

## Remember the feeling of freedom and pride you experienced the first time you rode a bicycle?

Learning to ride a two-wheeler is a rite of passage for nearly everyone—but many people with disabilities never realize this achievement. iCan Shine Bike Camp is changing that!

### Camp Info:

**When:** June 27—July 1, 2016

**Where:** Buffalo Niagara Court Center (BNCC), 425 Meyer Rd., West Seneca, NY 14224

**Session:** 75 minutes each day

**Cost:** \$175 (\$150 if camper is registered before June 1, 2016)

**For more information and application, email or call:**  
**wnylearntoride@yahoo.com**  
**716-817-7204**

Please apply early. The camp is limited to 40 participants and fills quickly.

hosted by



sponsored by



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Center (BNCC)  
425 Meyer Rd.  
West Seneca, NY 14224

716-817-7204  
www.icanshine.org

The goal of iCan Shine bike camp 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 Shine Bike Camp 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 appropriately as they gradually discover the skill and joy of riding.



# What are the benefits?

Success in learning to ride a bicycle is a major milestone in anyone's life. When learning is a struggle, the accomplishment and its impact are much greater. We observe that learning to ride a bicycle brings many benefits such as:

- Increased self esteem and confidence.
- Increased peer inclusion.
- Positive change in family dynamics.
- Improved quality of life through recreation.
- Independent transportation.



# Who can participate?

To register for the camp, participants must meet the following criteria:

- Have a diagnosed disability.
- Be at least eight years old.
- Have a minimum inseam of 20 inches.
- Weigh less than 220 pounds.
- Be able to walk without assistive devices.
- Be able to side-step quickly.
- Be able and willing to wear a properly fitted helmet.

