

CYCLING WITHOUT AGE



Cycling Without Age is an international movement started in Copenhagen in 2012 that has since expanded to 40 different countries. More than 1,600 chapter locations around the world offer Cycling Without Age programs with over 2,500 trishaws – and the numbers are still growing. The original dream of founder, Ole Kassow, was “... *creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community. We do that by giving them the right to wind in their hair, the right to experience the city and nature close up from the bicycle and by giving them an opportunity to tell their story in the environment where they have lived their lives. That way we build bridges between generations and we reinforce trust, respect and the social glue in our society.*”



Penticton's Mayor, John Vassilaki, chats with Trishaw passengers, Ethel & Wally

Neil Pritchard, the driving force behind the Penticton Cycling Without Age program, was prompted by the experience of his mother living in a care home; recognizing the importance of getting out. Spearheading the program in 2018 through OneSky Community Resources, he says: “It seemed like the right thing to do.” He remains actively involved by recruiting and training the volunteer pilots as well as piloting many of the rides himself.

Volunteer Pilots take passengers for leisurely rides in the two specialized Trishaws through designated routes in the city. The double seat offers wonderful opportunities for social interaction between passengers as well as the pilot. Equipped with a removable hood and clip-on blanket, passengers can remain comfortable in changing weather conditions.

Many of the passengers enjoyed riding bicycles in their younger years so this is a wonderful opportunity to get back out in the fresh air. The experience of cycling is about freedom, joy and adventure. As one passenger stated: “I think it really helps your brain to get oxygen. It makes me feel good.”

Most of the rides are scheduled through local residential care homes, assisted living or seniors' independent living residences but arrangements can also be made for rides by pre-booking through OneSky Community Resources. For information about volunteering or booking a ride, please call 250-492-5814 or email myrna.tischer@OneSkyCommunity.com

