



LIU Post Bike Camp Riders and Volunteers Needed!

Where: LIU Post Brookville, NY

When Aug. 26th– Aug. 30th

Cost per rider: \$200.00

Riders Choose one 75 minute session – Volunteers can choose one or more

Session 1 - 8:30 am-9:45 am

Session 2 – 10:05 am – 11:20 am

Session 3 – 11:40 am – 12:55 pm

Session 4 - 2:00 pm – 3:15 pm

Session 5 - 3:35 pm- 4:50 pm

Bike Program: iCan Shine is a nonprofit organization that teaches individuals with disabilities to ride a conventional two-wheel bicycle through its' iCan Bike program.

Rider Requirements (limited spots available):

- Must be at least 8 years old by start of camp **and have a disability**
- Must be able to walk without an assistive device and sidestep to both sides
- Must be able to attend the same 75-minute session each day of the 5-day camp
- Must be under 220 lbs. and have a minimum inseam measurement of 20" (measure from floor with sneakers on)
- **Must bring along a typical peer that will be a buddy** (ex: friend, neighbor, sibling, relative) who will take part in disability awareness activities, strategies for making their friend/family member more independent and strategies for dealing with others who are less understanding of differences. We have lots of ideas for identifying typical peers – so give us a call and we will share them with you. Don't let this important requirement stop you from inquiring. We are here to help!

Volunteer Requirements:

- At least 15 years old (unless accompanied by an adult)
- Able to attend 90 minutes at the same time each of the 5 days of camp (15 minutes of pre-session meeting/training)
- Able to provide physical, emotional and motivational support to assigned rider
- Able and willing to get some exercise (light jogging/running) for a great cause!

Those interested in registering for this great program as a rider or volunteer should email dsaf03@gmail.com or visit their website www.dsafonline.org

For more info go to: www.icanshine.org