

# Frame Running Dragons Cardiff



**We run every Friday**

term-time only  
**5pm to 6pm**



**Cardiff International Sports Campus**  
*Leckwith Rd, Cardiff West, CF11 8AZ*



Whatever your age or ability, come and try frame running, with assistance, training and encouragement from our leaders and amazing volunteers.



**£5**

per session

**£25**

per year  
membership

Scan to visit  
[frdc.org.uk](http://frdc.org.uk)



[info@frdc.org.uk](mailto:info@frdc.org.uk)



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# What is a Frame Runner?



**3 wheels**



**Chest support**



**Saddle support**



**Handlebars to steer**



## Benefits of frame running

- ✓ **Focus on your ability**
- ✓ **Keep active**
- ✓ **Boost your mood**
- ✓ **Help manage health conditions**
- ✓ **Walk and run as far as you can**
- ✓ **Meet and chat to new people**
- ✓ **Run for fun!**



**Cardiff Life  
Awards  
Finalist 2026**

**For more information please get in touch**



[info@frdc.org.uk](mailto:info@frdc.org.uk)



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