



GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT ON DISABILITY SERVICES

PRESS RELEASE



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BIKE CAMP EMPOWERS PEOPLE WITH DISABILITIES

PSI and Washington Area Bicyclists Association Partner to Make Cycling Inclusive

Washington, DC— The streets and neighborhoods of Washington, DC are filled with cyclists and bike trails. A new partnership is making sure that people with disabilities have an opportunity to experience the fun and health benefits of riding a bike. PSI Family Services, Inc., and the Washington Area Bicyclist Association (WABA) are teaching people with disabilities how to balance, steer, and start and stop a bicycle during a week-long Bike Camp being held at First Baptist Church of Glenarden in Upper Marlboro, MD. The camp started Monday October 15 and will continue, rain or shine, until Friday, October 19, 10 am – 2 pm, 600 Watkins Park Drive, Upper Marlboro, MD.

Sixteen people supported by PSI are taking part in the camp. After consulting with a local bike shop regarding ease of mounting and dismounting, stability, and flexibility to be adapted for different physical needs, PSI purchased 4 bicycles equipped with adult training wheels and helmets to ensure that budding cyclists could learn to ride in a safe and comfortable fashion. Jonathan Oliver, Education Coordinator for WABA noted that in addition to health benefits, cycling is a great socialization activity for people with or without disabilities. “It’s empowering and a fun way for people with disabilities to learn a new skill.” According to PSI Program Manager William Howard, PSI wanted to introduce cycling to people with disabilities because it is an inclusive community activity as well as great exercise. “Some of our participants have never been on a bike before and never thought they would get on one. Others attempted to ride bikes when they were children but haven’t been on one in 20 to 30 years.” As student cyclists hone their skills, PSI hopes to venture out on bike trails and riding on the National Mall.

For more information about the PSI Bike Camp, onsite contact: William Howard at 301-651-0225 or william.howard@psifamilyservices.com. Camp takes place on the north side of the church.

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