



Selecting the Right Bike & Helmet

While we provide the bikes that your rider will use during our iCan Bike week, an important part of our program is to transition your rider from our bikes to their own family bike. It is important that the rider is comfortable and confident on their own bike in order to begin practicing immediately following the program.

Bike shops offer the best selection of our recommended bikes. A good quality bike is more likely to be ridden as it is more comfortable and less likely to be in disrepair. Selecting a bike can be challenging. Some basic ideas and design characteristics to consider when selecting the most suitable bike for learning are listed below.

- Choose the largest bike that your rider can place both feet flat on the ground while sitting on the seat. Your rider will feel safe and confident.
- Choose a low-slung and compact frame. This is for ease in getting on and off the bike while still promoting an upright riding posture. The handlebars should be noticeably higher than the seat. The smaller bikes (16" & 20") may be called a youth or junior style bike. The larger sized bikes (24" & 26") may be referred to as cruiser bikes.
- The pedal, at its highest point, should be no more than $\frac{3}{4}$ the height of the tire. Pedals higher than this cause the rider's feet and knees to come up too high with each rotation. This results in the rider's weight shifting from side to side making it more difficult to maintain balance.
- Keep it simple and select a single speed bike. Bikes with multiple gears or a freewheel (pedals spin backwards without doing anything) can make the bike more complicated, distracting, and frustrating to ride.
- Ideally, choose a bike with **both** coaster brakes and hand brakes. The coaster brakes ensure the rider does not pedal backwards and the handbrake is used for stopping. It is easier for most riders to differentiate the two motor skills of "feet go forward" to make the bike go and "squeeze with the hand" to make the bike stop. However, not all bikes will accept handbrakes and it may be a challenge to find 24" and 26" single speed cruiser bikes with handbrakes

already installed. You may be able to have one installed, but a bike shop can determine that. Be sure to understand the return policy on your bike, especially for Big Box Stores, if later you find that you cannot install an appropriate handbrake.

- 16" and 20" bikes should have a hand brake connected to the back wheel. A front wheel hand brake can be dangerous and may cause the rider to fall over the handlebars. All 16" and 20" family bikes with a front hand brake will be disengaged at the program.
- 24" and 26" cruiser bikes are safe with a hand brake to either or both tires. It may be difficult to find a single speed 24" or 26" bike with hand brakes, but bike shops can install a hand brake on most bikes.
- Avoid competition (BMX), freestyle, and mountain bikes. They are difficult to ride and not suitable for learning. The frame is taller and stretched out making it difficult for riders to get on and off. The length of the frame, along with the seat and handlebars being at the same height, forces riders to lean forward to reach the handlebars. This can be a difficult position for learning riders to balance. The pedal cranks are also too long, again making balance more difficult. BMX bikes are designed for riding while standing and mountain bikes are for riding in extreme steeply inclined environments – neither good for learning riders.
- Consider changing the bike seat to be wider and/or softer for comfort.
- Consider changing the seat to be smaller or more narrow to help the rider's feet completely reach the ground. This will potentially provide the needed reach to allow the rider to fit on the larger bike with both feet flat on the ground.
- Consider removing seat post reflectors, allowing the seat to be positioned lower.
- For riders that appear to be leaning forward, reaching for the handlebars, consider adding a stem riser which will provide for a more upright riding position, making it easier to balance.
- To ensure proper fit, take your rider with you when shopping for a bike.
- Be sure the rider likes the selected bike.

Suggested Learning Bikes

This list does not include **all** suitable bikes. Bike manufacturers frequently introduce new models and discontinue others. The lists below provides examples of many bikes commonly available. Some of the bikes listed come without a rear wheel hand brake; however, a bike shop may be able to add one for a nominal fee.

In the list below, *Current/New Bikes* represent bikes in the market that can likely be found at bike shops and larger retail stores. The *Discontinued/Used Bikes* are still excellent learning bikes, but are no longer in production and will likely only be found in the used market.

Bikes models with the same name may come in both “men's” and “women's.” We recommend the low slung easy step-through frames, which often are referred to as “women's”.

* Canadian campers see your special listing on our *Canadian Recommended Bike List*.

Bike Shop Bicycles

16" Tire (Current/New Bikes)

- Diamondback Mini Impression
- Fuji Rookie
- Jamis Laser
- Raleigh Jazzi
- Schwinn Lil Stardust
- Specialized Riprock Coaster
- Sun Flower Power
- Sun Matrix
- Trek Precaliber

20" Tire (Current/New Bikes)

- Diamondback Impression
- Giant Motr
- Jamis Laser
- Jamis Starlight
- Liv Adore
- Performance Fuji Rookie
- Raleigh Jazzi
- Schwinn Deelite
- Schwinn Stardust
- Specialized Riprock Coaster
- Sun Flower Power
- Sun Lil Bolt
- Sun Matrix

16" Tire (Discontinued/Used Bikes)

- Dyno Vertigo
- Raleigh Lil Honey
- Raleigh MXR
- Performance Sparrow
- Schwinn Lil Dust
- Specialized Hotrock Coaster

20" Tire (Discontinued/Used Bikes)

- Diamondback RM20
- Electra Hawaii
- Giant Bella
- Giant Moda
- Performance Downforce
- Raleigh Retro
- Specialized Hotrock
- Trek Jet
- Trek Mystic

Bike Shop Bicycles continued...

24" Tire (Current/New Bikes)

- Electra Cruiser 1
- Electra Cruiser 1 Lux 1
- Schwinn Corvette
- Schwinn Sprite
- Sun Boardwalk
- Sun Cruz Coaster
- Sun Revolutions

24" Tire (Discontinued/Used Bikes)

- Electra Townie
- Schwinn Streamliner

26" Tire (Discontinued/Used Bikes)

- Cobo Cobo
- Giant Via W
- Raleigh Retroglide
- Schwinn Sprite Deluxe
- Torker Boardwalk

26" Tire (Current/New Bikes)

- Del Sol Cantina
- Del Sol Shoreliner
- Electra Cruiser 1
- Electra Townie Original
- Performance Fuji Cape May
- Jamis Earth Cruiser 2
- Jamis Hudson Easy
- Jamis Taxi
- Liv Simple Single W
- Pure City Hamma Hamma
- Pure City Sydney
- Raleigh Special Step Thru
- Schwinn S1
- Schwinn Sivica 1 Step Thru
- Sun Boardwalk
- Sun Drifter
- Sun Revolutions
- Sun Streamway

It can sometimes be a challenge finding single speed 24" and 26" bicycles. While we recommend single speed bikes for learning, below is a list of geared bikes that are relatively simple and suitable (there are more listed under the *Larger Retail Store* section). Please speak with your iCan Shine staff to determine if one of these geared bikes would be appropriate for your rider.

24" Tire (Current/New Geared Bikes)

- Electra Cruiser Lux 3i
- Pure City Abbey
- Pure City Crosby

26" Tire (Current/New Geared Bikes)

- Del Sol Seren 3
- Electra Loft 3i
- Hudson Sport Femme
- Raleigh Prim-Women's
- Raleigh Venture Step Thru
- Schwinn Debutante
- Schwinn Fiesta
- Specialized Roll Sport-Low Entry
- Specialized Crossroads Sport Step Through
- Sun Skylar
- Sun Drifter
- Sun North Bay

Larger Retail Store Bicycles

The table below represent bikes that can be found at larger retail stores such as Target and Walmart. Keep in mind that there are usually tradeoffs with the lower priced bikes that you will find at larger retail stores. These bicycles are usually of lower quality, less durable, not assembled by experienced bike mechanics, and you will likely not find staff that are very knowledgeable about the bikes they are selling. Not all of the bikes listed below will be found in stock; however, these stores have additional inventories online. Please note that online purchases will likely require some assembly.

Many of these bikes will not accept hand brakes, especially those with fenders. Thus, without expert advice when shopping for bikes at these locations, it will be difficult to determine whether or not the bike can have a handbrake installed. You will need to take it to your local bike shop for guidance.

Most of the 16" and 20" bikes that have handbrakes from these stores will be installed to the front tire, which will have to be disengaged at camp, thus negating its handbrake feature. Also, for these smaller sized single speed bikes, if the pedals and cranks rotate backwards, it does not have a coaster brake and is a BMX freestyle bike. It is best to avoid all of these bikes.

16" Tire (Current/New Bikes)

- Huffy Rock It
- Huffy Street Heat
- Next Lil Gem
- Next Rocket

20" Tire (Current/New Bikes)

- Huffy Sea Star
- Schwinn Falcon

24" Tire (Current/New Bikes)

- Huffy Cranbrook
- Huffy Nel Lusso
- Kent La Jolla
- Schwinn Huntington
- Schwinn Legacy

26" Tire (Current/New Bikes)

- Huffy Cranbrook
- Huffy Good Vibrations
- Huffy Nel Lusso
- Kent La Jolla

Bike Fit

The proper way to fit a bike for an individual with a disability is not the traditional method used by most bike shops. When your rider is sitting on the bike seat, both feet should be flat on the ground. This gives the rider the ability to put both feet down when they feel insecure or when the bike comes to a stop, helping them feel safe and confident. It also aids the rider in learning to start the bike independently.

Purchase the largest bike that allows the rider to place both feet flat on the ground while seated on the bike. Bikes suitable for learning are sized by the diameter of the tire, not the frame. This means your rider might not fit the same on all bikes even if they have the same size tires. The best way to find the right sized bike is to bring your rider with you and have them sit on it.

THIS CHART IS ONLY A GUIDELINE due to the differences in bike and body designs.

Bike Sizing Chart

<u>Bike Tire Size</u>	<u>Average Height</u>
16"	40" – 48"
20"	48" – 56"
24"	56" – 63"
26"	Above 63"

*Note: 16, 20, 24, and 26 are the tire size. Bike frame sizes will vary.

- For additional information on bike selection and fitting, please watch our *Selecting a Suitable Bike for Learning* video on the parent page of our website: <http://icanshine.org/parents/>

Bike Helmets

A properly fitted bike helmet is required for all riders at iCan Bike programs. We strongly recommend that all individuals riding a bicycle wear a helmet, regardless of how short the ride may be. Even a low speed accident can result in a serious head injury. Be a good role model and always wear a helmet when you are riding a bike.

- There are different helmets for different recreational activities. Each type of helmet is made to protect your head from the impacts common to a particular activity or sport. Skateboard helmets protect the rear of your head, which is the most common location for skateboarding injuries. They are designed for multiple low speed impacts. Bike helmets are designed to protect the front of the head, the most common area of most biking injuries. Bike helmets are designed for higher speed single impacts. You can see the differences below.



Skateboard Helmet (not for biking)



Bike Helmet

- Buy a helmet that meets U.S. Consumer Product Safety Commission (CPSC) safety standards for biking. There should be a sticker inside the helmet or identified on the helmet box.

Bike Helmet Fit

The two-finger rule is an easy guide for proper fit. You should be able to:

- Place two fingers between the eyebrows and the helmet. This ensures proper placement on the head, not too far forward or backward. The helmet should fit firmly and level on the rider's head.
- Hold two fingers in a peace sign "V" with the bottom of the "V" just below the ear lobe. This is where the side straps of the helmet should be when the helmet is on the rider.
- Insert two fingers between the chin strap and chin. The strap should be tight enough to secure the helmet, but not so tight as to constrict, pinch, or be uncomfortable.

- Helmets should be adjusted to fit each individual's head. After adjusting, the helmet should fit securely and not shift on the head.
- Before each ride, a helmet should be checked and adjusted, if necessary.



- Helmets should be replaced if subjected to a severe blow, even if it doesn't appear to have damage. One cannot often see if the structural integrity has been compromised. Some manufacturers use the mantra "one crash and it's trash."
- For additional information on bike helmets and helmet fitting, watch the *Selecting the Right Helmet for your Rider* video on the parent page of our website: <http://icanshine.org/parents/>