



Lose the Training Wheels Program Comes to Overland Park!

To teach children with disabilities how to ride a conventional bike without training wheels

The Overland Park Camp

40 children and adults with disabilities have the opportunity to participate in the Lose the Training Wheels program in Overland Park from **March 17 - 21** at **Johnson County Community College gymnasium; 12345 College Blvd; Overland Park, KS.**

Each participant will be instructed for approximately 75 minutes each day for 5 days.

Cost for each participant is \$100.

Applications are available by e-mailing Dave Krug at dkrug@jccc.edu.

Qualified participants are accepted on a first come, first serve basis.

For applications and details call David Krug at 913-469-8500, x 4764.



About the Program

Dr. Richard E. Klein., an experienced engineer from Illinois, is the creator of Lose the Training Wheels, a training program that teaches disabled children and adults how to ride a conventional bike. Richard and his wife Marjorie travel extensively every summer to conduct camps across the nation. With a proper environment and training with adapted bikes, children who are disabled are taught how to ride and transition to a conventional bike within a 5-day period. For more information about Lose the Training Wheels, visit www.losethetrainingwheels.org.



When a child is able to master riding a bicycle – and without those dreaded training wheels – the benefits become instantly evident. The child smiles, and the child desires to get onto the bike to ride around. Some of the longer term benefits include peer inclusion, success at an age appropriate activity, improved exercise opportunities, increased stamina, increased cognitive stimulation and decision making, and even the ability for the family to participate in a fun activity as a family group

Left: We see Dr. Richard Klein spotting for Ana Gray at a recent camp in Fond du Lac WI. Ana is age 13, and is diagnosed with developmental delay. Ana really turned a sad face into beaming smiles when she discovered that she could ride a bike. She is a lovely young lady with a infectious smile!

For more information, an application to participate or to volunteer, contact Dave Krug at 913-469-8500 x4764 or by e-mailing him at dkrug@jccc.edu

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