Selecting the Right Bike & Helmet

While we provide the bikes your rider will use during our iCan Bike week, an important part of our program is to transition your rider from our bikes to their own family bike. It is important that the rider is comfortable and confident on their own bike in order to begin practicing immediately following the program.

Bike shops offer the best selection of our recommended bikes. A good quality bike is more likely to be ridden as it is more comfortable to ride, and less likely to be in disrepair. The task of selecting a bike can be challenging. Some basic ideas and design characteristics to consider when selecting the most suitable bike for learning are listed below.

- Choose the largest bike your rider can place both feet flat on the ground while sitting on the seat.
- Choose a low-slung and compact frame. This is for ease in getting on and off while promoting an upright riding posture. These bikes may be called a youth or junior style bike. For larger sized bikes (24" & 26") these may be referred to as Cruiser bikes.
- The pedal, at its highest point, should be no more than ¾ the size of the tire. Pedals higher than this cause the riders feet and knees to come too high with each rotation. This results in the rider's weight shifting back and forth making balance more difficult to maintain.
- Select a single speed bike. Bikes with multiple gears or a freewheel (pedals spin backwards) can make the bike more complicated and frustrating to ride.
- Choose a bike with **both** coaster brakes and hand brakes. The coaster brakes ensure the rider does not pedal backwards and the handbrake is used for stopping. It is easier for most riders to differentiate the two motor skills of "feet go forward" to make the bike go and "squeeze with the hand" to make the bike stop. (Most bikes can have a hand brake installed)

- 16" and 20" bikes should have a hand brake connected to the back wheel. A front wheel hand brake can be dangerous and may cause the rider to take a fall over the handlebars.

- Recommended 24" and 26" bikes may have a hand brake to either tire.

- Avoid competition (BMX), freestyle and mountain bikes. They are difficult to ride and not suitable for learning. The frame is not low or compact so it is difficult for riders to get on and off. The length of the frame forces riders to lean forward to reach the handlebars. This can be a difficult position for riders. The pedal cranks are also too long, again making balance more difficult. Such designs are geared towards riding the bike while standing up rather than sitting on the seat, or riding in extreme environments.

- Consider changing the bike seat to be wider and/or softer for comfort.

- Consider changing the seat to be smaller or more narrow to help the rider's feet completely reach the ground.

- Be sure the rider likes the bike selected.

Suggested Bikes

This list does not include ***all*** suitable bikes. Bike manufacturers introduce new models and discontinue some models. This list provides examples of many bikes commonly available. Some of the bikes listed come without a rear wheel hand brake, however a bike shop may add a hand brake to your bike for a nominal fee:

16" Tire

- Schwinn Gremlin
- Dyno Vertigo
- Raleigh MXR 16
- Raleigh Lil Honey
- Schwinn Lil Dust

20" Tire

- Fuji Fazer
- Schwinn Aerostart
- Torker Throttle
- Performance Downforce
- Redline Raid
- Raleigh MXR 20
- Diamondback RM20
- Giant Bella
- Giant Moda
- Trek Mystic
- Trek Jet
- Schwinn Stardust
- Cobo Cobo
- Electra Hawaii
- Raleigh Retro
- Raleigh Jazzi
- Specialized Hot Rock

24" Tire

- Electra Townie
- Diamondback Della Cruz
- Fuji Sanibel
- Sun Revolution
- Schwinn Corvette
- Torker Boardwalk
- Electra Townie
- Schwinn Streamliner

26" Tire

- Jamis Earth Cruiser
- Cobo Cobo
- Giant Simple
- Giant Via W
- Schwinn S1
- Diamondback Della Cruz
- Raleigh Retroglide
- Schwinn Sprite Deluxe
- Electra Townie
- Schwinn Streamliner
- Specialized Expedition (gears)
- Del Sol Shoreliner

Walmart/Walmart.Com

- Sonoma Women's Cruiser D-Drive Bicycle (26")
- Hollandia New Oma Cruiser Bike (24", 26")
- Huffy Cranbrook Cruiser Bike (26")
- Huffy Regatta Cruiser Bike (26")
- Kent La Jolla Cruiser Bike (26")
- Victory Touring 126L Cruiser Bike (26")
- Greenline Beach Cruiser (24")
- Schwinn Boys Throttle (20")
- Kent Ambush (20")
- Dynacraft Monster High (20")
- Schwinn Destiny Cruiser (20")
- Piranha Boomerang (20")
- Huffy Spectre (20")
- X Games Freestyle (16")
- Kent Cupcake Cruiser (16")
- More Available Online!

Target/Target.Com

- Cycle Force Holl Oma Bike (24", 26")
- Schwinn Legacy (24", 26")
- Titan Docksider Cruiser (26")
- Huffy Nassau Cruiser (26")

Bike Fit

The proper way to fit a bike for an individual with a disability is not the traditional method used by most bike shops. When your rider is sitting on the bike seat, both feet must be flat on the ground. This gives the rider the ability to put both feet down when they feel insecure or when the bike comes to a stop, helping them feel safe and confident. It also better enables the rider to learn to start the bike independently.

Purchase the largest bike that allows the rider to place both feet flat on the ground while seated on the bike. Bikes are sized by the diameter of the tire, not the frame. This means your rider might not fit the same on all bikes even if they are the same size. The best way to find the right size bike is to bring your rider with you and have them sit on the bike.

THIS CHART IS ONLY A GUIDELINE due to the differences in bike and body designs.

Bike Sizing Chart

Bike Size	**Average Height**
16"	40" – 48"
20"	48" – 56"
24"	56" – 63"
26"	Above 63"

*Note: 16, 20, 24, and 26 are the size of the tire. Bike frame sizes will vary.

- For additional information on bike selection and fitting, please watch our Selecting a Suitable Bike for Learning video on the parent page of our website: http://icanshine.org/parents/

Bike Helmets

A properly fitted bike helmet is required for all riders at iCan Bike programs. We strongly recommend that all individuals riding a bicycle wear a helmet, regardless of how short the ride may be. Even a low speed accident can result in a serious head injury. Be a good role model-wear a helmet!

- There are different helmets for different recreational activities. Each type of helmet is made to protect your head from the impacts common to a particular activity or sport. Skateboard helmets protect the rear of your head, which is the most common location for skateboarding injuries. Bike helmets are designed to protect the front of the head, the most common area of most biking injuries. You can see the difference below.

Skateboard helmet not for biking

Bike helmet

- Buy a helmet that meets U.S. Consumer Product Safety Commission (CPSC) safety standards for biking.

Bike Helmet Fit

The two-finger rule is an easy guide for proper fit. You should be able to:

- place two fingers between the eyebrow and the helmet. This ensures proper placement on the head, not too far forward or backward, and a helmet that fits firmly and level on the rider's head.

- hold two fingers in a peace sign "V" with the bottom of the "V" just below the ear lobe. This is where the side straps of the helmet should be when the helmet is on the rider.

- insert two fingers between the chin strap and chin. The strap should be tight enough to secure the helmet, but not so tight as to constrict or be uncomfortable.

- Helmets should be adjusted to fit each individual's head. After adjusting, the helmet should fit securely and not shift around on the head.

- A helmet should be checked and adjusted before each ride.

- Helmets should be replaced if subject to a severe blow. Some manufacturers use the mantra "One crash and it's trash".

- For additional information on bike helmets and helmet fitting, watch the Selecting the Right Helmet for your Rider video on the parent page of our website: http://icanshine.org/parents/