

Adaptive Cycling Program

What to Know

A Shirley Ryan AbilityLab & Chicago Park District Partnership

What is provided?

- Cycles; handcycles, leg powered trikes, upright bikes
- Helmets
- Transfer assistance
- Volunteers to supervise and accompany individuals out on the Lakefront Path
- Various adaptive equipment including: abdominal binders, straps/pads, active hands, quad grips, array of pedals
- All bike components and tools (see *)
- Education on minor maintenance/repairs
- Staff to assist in bike fitting and adjustments and skill development

Beginners:

- New riders start in the Wilson parking lot for an orientation before advancing to the Lakefront Path.
- Required to complete a brief skills assessment; includes a shifting and brake test.

Etiquette:

- Ride on the right side of the path at all times.
- Helmets are mandatory.
- Flags are required so that our individuals are visible to all pedestrians and oncoming traffic.
- Notify other cyclists when passing on left.
- Pull off trail or path to stop so not to impede on traffic.

Ride Packing List:

Bike seat packs*
Cell phone with GPS system
CO2 inflator kit*
Flag*
Helmet*
Multi tool Park tool*
Small patch kit*
Snacks
Spare tube*
Sunscreen
Tire levers*
Wallet (money & ID)
Water bottle

The adaptive cycling program is provided free of charge. Riders must have a medical form and signed waiver on file in order to participate.

Cancellations

Please contact Demi or Dan for cancellation purposes or questions.

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