

**Riders and Volunteers Needed!**

**Where and When:** [Location and Date]

**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 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 **e-mail us at [Host e-mail]**. For more info go to: **www.icanshine.org**