



Bike Camp For Individuals With Disabilities Comes to Milford PA the week of July 10th 2023



HOW IT WORKS

From **July 10th to July 14th**, 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

[Or you can Register Online at::](https://icanshine.org/ican-bike-milford-pa/)

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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

Be a Sponsor

To support this endeavor contact our camp director Jeannemarie Passaro at: jmpassaro@passnepa.org

Be a Donor

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

AN INSPIRATION



Prior to attending camp, Robert rode a bike with training wheels but had been unable to master the balance of riding a bike without the training wheels. He was nervous about falling but overcame his fears to give camp a shot! As the week progressed, Robert was no longer nervous and was having a great time. He began on our roller bikes and progressed through those stages quickly. By the middle of the third day of camp he was riding a two-wheel bike independently!

Robert was nominated to be a featured rider by the iCan Bike staff running his camp. Our staff and others were inspired by the pride they could see Robert had in himself after learning to ride independently. Our staff loved hearing about the bike trips Robert and his dad were already planning by the end of bike camp. Our Floor Supervisor Lyndsey said, “Being a part of his learning experience is something I will never forget. I hope that Robert gets to share many miles and amazing adventures with his dad