

## CYCLING SUCCESSES:



"We had a fantastic time riding and were so happy to give her some of her childhood back...thank you Outdoors for All!"

"I learned that I really can ride a bike, I have just been riding the wrong one."



"I love the independence it provides, and I've realized that

when people are looking at me on the bike trail, it is because they are checking out my new EZ-3 Trike."



## OUTDOORS FOR ALL FOUNDATION

The Outdoors for All Foundation is a national leader and one of the largest nonprofit organizations providing year round instruction in outdoor recreation for people with physical, developmental, and sensory disabilities.

Outdoors for All's year round programming includes snowboarding, snowshoeing, cross country and downhill skiing, cycling, hiking, river rafting, kayaking, day camps, rock climbing, camping and Custom Events.



For Seasonal Program guides, visit:  
[www.outdoorsforall.org](http://www.outdoorsforall.org)  
 Connect with us on Facebook!



Transforming lives through outdoor recreation



### OUR MISSION:

*To enrich the quality of life for children and adults with disabilities through outdoor recreation.*

**Outdoors for All Cycle Rental Program is based out of:**

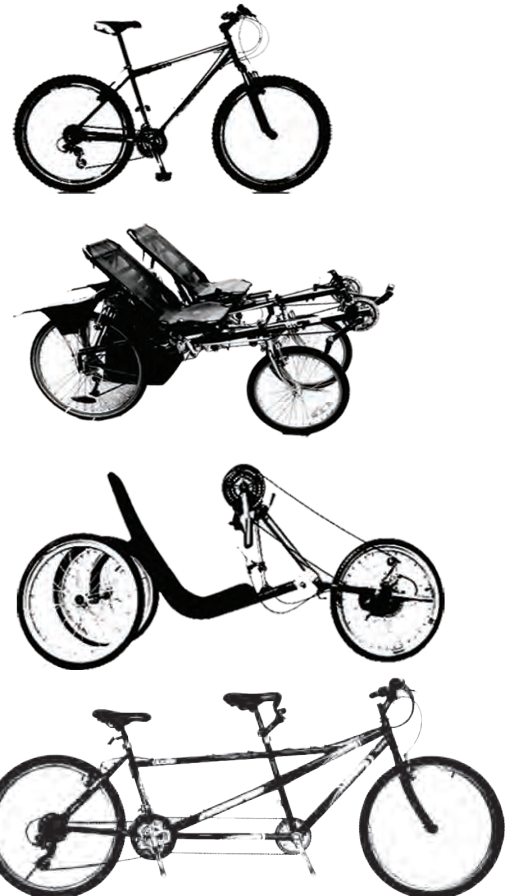
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[www.outdoorsforall.org](http://www.outdoorsforall.org)



# Adaptive Cycling

RENTAL PROGRAM



## EQUIPMENT RENTAL INFORMATION:

Did you know that Outdoors for All has a variety of adaptive equipment available for rent including cycles?

We have recumbent trikes, side by side recumbent tandems, handcycles and more!



Outdoors for All has one of the largest fleets of adaptive cycles in the country. Approximately 80 cycles are available thanks to numerous donations, grants and contributions.

Contact us for more information!  
Email: [info@outdoorsforall.org](mailto:info@outdoorsforall.org)  
Phone: 206.838.6030 x200

## EXAMPLES OF CYCLES FOR RENT:

### SIDE BY SIDE TANDEM / JTB



Take a ride on one of our side by side tandems! Individuals with different skill levels and abilities can ride together. Enjoy your partner's company but also be able to pedal independently! Only one rider has to steer. Also has a comfortable recumbent position.

COST: \$20 per hr. / \$50 daily/ \$225 for 5 days

### RECUMBENT TRIKE / EZ-3



This popular recumbent cycle offers less strain to arms, shoulders and neck compared to standard upright cycles. The leg length, pedal stroke and handle bars can be adjusted to make the perfect ride. Balance is also not a worry and it is easy to stop.

COST: \$15 per hr. / \$40 daily/ \$120 for 5 days

### HANDCYCLES



Handcycles are great for those with lower body weakness or paralysis. Our fleet of cycles offers you the choice between recumbent or upright handcycles. We also have handcycles for children and adults. This is a great for of upper body exercise.

COST: \$15 per hr. / \$40 daily/ \$150 for 5 days

### STANDARD TANDEM



The tandem bicycle is a form of bicycle designed to be ridden by more than one person. This is a great choice of cycle for individuals who may have visual impairments. Grab a friend and cruise Magnuson Park or the Burke-Gilman trail.

COST: \$20 per hr. / \$50 daily/ \$150 for 5 days

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## SUMMER 2015 DETAILS:

Drop-in Rental Program Beginning  
May 22 thru Sept 27  
Monday - Thursday: By Appointment

Friday, Saturday and Sunday:  
10am - 5pm

Hourly Rates starting at \$15  
Daily Rates starting at \$40

Season Pass: \$100  
Good through September 27th, 2015.

## FITTINGS AND DEMOS:

Individual fittings are an option for those who would like advice on what type of cycle to rent. Staff or volunteers can work with you one on one to explore the variety of cycles and find the best match for you.

Individual fittings and cycle demo available for \$60.



Magnuson Park has miles of trails to enjoy and is just across the street from the Burke Gilman for those interested in a longer ride.