

# LAKE FOREST

PARKS AND



RECREATION



## TEENS ON-THE-GO

PARENT MANUAL



Camp Director

Everett Kehe

[kehee@cityoflakeforest.com](mailto:kehee@cityoflakeforest.com)

224-477-3990

Dear Parent(s)/Guardian(s),

Welcome to our 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 child(ren) will be with us. Our goal is to help them all have fun and have them look forward to joining us again the following day and the following weeks, in addition to encouraging each other to ride a bicycle more and more throughout life!

My name is Everett Kehe. I live in Highland Park and am going into my Senior year at Lake Forest College studying Economics and Environmental Studies. I've lived in the area my whole life and have had the chance to explore many of the surrounding trails and communities.

I am elated at the opportunity to share my love of biking and my love for Lake Forest and the surrounding communities with your kids as the new camp director. This will be my second year with the camp but my fourth year working for the City of Lake Forest, having previously worked as a beach guard in town.

The camp counselor joining us this summer will be Cal, a rising senior at Lake Forest High School. He previously took part in Bike Camp as a camper and enjoys playing hockey, lacrosse, and speed skating.

We plan on making each day an adventure, with us getting feedback from the team and giving options on where they'd like to explore. And when we're ready, off we'll go biking to popular and less traveled destinations alike! We'll aim to pedal anywhere from 10-20 miles daily, stopping here and there, and building our team memories.

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:**

Please see the last page of the manual for instructions on joining our Remind group so that you and/or your child can receive text reminders and updates!

For any camp director inquiries, please reach out to me via email or phone. I check my inbox and voicemail regularly, so any communications there will get a response 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 pedaling)
- 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 him/her. 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, keeping it as simplified as possible, 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 her at all times 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 illness or emergency, we will call 911 for immediate emergency care and then contact the parents/guardian of the child.

If your child is not feeling well, please keep him/her at home. We'll miss each camper that is not able to be with us. Please call or text me at 224-477-3990 to let us know.

### **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. I will aim to arrive at the Rec Center at 8:45 am each day to set up. If your child will be late for any reason, please call or text me at 224-477-3990.

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



## Sign up for important updates from E. Kehe.

Get information for Bike Camp 2025 right on your phone—not on handouts.

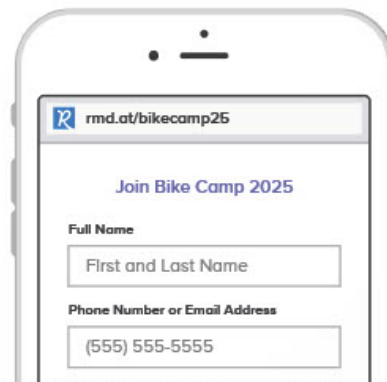
Pick a way to receive messages for Bike Camp 2025:

- 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/bikecamp25](https://rmd.at/bikecamp25)

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

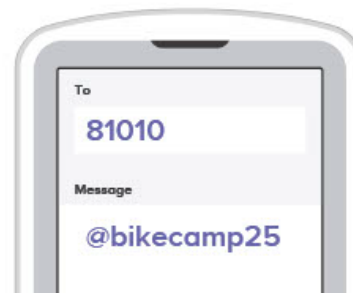


- B** If you don't have a smartphone, get text notifications.

Text the message [@bikecamp25](https://twitter.com/bikecamp25) to the number 81010.

If you're having trouble with 81010, try texting [@bikecamp25](https://twitter.com/bikecamp25) to (415) 780-9457.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/bikecamp25](https://rmd.at/bikecamp25) 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:

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*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.

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Parent/Guardian/Date