



## Riders and Volunteers Needed!

**Where and When:** VFW Arena 711 3rd St. SE East Grand Forks, MN 56721  
**July 15-19, 2019**      **Cost:** \$100 per rider

**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)

### **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 registering for this great program as a rider or volunteer should e-mail **Kevin Sandness at the Anne Carlsen Center** at: **Kevin.Sandness@annecenter.org**. For more info go to: [www.icanshine.org](http://www.icanshine.org) or <https://annecarlsen.org/services/real/ican-bike/>