

Bike Camp for Individuals with Disabilities Comes to Fargo/Moorhead at the Moorhead High School Field House the week of July 31-August 4, 2017



HOW IT WORKS

From **July 31 – Aug 4, 2017** iCan Shine's iCan Bike program hosted by the Anne Carlsen Center will be in Fargo/Moorhead to teach 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. Riders attend the same 75-minute session each day for five consecutive days (M – F) whereby they are physically assisted and encouraged by 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 are children ages 8 and up, teens and adults who have a diagnosed disability but able to walk without assistive devices and sidestep from side to side.

Parents, teachers and therapists describe our results as INCREDIBLE. In 2016, by the end of the 5-day camp over 85% of riders learned to ride a conventional bike completely independently. Success in learning to ride a bicycle is a major accomplishment. Learning to ride builds confidence and an improved self-image.

To learn more about how to participate as a rider or volunteer e-mail: Kevin.Sandness@annecenter.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! 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 contact camp director

Be a Sponsor

To support this endeavor or to sponsor a rider contact the camp director.

Cost:

Camp fee will be \$100 per rider. Scholarships may be available upon request. Contact camp director: **Kevin Sandness at 701-364-2663**
Kevin.Sandness@annecenter.org

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