor muscle tone or limited strength. Some trikes can even be equipped with a reverse gear. We sell several types of pedal for keeping feet in place, torso supports and grip aids. Every trike can be fitted with electric assist - to help you along or get you home if you run out of puff.

Pashley Tri-1 ▶
British made folding trike
available in two models



Though most of our trikes are designed to fit through a standard doorway, not everyone has the space to store a trike in their home or shed. We can provide a ground anchor which can be set in concrete and used with a high security D-Lock. We can even supply a purpose made water-proof cover to keep your treasured trike protected from the elements.



Top: **Pashley Robin**
Kid's trike with mag wheels and fixed
wheel transmission

Bottom: **Pfiff Elegance**
Super low step-thru trike from Germany

For more information on tricycles visit
www.getcycling.org.uk

TRICYCLES

Designed to be suitable for kids and young adults with all kinds of disabilities, the GC RS tricycles are some of our best sellers. They are available in a range of sizes and feature fixed wheel drive, foot sandals with straps and adjustable seats, handlebars and torso supports.

The Rear Steer handle allows mum, dad or carer to control the direction - and it has its own brake lever so it's easy to control the speed. Quick release components allow GC RS trikes to be very easily adjusted or quickly dismantled for transportation.



Main pic:

GC RS16 & GC RS20

Bottom left:

GC Delta recumbent trike

Bottom right:

KMX recumbent trike



HANDCYCLES

Handcycles are the answer for people whose arms are stronger than their legs.

Just like regular pedal cycles, handcycles come in many forms depending on the type of cycling that you intend to do. We cover the entry level and mid price points with a range of great machines: delivering practicality and performance for street, trail and playground with maximum value for money. And at the other end of the scale: high performance/ race machines, for track use or long rides on the open road. Handcycles are usually front wheel drive. All have a range of gears - either derailleurs or

internal hub - and plenty of options to fine-tune the specification to your exact needs.

There are two types of handcycle; some are available as complete units, others as a separate 'bolt-on' drive unit which converts an existing wheelchair to a handcycle. Electric assist is also a possibility on most models. As with everything we sell, a broad range of tyres is available to match your treads to the type of terrain you'll be riding - whether tarmac or dirt, or a mix of both. Puncture-proof tyres are a popular option and self sealing tubes can be added to deliver 100% peace of mind.



Top: **Top End Force 3** high performance/racing handcycle

Middle: **GC Dexter 24** all-round handcycle for general use

Bottom: **ROAM** handcycle kit - bolts to existing chair

For more information visit
www.getcycling.org.uk

MULTI-SEATERS

Multi-seaters come in all shapes and sizes - and we offer them all! The traditional tandem bicycle - with 'Captain' in front and 'Stoker' behind - is the most popular option, but not suitable for everyone. If the Captain wants to be able to keep an eye on her Stoker then a rear steer tandem is the thing. And if a Stoker requires assistance to get aboard then consider a tricycle for its superior stability - it can stand

alone while everyone clambers aboard. A rear steer tandem trike? That's what you see on the cover of this brochure, ridden by Get Cycling's Sally and son Joseph.

For many people a 'sociable' tandem is the best choice. Our favourite one has four wheels and a pair of semi-recumbent seats. And of course, any of these may be fitted with extra support, multi-point harnesses, toe clips and straps, etc.



This page:

- Top: **Onderwater** rear steer tandem bicycle
Middle: **Nijland NandoToo** rear steer tandem tricycle
Bottom: **GC Alvina** recumbent front tandem tricycle

Facing page:

- Top left: **GC ROAM TwinBike** Sociable tandem quad
Bottom left: **GC Companion** separable wheelchair tandem
Right: **Nihola Flex** wheelchair transporter



Wheelchair tandems (*below left*) have a heavy-duty wheelchair as the main component of the machine, onto which is attached a propulsion unit which resembles the back end of a regular bike. They are most suitable where only one person is to ride as passenger, such as a family with a disabled person. These are lighter and smaller than wheelchair transporters - and usually come apart for easy transportation..

Wheelchair transporters (*below*) carry the passenger, wheelchair and all, on a large platform equipped with a ramp. They are most suitable where many different people will want to ride as passenger, such as a school, care home or try-out centre. These are bigger and more robust than wheelchair tandems. All can be fitted with electric assist.



For more information visit
www.getcycling.org.uk

Refurbished bikes... and more

We sell high quality refurbished disability bikes of all kinds. Our team of experienced mechanics service them to a very high standard and they are offered with a one-year warranty. Naturally our stock varies greatly, so get in touch to discover if we have something for your needs at a fraction of the cost of a new machine. And if you're looking to donate or sell your used bike we can promise to find it a good home.

Sometimes people come to us with special requirements for which no product yet exists. Don't be disheartened if what you need isn't in the brochure or on our website. Our manufacturers are as enthusiastic as we are about enabling people to Get Cycling. We can make special parts if

we can't find them. We'll even make you a machine if that's what you need.

Even though we're a small company we cover the whole of the UK. Our Events Department delivers Disability Try-Out Road Shows to schools and local authorities from Land's End to John O'Groats. Check our website for upcoming events.

Or you can visit us! We'd love to see you at our Try-Out Centre here in York. We have a large fleet of demo models of all of our top sellers - but do let us know when you'd like to come so we can guarantee that the machines you want to try are available.



- THE UK'S LARGEST AND MOST COMPREHENSIVE RANGE OF DISABILITY CYCLES
- TRY-OUT ROAD-SHOWS • SCHOOLS VISITS • FUNDING ADVICE
- NOMINATED CYCLE SUPPLIERS FOR THE FAMILY FUND • ASK ABOUT FINANCE

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