
MIAMIBUCS MINUTE

Winter 2019 | Cycle One

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Our First Newsletter

We are excited to be mailing you our first Miamibucs newsletter. Through this newsletter, we want to share information with you about our organization, Amtrykes that have been donated, our community partnerships and sponsors, upcoming events, and general tips to keep Amtrykes up and going. We hope that you enjoy our first newsletter and we are excited to share more information with you over the upcoming months!

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.*



Get Out and Bike!

There are several places to enjoy riding your Amtryke bike with your family in the Miami Valley. If you are looking for a short bike path or the chance to take a long scenic bike ride, check out www.miamivalleytrails.org website. Another great website that provides more information on bike paths and trails is www.buckeyetrail.org. The Buckeye Trail, North Country Trail, and the Great Miami Recreational Trail all are beautiful ways to connect with the great outdoors of Miami County with your Amtryke and family. Take a bike ride from Tipp City to Piqua, all on one continuous bike path with stops along the way. You may also enjoy taking your Amtryke to Duke Park (Troy), Kyle Park (Tipp City), or Linear Park (Piqua) for a short ride around the parks, in addition to spending time having a picnic, playing on the playgrounds, or relaxing. Get out and bike! There is so much to explore and enjoy in the outdoors of Miami County!

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 and trykes 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. Please visit the Miamibucs page on Facebook or contact Faye McNerney or a Miamibucs representative at Miamibucs@gmail.com for more information.



Winterizing and Storing Your Bike

- ◆ Wipe down your bike (check for frame cracks, etc.)
- ◆ Clean your chain, then lubricate chain as well as brakes & shifting cables (few drops of light lubricant on a rag to rub on exposed cable and very lightly work through cable housing)
- ◆ Remove water bottles
- ◆ Remove electronic devices (speedometer, GPS, etc.)
- ◆ Fully inflate and wipe down tires. Check your wheels for loose or broken spokes and spin the wheels; if your wheels do not spin straight it's probably time to get your bike in for a service
- ◆ Inspect brake pads to look for excessive wear
- ◆ Storing your bike inside and hanging it from the ceiling/wall is best ... if you're unable to hang it, just turn it upside down to get the weight off your tires
- ◆ If you must store your bike outside, be sure to lubricate the chain, turn it upside down (unless it has hydraulics or suspension system) and cover it with a tarp. Avoid storing your bike in direct sunlight



“Thank You!”

Submitted by Michelle Gardner, PT with Troy City Schools

Thank you to the MiamiBucs organization for providing a wonderful AmTryke for the Troy City Schools. The adaptive trike will be enjoyed by many, many students in the years to come. Use of the adaptive trike in the school setting gives students who are unable to ride a standard bike the opportunity to ride a bike in a safe & supervised setting. The supportive features of the adaptive trike are highly adjustable to accommodate the various physical needs of each student. MiamiBucs obtained this bike for the Troy Schools through an incentive program offered by the national Ambucs organization. For the first 10 trikes purchased by MiamiBucs, Ambucs granted 10 free trikes. The Troy City Schools have been given one of the free trikes. Thank you Ambucs & thank you MiamiBucs!

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.

How We Began

AMBUCS was founded in 1922 by an engineer who wanted to start a national service organization for young business and professional men. After selling two million turpentine cups, William White had enough money to form the first American Business Club in Birmingham, Alabama. Their motto was *Shoulders Together* to encapsulate its concept that great things can be accomplished when many members each give a small amount of time and talents.

In the early 1990s, Sue Hayward, a pediatric physical therapist, desired for each of her kids to have a tryke of their own, that was specially adapted for them. Members of the Longview, Texas AMBUCS chapter volunteered their time and skills to build trykes for them, then for others, free of charge. The Longview chapter took their tryke project to the National AMBUCS conference and was voted by AMBUCS to take on the Amtryke project as a national project.

The Miamibucs Chapter of the National AMBUCS, INC. is a local chapter of AMBUCS. It is a 501(c)3 organization which was chartered on July 31, 2015. The organization was started by physical and occupational therapists in Miami County to provide the children they serve with tricycles to enhance their development.

Thank you!

Thank you to Pat Logan for assembling the trykes!
Your labor and time to assemble them are greatly appreciated!



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