



## Bike Camp For Individuals With Disabilities Comes to San Diego \* June 2-6, 2014



### HOW IT WORKS

From June 2-6, 2014, iCan Shine's iCan Bike program will be in San Diego, CA 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 sometimes 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 2012, by the end of the 5-day camp over 80% 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: [karynls2@crimsoncenter.com](mailto:karynls2@crimsoncenter.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! 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: [karynls2@crimsoncenter.com](mailto:karynls2@crimsoncenter.com)

#### Be a Sponsor

To support this endeavor contact our camp director Karyn Lewis Searcy at: [karynls2@crimsoncenter.com](mailto:karynls2@crimsoncenter.com)

#### Be a Donor

No donation is too small! Sponsor one child by making a donation of \$375.

### 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*



FOR MORE INFORMATION OR TO VIEW OUR VIDEO OF CTCR'S ICAN BIKE CAMP VISIT [WWW.CRIMSONCENTEROUTREACH.ORG](http://WWW.CRIMSONCENTEROUTREACH.ORG)