



## Riders and Volunteers Needed!

**Where and When:** ORANGE COUNTY CONVENTION CENTER  
July 31 / August 1-5, 2016

**Bike Program:** The Down Syndrome Foundation of Florida has invited iCan Shine (a nonprofit organization that teaches individuals to ride a conventional two-wheel bicycle) to Orlando for our fifth annual bike camp. The camp is open to individuals who are over 8 years and unable to ride a two wheel bike. The camp cost is \$150 per rider which includes 5 days of camp (75 minutes a day) and a t-shirt.

### Rider Requirements (limited spots available):

- Must be **at least** 8 years old by start of camp
- 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 16 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 learning more or registering for this great program as a rider or volunteer should **register on-line:** [www.dsfflorida.org](http://www.dsfflorida.org).