

# iCan Bike Camp For Individuals With Disabilities Comes to Bloomington, Indiana the week of August 17-21, 2015



## HOW IT WORKS

From August 17-21, 2015, iCan Shine's iCan Bike program will be in Bloomington, Indiana to teach individuals with disabilities how to ride a conventional bike and become a lifelong independent rider!

iCan Bike uses a fleet of adapted bicycles, a specialized instructional program and a trained staff to teach individuals with disabilities how to ride a bike. Riders attend the same 75-minute session each day for five consecutive days (M – F) whereby they are physically assisted and encouraged by two volunteer "spotters."

Over the course of the five-day camp, the adapted bike is adjusted to gradually introduce more instability in an effort to challenge riders at their own individual pace. The week concludes with a touching and inspiring award ceremony!

## GET INVOLVED

### Be a Rider

iCan Bike riders are children ages 8 and up, teens and sometimes adults who have a diagnosed disability but are able to walk without assistive devices and sidestep from side to side.

Parents, teachers and therapists describe our results as INCREDIBLE. By the end of the five-day camp, over 80% of riders learn to ride a conventional bike completely independently. Success in learning to ride a bicycle is a major accomplishment. Learning to ride builds confidence and an improved self-image.

### Be a Volunteer

Be a "spotter" for the same rider for each of the 5 days and experience the thrill of giving the gift of riding a bike! 75 invigorating minutes per day... it just may be the most rewarding exercise and emotional experience you've ever had!

### Be a Donor

As an iCan Bike camp donor, you will be giving campers immediate results with lasting effects. Please consider sponsoring this camp, which will help change lives forever. Donor opportunities and ways for you and your organization to get involved are available on our website.

**Register as a rider, sign up as a volunteer, or offer your support on our website:**

<http://icanbikebloomington.org>

**Questions? Contact us at**

[icanbikebloomington@gmail.com](mailto:icanbikebloomington@gmail.com)

## AN INSPIRATION

Nicolas is a 14-year-old boy with Williams Syndrome. He has had numerous challenges in his life, many of which prevented him from learning to ride a bike. After completing an iCan Bike program in Arizona, he is NOW riding! Many children like Nicolas never learn to ride, a skill that lasts a lifetime.

Imagine the joy that children and adults with disabilities experience when they, too, can ride with their peers and family, opening a world of new experiences!

***...a milestone in life that creates confidence, independence & friendship***

Nicolas CAN BIKE...



**FOR MORE PROGRAM INFORMATION OR TO VIEW VIDEOS OF AN ICAN BIKE CAMP, VISIT [WWW.ICANBIKE.ORG](http://WWW.ICANBIKE.ORG)**