LAKE FOREST

PARKS AND RECREATION

TEENS ON-THE-GO

PARENT MANUAL

Camp Director

Nicholas Pizzo

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Dear Parent(s)/Guardian(s),

Welcome to the 2025 **Teens-On-The-Go Bike Camp!** We are excited to explore the North Shore by bicycle this summer, and we're happy that your campers will be joining us! Over the course of this camp, our goal will be to provide a fun and encouraging experience for all to improve their biking abilities and get outside both this summer and in the future!

My name is Nicholas Pizzo, and I'll be the director of Bike Camp this year. I live in Lake Forest and am a rising sophomore at the University of Chicago studying Political Science and Philosophy. I took part in Bike Camp as a camper myself a few years ago, and I'm excited to be directing the camp this year!

I'm super excited to share my love of biking and our beautiful natural environments in Lake Forest and the North Shore with our campers. This will be my third year working for the City of Lake Forest, having previously worked as a Lifeguard at the beach and as an intern in the City Clerk's office.

We will also be joined by our camp counselor Cal, a incoming freshman at Michigan State University. He also previously took part in Bike Camp as a camper and enjoys playing hockey, lacrosse, and speed skating.

Our plan is to make each day a unique adventure, incorporating feedback from the campers and providing options on where everyone would like to explore. We'll head to both popular and less traveled destinations, aiming to pedal around 10-20 miles each day (depending on group capability).

We'll visit parks and nature preserves, get ourselves into the water, get off our bikes for games in various parks, stop for refreshing drinks, ice cream, store visits, and whatever else we all choose to do. I will teach the campers how to navigate roads safely and how to generally care for their bicycles.

Thank you for taking the time to read this manual! By outlining my tips and expectations, I want to ensure that we can have the most fun possible on the trails and roads!

COMMUNICATION:

Clear and open communication is very important to me and to the camp. On the last page of this manual, I've provided instructions on how to join our Remind group to receive text reminders and updates on the camp!

If you have any questions or concerns regarding the camp, please reach out to me via email. I should be able to respond to all inquiries within 24 hours.

CONDUCT:

Safety, in all regards, is our number one priority. We ask that every child treat the other children, staff, facilities, and materials with respect by not inflicting any bodily harm, not using foul language, respecting the privacy of others and their belongings, and respecting any equipment or spaces we use.

ITEMS TO BRING:

- Bicycle (Not Electric) (with tires inflated and brakes and shifting checked in advance of day 1)
- Helmet
- Bike Lock
- Athletic Water Bottle (that fits well into a bicycle water bottle cage)
- Packed Lunch/Snacks (or money)
- Sunscreen for the body, face, and lips
- Backpack to carry belongings (if it's comfortable to have on while biking)
- Swimsuit and towel (on any beach days, which will be scheduled in advance)

BIKE FIT:

Please make sure that your child's bike is a good fit for them. Rule of thumb: when pedaling and the crank arm (the arm that the pedal attaches to) is at its lowest spot, there should only be a slight bend to the knee. The knee should not be too bent (the bike is too small), and we should not need to reach for the pedal (the saddle is too high). Another rule of thumb is that the knees should not be uncomfortably close to the handlebars, nor should the reach to the bars be too uncomfortably far. Lastly, toes should not come in contact with the front tire when turning.

FIRST AID, MEDICAL ILLNESSES & EMERGENCIES, ABSENCES:

I will have a first aid kit on hand in case your camper needs any day-to-day medical attention such as a band-aid. If a child becomes ill during the program, a parent/guardian will be notified and requested to pick up their child. In the event of a medical emergency, we will call 911 for immediate care and then contact the parents/guardian of the child.

Both Cal & I are CPR/First Aid certified. I am also a former lifeguard.

If your child is not feeling well, please keep them at home. We'll miss each camper that is not able to be with us. Please email me if your camper is going to miss a day!

ATTIRE:

I recommend that your child(ren) opt to wear bright colors. Dry-fit shirts work great. Athletic shorts, shorts with chamois (padding), socks, and athletic shoes are all highly recommended. Plan on bringing a swimsuit on very hot days as we will most likely spend some time at the beach. I will send out a Remind message in advance for the days I anticipate us swimming.

ARRIVAL & DEPARTURE:

Camp drop-off and pick-up will occur at 9 am and 3 pm, respectively, at the Lake Forest Recreation Center at 400 Hastings Road, Lake Forest. Please refrain from dropping your kids off well before 9 am, as there is no guarantee that a staff member will be there to supervise them before 9 am. If your child will be late for any reason, please email me!

See the next page for directions on how you and your camper can join our Remind group!

Remind

Sign up for important updates from Nicholas Pizzo.

Get information for **Bike Camp 2026** right on your phone—not on handouts.

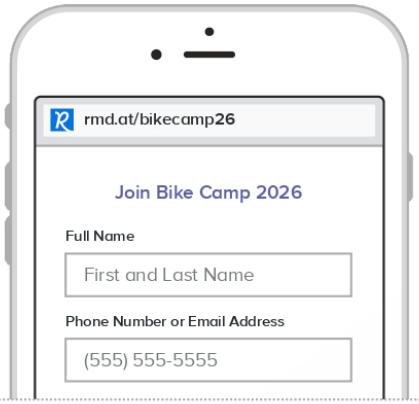
Pick a way to receive messages for **Bike Camp 2026**:

A **If you have a smartphone, get push notifications.**

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/bikecamp26

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B **If you don't have a smartphone, get text notifications.**

Text the message **@bikecamp26** to the number **81010**.

If you're having trouble with **81010**, try texting **@bikecamp26** to **(415) 749-9891**.

** Standard text message rates apply.*

Don't have a mobile phone? Go to rmd.at/bikecamp26 on a desktop computer to sign up for email notifications.

Medical concerns that staff should be aware of concerning your child:

Allergies/Health Concerns/Other:

_____

Please turn in this form even if your child has no medical concerns!

Please bring in this form the first day of camp!

Permission for Pictures

My child, _____, may be included in any picture taken; these may be used to interpret the camp programs through the press or media. They may also be used for publicity or in newsletters. Any such photography will be done under the supervision of the Director and the staff.

_____

Parent/Guardian/Date