

SAVE THE DATE!!!



North Dakota Bike Camps this summer:

-Minot: July 9-13

-Grand Forks: July 16-20

Riders and Volunteers Needed!

The Anne Carlsen Center will be hosting 2 iCan Bike Camps around North Dakota this summer, to teach individuals with disabilities how to ride a conventional two-wheel bike.

Bike Program: iCan Shine is a nonprofit organization that teaches about 3000 individuals with disabilities how to ride a conventional two-wheel bicycle through its program a year.

For more info go to:
<http://icanshine.org/>

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)

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 training/daily debriefing)
- 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 this great program as a rider or volunteer visit:

Fargo and Minot:
<https://annecarlsen.org/services/real/ican-bike/>

Camps hosted by:
Anne Carlsen Center

