

Mandatory Volunteer Orientation (Online orientation; more information will be provided)

## iCan Bike 2023

A **bicycle camp** for people with disabilities to learn how to ride a conventional bicycle

**Wanted:** Active volunteers including high school & college students who want to run — literally — for a good cause

iCan Bike — presented by Easterseals Crossroads in partnership with Indy Parks — is a bike camp for participants with disabilities to learn how to ride a conventional bicycle. We expect 40 individuals will participate in camp, which takes place from June 19–23 at Perry Park Ice Rink (located near the intersection of E. Stop 11 Road and Meridian Street on the south side of Indianapolis).

The program is directed by professionals from iCan Bike, but the leg work is accomplished by a large number of volunteers who act as "spotters" for the participants on the bikes. A "spotter" walks/ jogs/ runs alongside the participant and provides physical support and encouragement. We need 2 volunteers per participant and that translates to a huge need for 80 spotters to meet the needs of camp.

Spotters are asked to sign up for the same 75-minute session each day for five days and are matched with the same person each session. This allows the opportunity for the rider to develop trust in the spotter. By volunteering as a spotter with iCan Bike, you are helping a person accomplish a major milestone in life.

## June 19 through June 23, 2023

Session 1 • 8:10 a.m. – 9:45 a.m.
Session 2 • 9:45 a.m. – 11:20 a.m.
Session 3 • 11:25 a.m. – 12:55 p.m.
Session 4 • 1:40 p.m. – 3:15 p.m.
Session 5 • 3:15 p.m. – 4:50 p.m.

Contact Dipa Patel at Easterseals Crossroads with questions at 317.466.1000 x2022  $\,|\,dpatel@eastersealscrossroads.org$ 

Scan code below (or click here) for volunteer form and sign up today!



presented by





Scan for the Volunteer Form

