

iCanShine Bike Camp – Lehigh Valley

A Bike Camp for Individuals with Disabilities

June 25 – 29, 2022



HOW IT WORKS



From July 25-29th, iCan Shine's iCan Bike program will be at Easton Area High School to teach individuals with various 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 multiple volunteer “spotters”.

Over the course of the 5-day camp, the adapted bike is adjusted to gradually introduce more instability to challenge riders at their own individual pace. The week is concluded with a touching and inspiring award ceremony.

HOW TO REGISTER

Registration for the 5 time slots will be taken on a first come, first serve basis. Payment in full is required to secure a slot. Registration forms are available online at <https://icanshine.org/ican-bike-lehigh-valley-pa/>.

iCan Bike riders are children ages 8 and up, teens and adults with a disability but able to walk without assistive devices and sidestep from side to side. Complete requirements are included on the rider registration form.

Research shows that over 80% of people with Autism and 90% of people with Down syndrome never experience the thrill of riding a conventional two-wheel bike. Approximately 80% of the people who participate in an iCan Bike program ride a two-wheel bicycle independently (at least 75 feet with no assistance) by the end of the five-day program.

HOW YOU CAN HELP

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! Our bike camp requires over 100 volunteers. Please help make it a success by volunteering today. Volunteer applications can be found at <https://icanshine.org/ican-bike-lehigh-valley-pa/>.

Donate

No donation is too small! Consider one of several sponsorship levels that aid us in offering camp to the Lehigh Valley. Sponsorship forms can be found at <https://icanshine.org/ican-bike-lehigh-valley-pa/> or contact our camp director, John Dietrick, at: iCanShineLV@gmail.com.



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