

Summer Volunteer Opportunity for Teens and Adults:

iCanShine Bike Camp (Bloomsburg, PA) **Mon 7/31– Friday 8/4**

HOW IT WORKS

From Monday July 31st through Friday August 4th, the iCanBike program will be in Bloomsburg at Central Columbia Elementary School 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, trained staff, **AND volunteers** to teach individuals with disabilities how to ride a bike.

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. Each camp participant is assigned to two volunteer “spotters.”

The **volunteer** “spotters” are assigned to the same rider for each of the 5 days and not only enable but also 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! The week is concluded with a touching and inspiring award ceremony!



This is the perfect opportunity for your highschooler or community group to take part in something that will change the lives of others in just a few days.

To register to volunteer:



<https://icanshine.org/ican-bike-bloomsburg-pa/>

Platinum Sponsors:

Geisinger

Silver Sponsors:



Bronze Sponsors:

Bloomsburg American Legion

Berwick Elks

Bloomsburg Fire Hall

VOLUNTEER & CAMP DETAILS

- **Volunteers** must be 15 or older and in good physical condition.
- **Volunteers** must be available for all 5 days of camp (plus a brief orientation on Sunday, 7/30)
- Upon going to the website via the QR code or site, the **volunteer** will select their choice(s) for which time slot(s) they prefer
- Some **volunteers** might choose to just do 1 slot, but others might choose to do 2 or 3, depending on their ability to comfortably do a lot of brisk walking/spotting with each camper
- After registering, each **volunteer** will then be assigned to 1 or several slots based on their preferences

FOR MORE INFORMATION

For more information about **volunteering**, donating to the camp, or if you know an individual with disabilities that would like to participate, email, text, or call our local camp director (parent of an individual with disabilities):

Greta Rosler

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