



## **Response to Bike Camp Rider Inquiry**

Hi Friend,

Thank you for your request for information on our iCan Bike camp scheduled for August 18<sup>th</sup> through August 22<sup>nd</sup>, 2014.

Click the below link for access to the iCan Bike website for more information and to view a number of short videos of the iCan Bike camp:

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

To give you an overview, there are approximately 40 riders in the total camp. Because there are five 75-minute sessions each day, there will be no more than 8 riders at any one time at camp which ensures more individualized attention for your rider.

Each rider attends the same 75-minute session for each of the 5 days (M – F) and is assigned two volunteers that will work with the rider throughout the week. This works great because bonds are formed between the volunteers and riders that are helpful for encouragement and motivational purposes throughout the week. Also, because the riders often have emotional and/or mental disabilities, it is often comforting for them to work with the same volunteer each day rather than seeing a different face.

Finally, it is very rewarding for the volunteer to have spent the whole week with the child to see the fruits of their labor on the last day when the child finally rides independently.

Daily 75-Minute Sessions:

8:30 am - 9:45 am

10:05 am - 11:20 am

11:40 am - 12:55 pm

2:00 pm - 3:15 pm

3:35 pm - 4:50 pm

The riders will be riding a specialized bicycle designed to teach them to balance appropriately for the entire 75 minutes each day while being accompanied by their assigned volunteers. Additionally, camp staff will provide fun motivational teaching on a specially designed tandem bike that is generally well received by most riders.

The first two days of the bike camp (Mon & Tues) will take place solely inside on adapted roller bikes. Beginning on the third day (Wed), some riders may graduate to a two-wheel bike and transition to riding outdoors spotted by their assigned volunteers. As riders graduate from the roller bikes to a two-wheel bike between Wednesday and Friday, they will transition to the outdoor riding area.

I hope this provides you with helpful information about the program. I attached a registration form that provides all the information you need to know about registering.

Sincerely,

*Karen Weidner*

Karen Weidner  
Camp Host/Director  
Director of Programming for Individuals with Disabilities & Special Needs  
Camden County Department of Events and Community Outreach