



Designer Genes is excited to once again bring iCan Bike to North Dakota.

HOW IT WORKS

From July 31 - August 4 2017, iCan Shine's iCar Bike program will be in Bismarck, North Dakota to teach individuals with disabilities how to ride a conventional bike and become a lifelong independent rider!

iCan Bike uses adapted bicycles, a specialized instructional program and trained staff to teach individuals with disabilities how to ride a bike. Riders attend a 75-minute session for five consecutive days (M – F) where they are assisted and encouraged by two volunteer “spotters.”

Over the course of the 5-day camp, the adapted bike is adjusted to gradually challenge riders to develop their skills at their own pace. The week is concluded by celebrating with an inspiring award ceremony!



DesignerGenesND.com

Designer Genes strives to strengthen opportunities for individuals with Down syndrome and those who support them to earn, learn and belong.

A SPECIAL THANKS

Designer Genes extends sincere appreciation to the Bismarck Parks & Recreation District and the Great American Bike Race. Their sponsorship helps make bringing iCan Bike to Bismarck, North Dakota possible.



iCan Bike Bike Camp for Individuals with Disabilities

July 31 - Aug. 4, 2017

**Nishu Bowmen Club
Bismarck, North Dakota**





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.

It is much more than independence. It is self-esteem, confidence, friendship and an improved quality of life.

DOES IT WORK

Parents, teachers and therapists describe our results as incredible. By the end of previous years' Designer Genes iCan Bike camps, over 80% of the riders (ages 8-43) learned to ride a two-wheel bike independently. Learning to ride builds confidence and an improved self-image.

HOW TO REGISTER

iCan Bike riders are ages 8 and up, teens and adults who have a diagnosed disability. Riders must be able to walk without assistive devices and sidestep from side to side.

Cost to attend is \$100 - registrations are limited and must be received and paid by June 1, 2017.

Registration will be available online at www.DesignerGenesND.com on April 1, 2017. (limited to 40 riders)

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 may be the most rewarding exercise and emotional experience you've ever had!

To volunteer to be a spotter for a rider contact Heather Lundeen at:

- email: lundeen@midco.net
- phone: 701-471-5615

Be a Sponsor

Designer Genes needs sponsors to support this camp. Join Bismarck Parks and Recreation and the Great American Bike Race in helping someone find the independence bike riding brings.

To become a sponsor for this camp contact Roxane Romanick at:

- email: info@designergenesnd.com
- phone: 701-391-7421



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!