

Dear friend –

Do you remember the feeling when you rode a bike for the first time? Do you remember the sense of freedom and confidence you felt? Most people can remember that day in vivid detail. It was a significant rite of passage. Unfortunately, many children with disabilities will never get that opportunity because, despite all their efforts, they are unable to learn to ride.

That's why I will be riding my bike 100k (62 miles) in the "I CAN!" Ride on July 30<sup>th</sup> and raising money for Lose the Training wheels.

Lose the Training Wheels is an organization devoted to teaching children with disabilities such as autism, Down syndrome or cerebral palsy to ride a two wheel bike and become lifelong independent riders. In weeklong camps conducted in cities across the U.S. including Wichita, Lose the Training Wheels uses adapted equipment and specialized teaching methods to successfully teach over 80% of their participants to ride a two wheel bike.

As simple as it may seem, this is a life changing accomplishment for these children. So many things are difficult when you grow up with a disability, but learning to ride a bike for the first time infuses a child with confidence that turns an "I CAN'T" world into "I CAN!".

*"By Wednesday he was on 2 wheels and I was in tears. The look on his face said, "I can really do this...I am 'one of the regular kids!' There are just no words to describe what a 'big deal' this is. This experience has changed our lives and given Zachary the confidence to accept challenges he may not have otherwise done." – Michelle Fry, Wichita, Ks.*

I want to do what I can to help Lose the Training Wheels continue to help children with disabilities accomplish the dream of learning to ride a bike. Will you help?

My goal is to raise \$XXX by July 15<sup>th</sup>. Will you make a donation to Lose the Training Wheels on my behalf of \$25, \$50, \$100 or more?

I have set up a website at [enter link here](#) to enable you to donate online, or you can write a check payable to Lose the Training Wheels and send it to me at [enter your address](#).

Thank you so much for helping make dreams come true for children with disabilities.