



## **Streamlining Family Bike Purchases**

One of our primary goals at camp is to transition riders from our adapted bikes to their own personal bike towards the end of bike camp. Working with your local bike shop partner in advance is vital to ensuring every family who purchases a bike is able to have such bike available to their rider at camp before camp ends.

In this regard, a primary difficulty encountered by families is that many bike shops will not have many of the bikes we recommend in stock (In particular, larger bikes: 24" and 26"). Also, families tend to wait until the week of bike camp to purchase a bike. In such cases, bike shops need to order the bikes which often results in such bikes becoming available too late to allow for the rider to be transitioned onto at camp.

To alleviate these challenges, we recommend hosts consider having a Bike Fit Night at some point during the month preceding camp.

### **Bike Fit Nights**

#### *Benefits:*

- Allows the host to be in early communication and coordination with the bike shop to ensure the bike shop has done their homework (i.e. watched the 10-minute video entitled 'Selecting the Most Suitable Bike for Learning' found on our Parents page at <https://icanshine.org/parents/ican-bike-parents/> and read the document entitled 'Considerations when Fitting Individuals with Disabilities for Bikes' found on our Host page at <https://icanshine.org/program-hosts/ican-bike-hosts/>).
- Allows families an early start in getting an appropriate bike to ensure their rider is well prepared for camp

- Allows bike shops plenty of lead-time to order bikes and/or have bikes configured in time for camp
- Allows bike shops to order bikes more efficiently in lieu of estimating models and sizes thereby avoiding excess inventory

*Planning Considerations:*

- Designate a couple date(s) and time(s) for registered riders to come into the bike shop to be fit for a bike.
- Have bike shops select date(s) time(s) when they are less busy and can devote more time to assisting families. Sometimes, bike shops will even open their shop up to our families during hours they are typically closed.
- Ensure that bike shop personnel fitting riders have read/watched and understand our material discussed above.
- Collaborate with your bike shop on a few models of bikes that meet iCan Shine's suggestions that can be made available for riders.
- Have at least one of each size present for riders to sit on.
- If there are 'Girls' and 'Boys' versions of a bike, it may be helpful to have one of each of those as well.
- 'Boys' Cruiser style bikes typically have a higher top bar making it difficult for many riders to get on or off. We recommend 'Girls' or 'step-through frames' for all our riders.
- Make sure chosen bikes have a handbrake or that a handbrake can be installed on the bike by the bike shop.
- Host or Camp Director should attend Bike Fit Night to help collaborate between bike shop and parents/riders.
- Determine with the bike shop a last date to order bikes to pass on to parents to ensure arrival of their rider's bike at camp.
- Some shops will deliver the bikes to camp. Monday or Tuesday of camp is ideal to ensure iCan Shine staff have ample time to verify the bike is the right fit for the rider and make any other suggestions for modifications.

- Establish with the bike shop the options available to families in the event they need to exchange the bike for another size.

### **Other Suggestions**

If planning a Bike Fit Night is not a viable option, here are some other suggestions for alleviating the challenges associated with families purchasing an appropriate bike in time for camp:

- Ask a representative from the bike shop to attend the Sunday orientation meeting and bring a few bikes. If possible, the bike shop can leave such bikes at camp (they will be locked up with Shine equipment) and Shine staff can fit riders on these bikes throughout the week and send families to their shop knowing exactly what size to purchase.
- Ask the bike shop to order a few extra of a particular bike or two that we recommend (e.g., 24" Cruiser style bikes are usually what bike shops rarely have in stock but many riders need).
- Share whatever data you may have from prior year camps on family bike purchases (quantity, size and types) to assist the bike shop's estimates.

Finding an appropriate bike for their riders can be a challenge for parents but is vital to riders' success and continued practice once camp is over. A good bike shop partner and early bike fitting can make all the difference.

Please note that If hosts are purchasing or having bikes donated for your riders, please inform us so we can assist in the process of ensuring all aspects of selecting, sizing and distributing these bikes runs smoothly. In such instances, it is absolutely imperative before procuring the bikes to watch the 10-minute video entitled 'Selecting the Most Suitable Bike for Learning' found on our Parents page at <https://icanshine.org/parents/ican-bike-parents/> and read the document entitled 'Considerations when Fitting Individuals with Disabilities for Bikes' found on our Host page at <https://icanshine.org/program-hosts/ican-bike-hosts/>.

If you or your bike shop partner have questions about our bike fitting or specific bikes please contact Jeff at [jeff@icanshine.org](mailto:jeff@icanshine.org).