

## COPENHAGEN SPRINT

### People with disabilities testing adapted bikes

- COPENHAGEN SPRINT 2025
- FROM ROSKILDE TO COPENHAGEN, 21-22 JUNE

#### A WORLD-CLASS CYCLING EVENT

In mid-June, Denmark hosted [Copenhagen Sprint](#) - a new UCI World Tour event featuring elite men's and women's races with the world's top riders.

In Denmark, cycling is more than a sport - it is a way of life. The event celebrated this by combining world-class competition with public activities to encourage community participation:

- A cycling festival with activities for all ages
- A free public ride on the official route in Copenhagen
- Cheering zones and celebrations along the entire route
- An expo at City Hall Square showcasing the latest trends and gear

The event also hosted a global dialogue: on June 20, [the City of Copenhagen](#) and [Union Cycliste Internationale \(UCI\)](#) co-organised the [UCI Mobility & Bike City Forum x Copenhagen Cycling Summit 2025](#), gathering international experts and policymakers to share visions for promoting everyday cycling worldwide.

#### ACCESSIBILITY CHALLENGES

Cycling can be difficult for people with physical or mental disabilities, and only a few

adapted bikes (e.g. tricycles, handcycles, tandems, cargo bikes) are seen on Danish cycle paths. Yet research shows clear benefits: improved mobility, health, well-being, and social participation (Videnscenter om handicap & Cyklistforbundet, 2024).

Still, barriers like high costs, non-inclusive infrastructure, and limited access to adapted bikes prevent many from cycling in daily life.

#### TESTING ADAPTED BIKES

Ahead of Copenhagen Sprint, [Copenhagen Legacy Lab](#) initiated a dialogue with stakeholders working on diversity and inclusion in cycling. These conversations revealed a mutual ambition: to make inclusive cycling a visible part of the event.

*"Being met at eye level when you have a disability can often be difficult, so it means a lot to receive support and have someone accompany you while trying the bikes."*

Dorte Søndergaard, participant

Photo: Danish Cyclists' Federation



Photo: Wonderful Copenhagen

Together with [the Danish Cyclists' Federation](#), [the Danish Knowledge Centre on Disability](#), and the [Elsass Foundation](#), Copenhagen Legacy Lab created the side event, [Try an Adapted Bike](#). Staged next to the race route in Copenhagen, the matchmaking event invited children and adults with disabilities to test adapted bikes from six Danish suppliers. Around 50 participants joined the side event and had the chance to:

- Receive expert guidance from City of Copenhagen consultants on relevant rules and regulations
- Connect with inclusive cycling communities such as [Parasport Denmark](#), [Tour de Elsass](#), and [Dansk Håndcykelklub](#)
- Meet four professional para-cyclists, including Paralympic gold medalist and world champion Emma Lund

#### HIGH-LEVEL PARTICIPATION

The Danish Minister for Social Affairs and Housing, Sophie Hæstorp Andersen, visited to engage with participants and gain deeper insights into the policy landscape. The UCI President, David Lappartient, attended to explore how inclusive cycling had been integrated into Copenhagen Sprint.

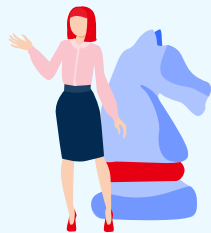
Participants gained hands-on experience, guidance, and a supportive setting to try adapted bikes, while suppliers connected directly with potential customers and gained valuable insights into their needs.

*"Being here today is a confirmation that this is joy on wheels. This is what we offer: quality of life - showing people that there is an opportunity to move around on their own."*

Hans Danielsen, Sales & Export Manager at Jørn Iversen Rødekro ApS

By placing inclusion at the heart of Copenhagen Sprint, the side event highlighted accessible cycling. Building on its success, the partners plan to make "Try an Adapted Bike" a recurring feature at future cycling events – including Copenhagen Sprint 2026.

# LEGACY PROCESS



### Strategic goals and societal needs

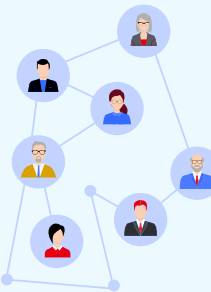
Cycling can enhance mobility, health, mental well-being, and social participation for people with disabilities, fostering greater independence and freedom.

At the same time, promoting inclusive cycling supports UCI's "Cycling for All" program and aligns with Copenhagen and Denmark's strategic interests, delivering wider health and economic benefits. Inclusive cycling is therefore not only a priority for individuals, but also for sport and society.



### Objective

To increase cycling participation among people with disabilities.



### Stakeholder involvement

**Copenhagen Legacy Lab:** Initiated the inclusive cycling project with a kick-off workshop and guided the entire legacy process, including planning, coordination, execution, and evaluation. Activities covered stakeholder engagement, ministerial involvement, communication, video production, and linking the event to Copenhagen Sprint and UCI's "Cycling for All" program. The case will be shared nationally and internationally as a best practice.

**The Danish Cyclists' Federation:** Managed logistics and engaged six bike suppliers to provide a variety of adapted bicycles for participants to test.

**The Danish Knowledge Centre on Disability:** Served as a knowledge partner and helped reach people with disabilities through its extensive network of disability organisations.

**The Elsass Foundation:** Engaged inclusive cycling communities (Parasport Denmark, Dansk Håndcykelklub, Tour de Elsass) and four professional para-cyclists to inspire participants.

**The City of Copenhagen:** Provided three consultants to advise on legislation and funding for adapted bicycles.

**Copenhagen Sprint Secretariat:** Integrated the side-event into the official race program and promoted it.

**Union Cycliste Internationale (UCI):** Promoted the side event at the 2025 UCI Mobility & Bike Forum, with UCI President David Lappartient attending the side event to show support and explore future inclusive cycling opportunities.



### Activity

A matchmaking area next to the race route allowed people with disabilities to test adapted bikes and get tailored guidance from bike suppliers.



### Outputs (immediately after the activity)

The side event engaged around 50 children and adults with disabilities. Of these, 20 completed a survey, which revealed that:

- 100% had a "very good" or "good" experience – and all were likely to recommend the event.
- 95% reported increased knowledge of adapted bikes, and 60% gained a better understanding of which bike would best suit their individual needs.
- 75% felt motivated to start or continue cycling.

Qualitative interviews with the bike suppliers showed that they highly valued the opportunity to engage directly with potential customers.



### Outcomes (+6-12 months - changed behaviour)

Since participants could attend without prior registration, it is difficult to determine whether the side event will lead to a measurable increase in cycling participation among the visitors. However, based on the positive feedback, the partners are looking at opportunities to make "Try an Adapted Bike" a recurring feature at future cycling events – including Copenhagen Sprint 2026.

It also remains to be seen whether the initiative will influence policy development around mobility aids – for instance, work towards a permanent test centre similar to Beitostølen Helsesportsenter in Norway. What is clear is that the event has significantly raised awareness of the issue.



### Impact (+1 year – societal value)

It is still to be seen if the concept will be further developed and replicated as part of future cycling events such as Copenhagen Sprint 2026 or the 2029 UCI Road World Championships. If so, even more people with disabilities could be inspired and supported to take up cycling.



### Potential legacy (+1-3 years and beyond...)

Too be evaluated.