



AmTryke®



This year's Governor's Project involves AmTryke bikes made available through AMBUCS. The project revolves around providing bikes for people – of any age (but particularly children) – who are unable to operate a traditional bike for one reason or another. Recipients can run the gamut from young to old. AmTrykes come in all sorts of styles – foot cycles, hand cycles and foot/hand cycles. Accommodations can be made available for providing special hand assists & handlebars; seating; special pedal features; trunk support; and even a push-pull bar or rear steering capabilities. And of course, they come in ALL sizes!

Once someone applies and qualifies to get an AmTryke bike, they will go through a thorough physical and occupational evaluation to determine what accommodations are needed, as well as decisions about style and size. Typical time frame from initiating the request to fulfillment usually takes 3-6 weeks from the time the bike is ordered until it is delivered to the recipient. Prices range from \$425 for smaller bikes to as much as \$2000 for bikes for adults needing more modifications, however, the average cost of a bike runs somewhere between \$500 and \$900.

Ohio Kiwanis Divisions and Clubs are encouraged to identify a possible recipient from their community (or donate funds for a child from Ohio on the AMBUCS "wish list" to get a bike) and to raise funds so that they can present an AmTryke bike to a person from their own community. Fundraising takes many forms and can also be done in conjunction with another agency or non-profit group. Governor Amy has arranged for donations and monies raised by individuals, clubs or Divisions for AmTryke bikes to be directed to the Ohio District Foundation with the special notation that the donation is earmarked for an AmTryke Bike. The Ohio District Foundation will funnel these funds to AMBUCS. Or you can contact Amy directly and she can help you make arrangements to begin the AmTryke process through one of the AMBUCS Chapters in Ohio. Right now there are approximately 23 Ohio children on the AMBUCS "wish list" needing an AmTryke. Let's work hard so we can give the gift of being able to ride a bike like everyone else to an Ohio youngster!



We believe the fun and freedom of riding your own bike is something *everyone* should have the opportunity to enjoy. People who are unable to operate a traditional bike can now share this experience, thanks to the Amtryke therapeutic tricycle. These unique trykes are designed to accommodate riders of all ages and a myriad of physical and/or developmental challenges. Both Physical and Occupational Therapists acknowledge the Amtryke's many therapeutic benefits, citing improved motor skills, strength development and self-esteem.¹

Amtryke, LLC is fully owned and operated by National AMBUCS, Inc. a nationwide 501c3 nonprofit charity dedicated to *creating mobility and independence for people with disabilities*. To date, over 30,000 Amtrykes have been provided around the United States. The majority of these trykes are purchased by volunteer members of the AMBUCS organization and donated free of charge to financially-needy children or Veterans in their own community.

"We are all CAPABLE, we just roll a different way!" -Joanne, adult recipient



The therapeutic tricycle for people with disabilities

Established in 1994, AmTryke is a company owned and operated by National AMBUCS, Inc. Over the years, AmTryke has designed a wide range of models, sizes, and adaptations suitable for many diagnoses at a low cost. We currently offer foot cycles, hand cycles, and combination hand/foot powered cycles. To insure a proper fit, AmTrykes can be adapted in many ways including frame size, seat selection, trunk and leg support. This makes it ideal for individuals with a variety of special needs.

As a therapeutic tricycle, AmTrykes help young riders improve their motor skills, endurance and strength. It is fun to ride and offers the opportunity for inclusive play. For adults, AmTrykes provide a new form of mobility, exercise, and freedom to explore the community. For therapists the use of the therapeutic tricycle will provide the clinician an age appropriate, safe, dynamic modality for improving balance, coordination, and strength. The cycles can build endurance, self confidence and provide another form of self mobility aside from the assistive device that the rider may routinely use (ie. wheelchair, crutches, walker). The multiple adjustments and accessories that this unique cycle offers makes it a valuable addition to the medical therapy units repertoire of therapeutic devices used to further develop the functional skills of the people they serve.

Everyone – children and adults -- deserves a chance to ride just like their various family members and friends. AmTrykes offer a safe, stable platform and are designed to look like bikes, not medical equipment.



Parents

- 97.7% say the Amtryke has had a positive impact on their child.²
- 56% say riders now able to perform tasks that s/he was not able to do before using an Amtryke.
- “When she saw the bike, she didn’t look very happy and she said to me ‘but, I can’t use my legs.’ I told her, oh, honey, this is a special bike that you pedal with your arms, not your legs. She smiled the biggest smile and said ‘Can I ride it now?!’” – Parent

Adult Riders

- Tryke riding: a great low-impact total body workout that just feels like fun, not exercise.
- Recent studies make a big deal of the *green effect* – a positive impact on health and well being inspired by spending time in a natural environment.
- “I really cannot thank you and AMBUCS enough. This has been my dream and goal since I had to be completely wheelchair bound. (Many years now) This dream coming true for me is a true gift.” – Wendy, adult recipient

Veterans

- At AMBUCS we strive to serve those who served via the Amtryke Veteran’s Initiative.
- Want to return to an active lifestyle but need a means of exercise? Like the idea of bike riding but don’t feel safe? Consider the Amtryke.
- “I rate AMTRYKE as a 20 on a 10 scale. This cycle has allowed me to transform some of my ailments to a possible well being and state of mind.” – Mia Chel, veteran recipient

Go to these websites for more information:

<http://www.ambucs.org/>

<http://www.amtrykestore.org/>