

iCan Bike Goal...

The goal of iCan Bike is to teach individuals with disabilities to ride a conventional two-wheel bicycle and become lifelong independent riders.

This achievement, in turn, creates a gateway of opportunity, helping them gain assurance and self-reliance in many other aspects of their lives.

What we do. iCan Bike uses adapted bicycles, a specialized instructional program and trained staff to enable individuals with disabilities to learn to ride a two-wheel bicycle.

Riders attend one 75 minute session each day for five consecutive days where they learn to ride while accompanied and encouraged by volunteer "spotters". Over the course of the week we continually adjust the bikes in an effort to challenge riders balance as they gradually discover the skill and joy of riding.



Thank you to our Sponsors



Contact Diane Doherty or
Judy Lauber
iCanBikeRandolphNJ@gmail.com

iCan Shine
Highlighting ability, illuminating potential

www.icanshine.org



*Teach them
to ride and
see where
they go...*

**iCan Bike, Randolph, NJ
August 6 - 10, 2018
County College of Morris, Randolph, NJ**

www.icanshine.org/ican-bike-randolph-nj

Bike Camp For Individuals With Disabilities Comes to County College of Morris, Randolph, NJ the week of August 6th-10th, 2018



HOW IT WORKS

From August 6th - 10th, 2018, iCan Shine's iCan Bike, a 501(3)(c) program will be at Randolph, NJ 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 e-mail: icanbikerandolphnj@gmail.com. Camp cost is \$200.00.

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: icanbikerandolphnj@gmail.com

Be a Sponsor

To support this endeavor contact our camp directors Diane Doherty & Judy Lauber at: icanbikerandolphnj@gmail.com

Be a Donor

No donation is too small.

You can sponsor a child for \$200 by sending a check made payable to "iCan Shine" to Judy Lauber, PO Box 363, Belmar, NJ 07719 or by making a secure credit card donation at www.icanshine.org/ican-bike-randolph-nj.

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/ICAN-BIKE-RANDOLPH-NJ