

**After-school.** During the school year we work with school districts, nonprofit and other community organizations to provide after-school iCan Bike programs. This program option uses typically-developing peers as the volunteer spotters. This provides an opportunity for young people to learn more about peers with disabilities as they interact with riders while they learn to independently ride a bicycle. The impact on the spotters is often as profound as the impact on the riders. Including the bike program as part of after school programming can also raise awareness of inclusion in other after-school programs.



**In School.** Adding the iCan Bike program to the PE curriculum during the school day offers students with disabilities a chance to succeed at a lifetime leisure and recreational motor skill. Many elementary-aged children learn to ride a bike with little instruction from a parent or sibling. This unique program provides students with disabilities the necessary intervention to afford positive learning outcomes, thereby achieving this age-appropriate activity. Riders also benefit from familiar teachers and other staff working with them as spotters to achieve their goal.

**iCan Bike has 12 fleets of adapted bicycle equipment available for travel within the United States and Canada. In 2012 we conducted almost 100 programs.**

## GET INVOLVED!

All you need to know is at [www.icanshine.org](http://www.icanshine.org). Start with our website map to see if there is a bike program in your community

**Volunteer** - Imagine! In less than 8 hours you can change someone's life forever! Find out how and sign up.

**Spread the word** - If someone you know will benefit from an iCan Bike program, tell them about us.

**Bring an iCan Bike program to your community** - We are happy to partner with nonprofit organizations, groups or individuals to help make this program a reality for people with disabilities in your area.

**Make a tax-deductible donation to iCan Shine** - Help us continue delivering this program to thousands of amazing people each year. We appreciate all ideas and connections to prospective partners and sponsors as well.



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

[www.icanshine.org](http://www.icanshine.org)



## Our 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 appropriately as they gradually discover the skill and joy of riding.

**Does it work?** Parents, teachers and therapists describe our results as incredible. Many of our riders have tried for years to learn to ride a bike without success. In one week approximately 80% of riders will learn to independently ride a two-wheel bicycle.

**Who benefits?** Riders are children ages eight and up as well as teens and adults who have a diagnosed disability but are able to walk without assistive devices.

Success in learning to ride a bicycle is a major milestone in anyone’s life. When learning has been a struggle, the accomplishment and its impact is much greater. We observe that learning to ride a bicycle infuses the rider with confidence and an improved self-image that spills over



into many other aspects of their lives. Their families benefit in many ways and volunteers are positively impacted by the experience as well.

**Local hosts.** iCan Bike programs are conducted in partnership with local organizations that coordinate the week-long event. Hosts are responsible for providing funding, a suitable facility, riders, and volunteer spotters.

## Our programs...

**Camps.** In the summer months and during school breaks we partner primarily with local charities, parks and recreation departments, colleges and school districts to provide the camp program. Our camps consist of up to five 75 minute sessions per day with a maximum of eight riders per session. A full camp will serve a maximum of 40 riders. The number of riders depends on the size of the facility and the availability of volunteers.

