

The background of the slide is a photograph of a bicycle, likely a cargo bike, with a red semi-transparent overlay on the left side. The bicycle has a large front wheel, a smaller rear wheel, and a red bag hanging from the handlebars. A sign on the front wheel area features a graphic of a person in a wheelchair and the text "OSH, WI".

SAFE ROUTES TO LIFE!

How Cycling Without Age LHO Changes
Lives

A black bicycle is shown from a side profile, parked on a paved surface. It features a black saddle with 'Gel' written on it, a black rear rack, and a large red cargo bag mounted on the frame. A sign on the frame reads 'CYCLING WITHOUT AGE' and 'OSH, WI'. The background shows other bicycles and a red banner at the top of the image.

The Story Behind Our Adventure



Cycling Without Age

Lutheran Homes of Oshkosh



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- CWA was founded by Ole Kassow in Copenhagen, Denmark
- A partnership with the municipality of Copenhagen



Roots



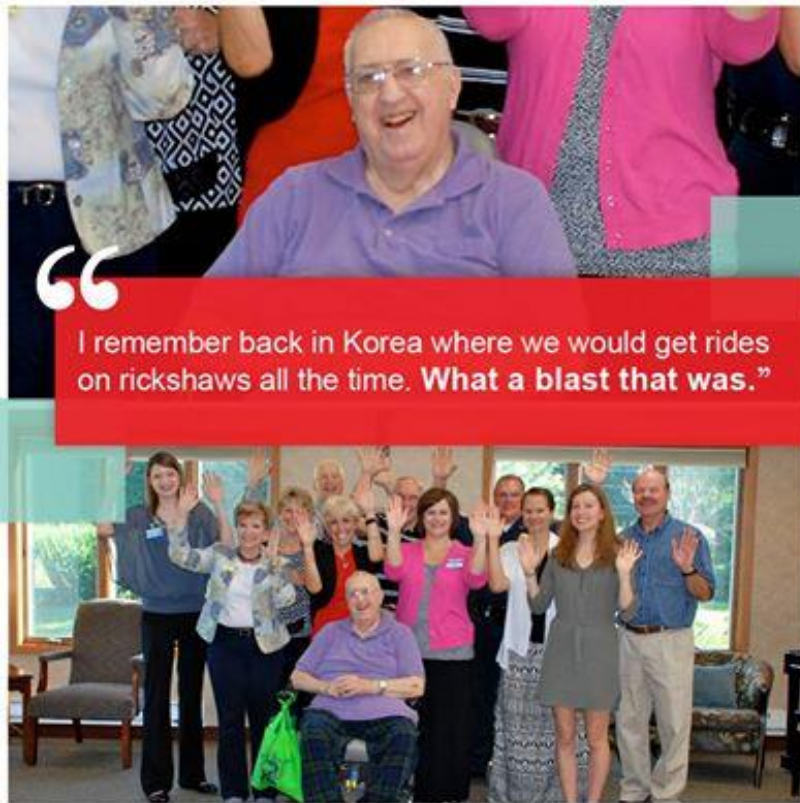
How we did it

- 
- Community interaction and involvement
 - The sharing of stories and extraordinary experiences
 - Inter-generational relationships
 - The ability get outside and have the wind in your hair

Why is this so Important?

- 
1. Generosity
 2. Slow Cycling
 3. Storytelling
 4. Relationships
 5. Without Age

The Five Guiding Principles



“I remember back in Korea where we would get rides on rickshaws all the time. **What a blast that was.**”

- The City of Oshkosh
- The Oshkosh Police Department
- The Oshkosh Fire Department
- The Oshkosh Senior Center
- The East Central Wisconsin Regional Planning Commission
- The University of Wisconsin Oshkosh College of Nursing
- LHO Residents
- Winnebago Bicycle
- Members of the Community
- The Oshkosh YMCA

Community Involvement



Task 1: First Meeting COMPLETED

Task 2: Rickshaw Research/Purchase May 1st (Gerard, Ben)

Task 3: Funding Opportunities May 1st (Bonnie, Trish)

Task 4: Liability/Waivers June 1st (Gerard)

Task 5: Pilots/Guides June 1st (Jane)

Task 6: Technical Support Development June 1st (Ben)

Task 7: Trip Routes June 15th (Ben, Jim)

Task 8: Publicity Ongoing (All)

Task 9: Administration Ongoing (Gerard, LHO)

Task 10: Safety Ongoing (All)

Task 11: Research Opportunities and Partnerships Ongoing (All)

Task 1

April 14

Task 2

Task 3

May 1

Task 5

Task 6

June 1

April 13

April 20

April 27

May 4

May 11

May 18

May 25

June 2

June 9

June 16

June 20 KICKOFF
RIDE

May 15

Task 4
Availability
Update

June 1

Task 4

Thu Sep 25

Task 7

Timeline

- Started with \$1,500 and a simple idea. UW-Oshkosh Building Healthy Communities Grant
- Private Donations
- Foundations/Matching Grants
- DHS
- Community Support
- Over \$50,000 and counting



Funding



christian

The Rickshaws



The Rickshaws

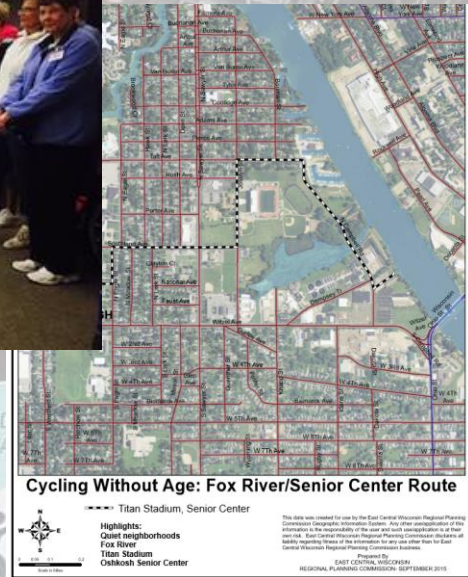


The Rickshaws



The Rickshaws

- Train the trainer
- Hands on learning
- Anyone is trainable
- Training checklists



Guidelines

- All pilots will experience what it feels like to ride
- All pilots must pass training before taking elders on a ride

Pilot Training

External Booking

- Volunteer Spot
 - Great medium utilized by pilots to sign up to give rides
 - <https://www.volunteerspot.com/>

Internal Booking

- A shared calendar document
 - Life Enrichment



Volunteer Booking System

- Visitors from Denmark
- Support from community
- Everyone outside
- Cycling Without Age Day



The Kickoff Event

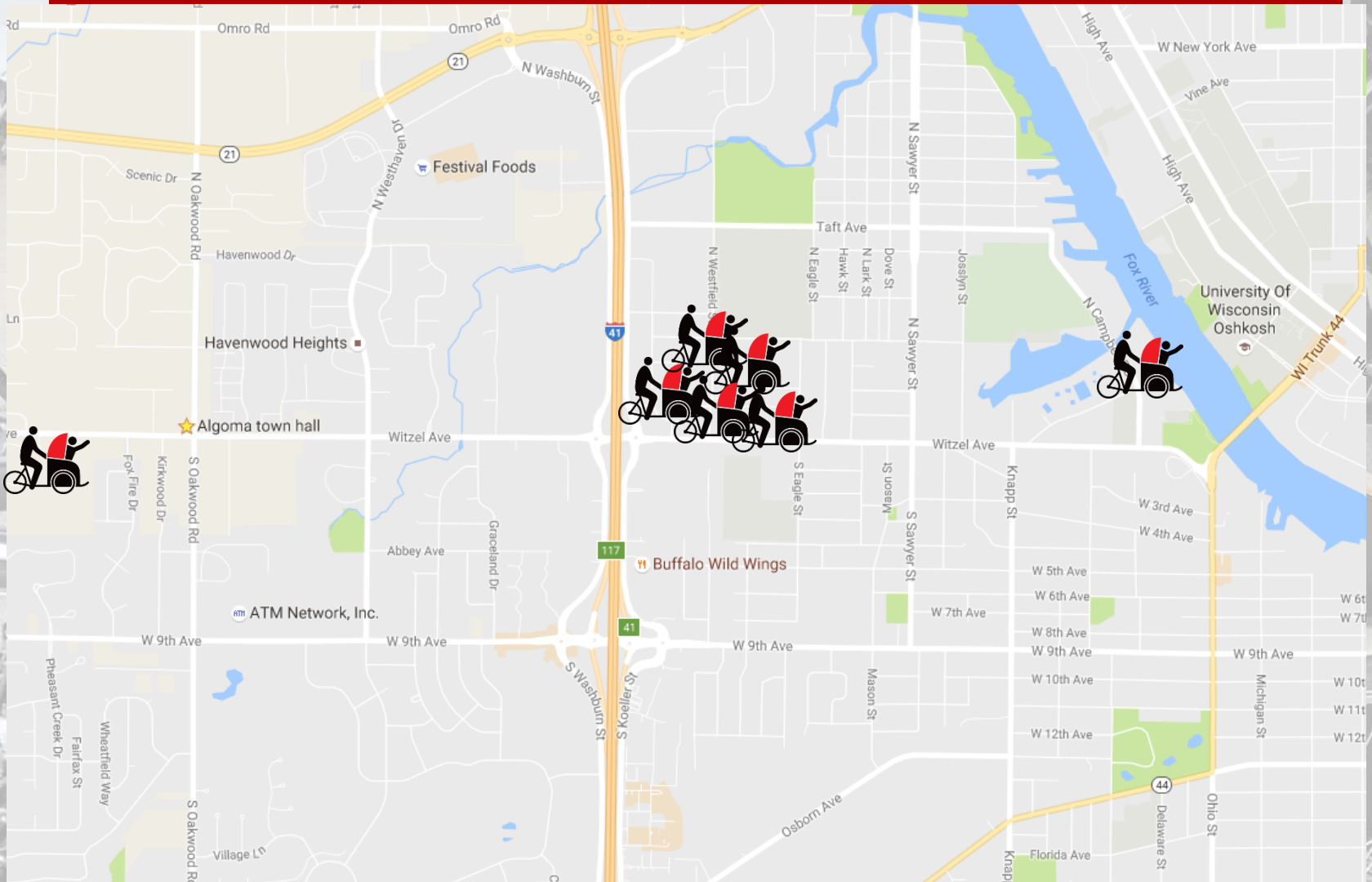




Intergenerational Event



Winter... No Problem




Growing Fleet (7)

A black and red adaptive bicycle, likely a recumbent or low-step model, is shown. It features a large red cargo bag mounted on the frame. A sign on the side of the bag reads "CYCLING WITHOUT AGE" and "OSH, WI". The bicycle has a black seat with "Gel" written on it, a black frame, and large wheels. The background shows other bicycles and a paved area.

Pluses and Deltas

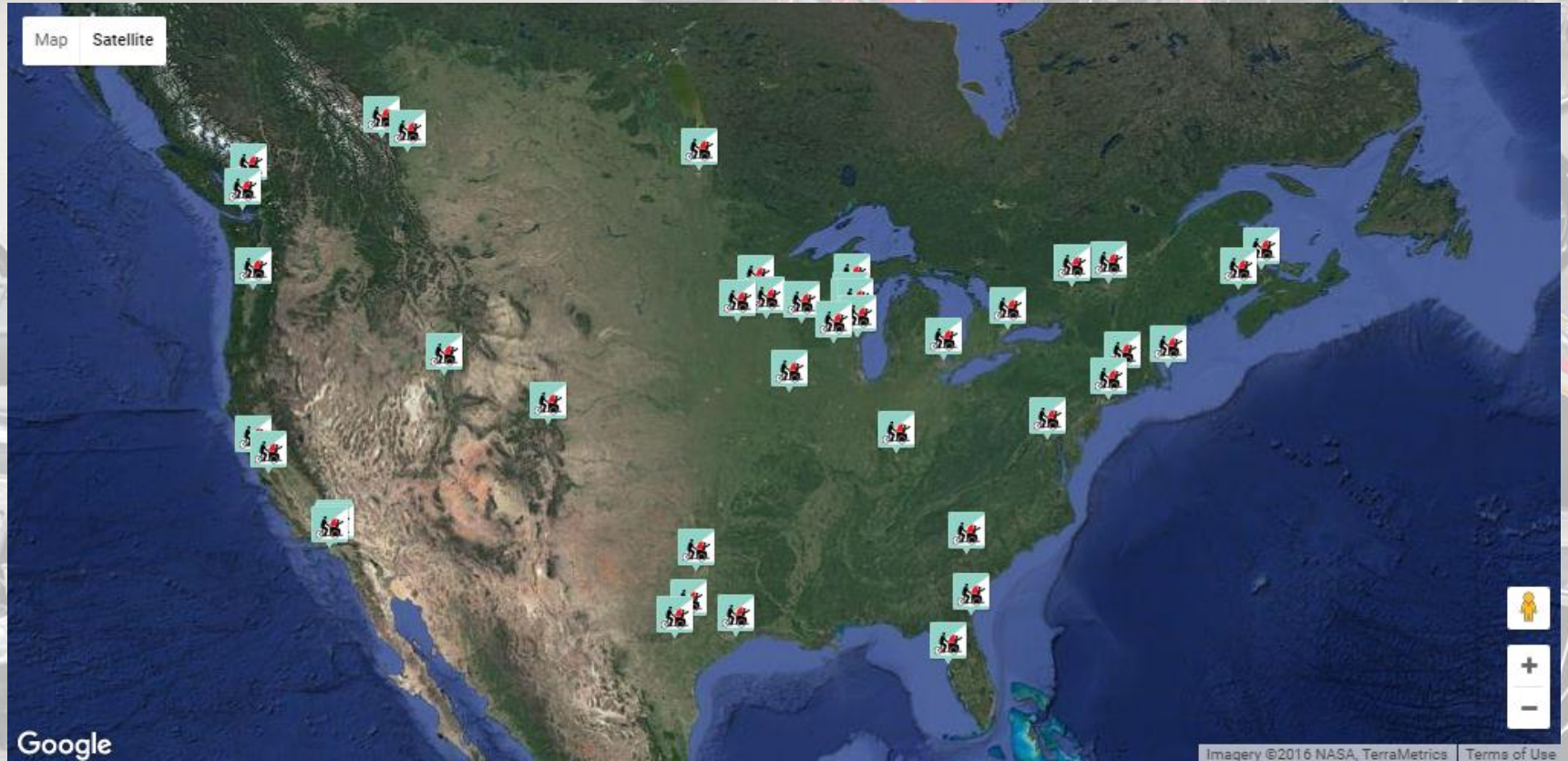
- 
- Community Interaction
 - Power of Collaborative Thinking
 - Channeling Funds and Resources
 - Team Spirit
 - Funding
 - RIGHT PLACE AT THE RIGHT TIME

Pluses (The Good Lessons)

- 
- Time Management
 - Keeping Pace with Changing Pilots
 - Maintenance
 - No Local Suppliers
 - Role of LHO in the Region, State,
NATION?

Deltas (Lessons Learned)

46 and Counting



Success is still a challenge



Cycling Without Age

Lutheran Homes of Oshkosh

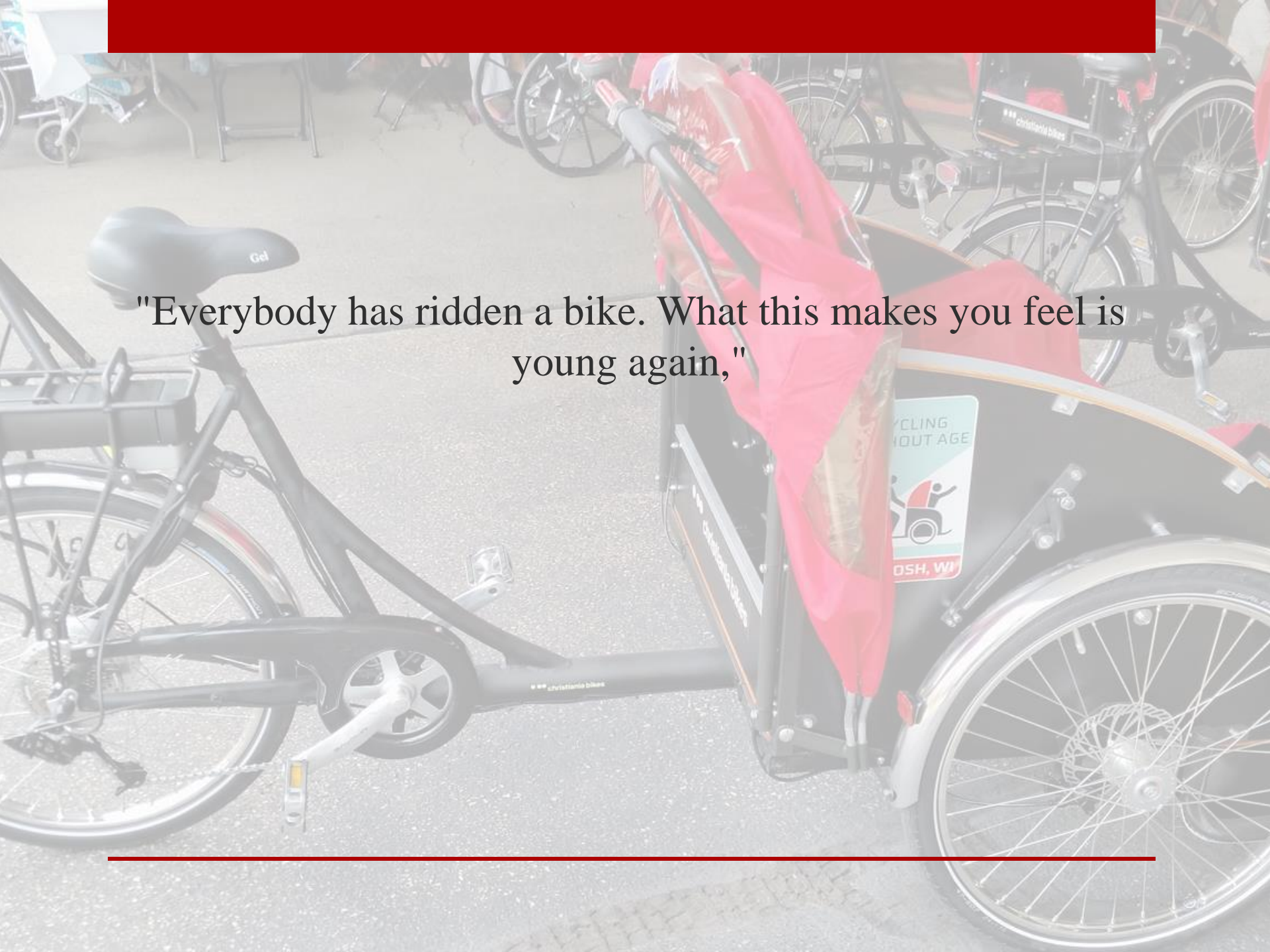


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Cycling Without Age
Lutheran Homes of Oshkosh

A black bicycle is shown from a side profile, parked on a paved surface. It has a black saddle with 'Gel' written on it, a black rear rack, and a black frame with 'christiana bikes' written on the down tube. A large red cargo bag is attached to the rear of the bike. A sign on the side of the bag reads 'CYCLING WITHOUT AGE' and 'OSH, WI'. The background shows other bicycles and a red wall.

"Everybody has ridden a bike. What this makes you feel is young again,"






A black adaptive bicycle with a red cargo bag and a sign that reads "CYCLING WITHOUT AGE" and "OSH, WI". The bicycle is parked on a paved surface. The text "christiana bikes" is visible on the frame. The bicycle has a black seat with "Gel" written on it, a black rear rack, and a black front rack. The wheels are black with silver spokes. The cargo bag is red and has a clear plastic window. The sign is white with black text and a graphic of a person on a bicycle. The background is a blurred outdoor setting with other bicycles and people.

"The memories you hear while riding the bicycle are extraordinary."





A black bicycle with a red cargo bag is parked on a paved surface. The bicycle has a black seat with 'Gel' written on it, a black frame, and a black rear rack. A red cargo bag is attached to the rear rack. A sign is attached to the frame that reads 'CYCLING WITHOUT AGE' and 'OSH, WI'. The background shows other bicycles and a red banner at the top of the image.

"Seeing all the smiles of the faces here in the elders — I hope to spread that throughout the world."



Visit <http://cyclingwithoutage.org/>

- Royalty Free License
- Rickshaws cost around \$5,000
- Stipulations include:
 - Following the guiding principles
 - Offering services free of charge
 - Keeping the rickshaws active
 - Completing and submitting an application



Start Your Own Program

Facebook

Please like the LHO chapter

- Cycling Without Age, Lutheran Homes of Oshkosh

Please like the International chapter

- Stories from Cycling Without Age

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- Cycle Without Age WI @ CWA_LHOshkosh

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Get Updates and News

Thank You

