

Bike Camp For Individuals With Disabilities Comes to Roanoke, VA the week of July 8 – 12, 2019



HOW IT WORKS

From July 8 – 12, 2019, iCan Shine's iCan Bike program will be in Roanoke, VA, 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 rider attends 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: icanshineroanoke@gmail.com

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: icanshineroanoke@gmail.com

Be a Donor

No donation is too small! Sponsor one child by making a donation of \$200. Contact Ginny Riddle at icanshineroanoke@gmail.com for more details.

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 INFORMATION OR TO VIEW VIDEOS OF AN ICAN BIKE CAMP VISIT WWW.ICANSHINE.ORG