



## Bike Camp For Individuals With Disabilities Comes to Milford PA the week of June 20<sup>th</sup> 2022



### HOW IT WORKS

From **June 20<sup>th</sup> to June 24<sup>th</sup>**, iCan Shine's iCan Bike program will be in Milford PA to teach local 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.

Each riders attend the same 75-minute session each day for five consecutive days (M – F) whereby they are physically assisted and encouraged by the same two volunteer "spotters".

Over the course of the 5-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 is concluded with a touching and inspiring award ceremony!

### HOW TO REGISTER

iCan Bike riders must be: ages 8 and up; weigh no more than 220 lbs; have a disability; have an inseam measurement of at least 20"; be 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 5-day camp approximately 80% of riders learn to ride a conventional bike completely independently. The remaining 20% make tremendous progress towards that goal.

Success in learning to ride a bicycle is a major accomplishment. Learning to ride independently results in increased confidence, a sense of accomplishment and an improved self-image.

To learn more about how to participate as a rider or volunteer e-mail: [bike@passnepa.org](mailto:bike@passnepa.org).

### HOW YOU CAN HELP

#### 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! Just 75 invigorating minutes per day... it just may be the most rewarding exercise and emotional experience you've ever had! To volunteer to be a spotter for a rider email: [bike@passnepa.org](mailto:bike@passnepa.org)

#### Be a Sponsor

To support this endeavor contact our camp director Jeannemarie Passaro at: [jmpassaro@passnepa.org](mailto:jmpassaro@passnepa.org)

#### Be a Donor

No donation is too small! Sponsor one child by making a donation of \$150

#### 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...

