iCan Bike Camp FAQ

What is iCan Bike?
iCan Bike is a weeklong camp designed to provide people with special needs an opportunity to learn how to ride a conventional two-wheel bike. Riders attend one (1) 75-minute session per day, for five (5) consecutive days, where they learn to ride while accompanied and encouraged by volunteer spotters. Over the course of the week, the bikes are adjusted to help riders learn balance as they gradually discover the skill and joy of riding. iCan Bike has an 80% success rate among participants.

What makes iCan Bike unique?
Riders use specialized bicycles designed by physics professor and engineer, Dr. Richard Klein, to provide support while teaching the rider how to balance. The bikes are manipulated in various ways to adjust to the rider's level and help them develop riding-reaction skills.

iCan Bike provides one-on-one mentoring for each rider. Typically, volunteers attend the same session each day and are paired with the same rider each day. Riders and volunteers get to know each other, develop a rapport through encouragement, and build a relationship.

Where is iCan Bike?
EastSide Centre – 1 Eastside Drive, East Peoria, IL 61611

Camp will kick off inside the gymnasium / indoor track. Weather permitting, riders should be able to start riding outside on the outdoor track Wednesday-Friday.

Who can participate?
Anyone 8 years old and older, with a diagnosed disability, who is able to walk without any assistive devices. They need to be able to walk and make the same motions as pedaling a bike (able to side-step to both sides). Riders should be able to attend all 5 days of camp and must be willing to wear a properly-fitted helmet. Riders must have a minimum inseam of 20 inches and weigh less than 220 pounds.

How much does it cost to register?
The one-time cost for the weeklong camp is $100. Underwriting support for iCan Bike is provided through the Lora DeAnn Broers Memorial Fund. This fund was established in 2004 to memorialize Lora DeAnn Broers, daughter of Fred and Lyla and sister of Lynette, who was stricken at age 6 with metachromatic leukodystrophy. Lora passed away on May 22, 1999 at age 27. The objective of the Memorial Fund is to assist families with special needs by providing funding for programs that enhance the quality of life. Without underwriting support, this kind of program would typically cost $200.

Who can volunteer?
Anyone 15 years old and older can volunteer to be a spotter. Volunteer spotters walk / run along the rider's side providing encouragement and support as they learn how to ride. Volunteers should be able to walk at a quick pace or jog / run (volunteers will move approximately 3 miles per session). Volunteers are typically walking quickly the first couple days of camp and then running by the end of the week, as riders learn to ride. We pair two (2) volunteers with each rider and have volunteers alternate running toward the end of the week.

Trained staff are present to teach riders how to ride and to guide volunteers on how they can be the most helpful.

Why is iCan Bike important?
Riding a bike isn't just about wheels and pedals; it's a transformative experience, especially for kids.

For many, cycling becomes a great equalizer, bridging gaps and creating shared moments of joy. It's a rite of passage, a ticket to adventure, and a symbol of independence.

As typically-developing children eagerly pedal through their neighborhoods at 8-10 years old, it becomes more than a skill; it's a shared experience that fosters a sense of inclusion.

Yet, for those who may not reach this milestone at the same pace, it can foster feelings of exclusion. That's where iCan Bike comes in, not merely as a program, but as a catalyst for a world where every child is 100% Included and 100% Empowered.

Together, we can create a future where the joy of riding a bike is a shared experience for all, where inclusion isn't just a goal; it's a reality we create.

How do I get involved?
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