
MIAMIBUCS MINUTE

Spring 2019 | Cycle Two

What's Inside

- ◆ 4th Annual “I Can” Tri-athlon event and registration forms
- ◆ Bike safety tips
- ◆ Noah’s biking success
- ◆ Thank you to UVCC
- ◆ Quarter Auction



“Spring” into Riding!

Spring is finally here, and with that comes opportunities to get outside and ride your Amtryke. We are excited to share information with you about the 4th Annual “I Can” Tri-athlon.

Please be sure to look at the back of the newsletter for registration forms. Speaking of the Tri-athlon, we are also excited to share with you a feature story on a Triathlete, Noah! We hope you enjoy this newsletter and that we see you soon at the Tri-athlon!

Miamibucs is the local Miami County, Ohio chapter of the national AMBUCS organization. AMBUCS’ mission is: *Inspiring people to conquer challenges related to mobility and independence, through a nationwide network of volunteer chapters, working in partnership with physical, occupational and speech therapists; by providing Amtryke adaptive trykes, scholarships for therapists and many forms of community service.*



Bike Safety Tips

- ◆ Inspect & adjust helmet
- ◆ Give your bike a bath & use a dry lubricant on moving parts
- ◆ Inspect brakes
- ◆ Tighten & adjust seat
- ◆ Check tire pressure
- ◆ Check tires for cuts/tears & smooth rotation
- ◆ Check for damaged spokes
- ◆ Be sure to check your reflectors and lights

Did you know? You can help fundraise for AMBUCS when shopping on Amazon. Go to smile.amazon.com and select MiamiBucs. The AmazonSmile Foundation will donate a percentage of eligible purchases to the organization.

4th Annual “I Can” Tri-athlon Event

MiamiBucs is gearing up for the fourth annual “I Can” Tri-athlon event in 2019. This adapted triathlon designed for children ages 4-14 with different abilities will be held at the Troy Aquatic Park on July 21, 2019. The race will start at 11:30, immediately following the Troy Kids Triathlon. Participants will complete two laps in the pool, bike or tryke in the Hobart Arena parking lot, and then finish for the walk/run/walker/gait trainer/wheelchair portion of the race at the Troy High School Memorial Stadium. The race course is adapted to meet the needs of each participant, and 2 volunteers are required to help meet the needs of each participant. Volunteers will be available for those in need, and a doctor will be on premises during the event.

The cost is \$25 per participant, which includes a goodie bag and T-shirts for the participant and volunteers. Proceeds for the “I Can” Tri-athlon benefit MiamiBucs, a non-profit organization that provides Amtrykes for children and adults with disabilities who live in Miami County. Registration forms are at the end of this newsletter. A \$25 check must accompany the registration form and the check should be written to MiamiBucs. Please visit the MiamiBucs page on Facebook or contact Faye McNerney or a MiamiBucs representative at MiamiBucs@gmail.com for more information



Learning from My Student

by Susan Edmondson

I did not anticipate the huge impact that Noah's biking success would have on me and so many of my students since. As a physical therapist working with students with special needs in the schools, I am modifying various physical activities for students all the time. Given Noah's delays in learning to walk and his preference to stay sitting much of the time as a kindergartener, the use of an adapted bike was a way to get Noah moving. The first year was spent getting Noah familiarized with learning how to get on and off the bike. He assisted with pedaling some and needed lots of encouragement to hold the bike handle. Regular use of the bike made the activity very familiar and comfortable for Noah. We used the bike to have scavenger hunts and to transport objects from one area to another. Other incentives used to get Noah steering and pedaling on his own, included placing bubble wrap on the ground in strategic areas and setting up soft targets for him to ride into. By the time Noah got his own bike through MiamiBucs, he knew how to ride to his parent's surprise. Noah has been a regular participant in the "I Can" Tri-athlon and doesn't need the assistance he used to. While it took years for Noah to master pedaling and steering an adapted bike, the journey has rewarded him with a lifelong skill. I learned from Noah that everyone should experience bike riding no matter how much they can assist and that persistence pays off. Happy riding!



Thank You to UVCC

MiamiBucs would like to thank Roger Voisard and the students from the Upper Valley Career Center for assembling the adaptive trikes ordered through MiamiBucs. Thank you for all your hard work!

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