SAFE ROUTES TO LIFE!

How Cycling Without Age LHO Changes Lives
The Story Behind Our Adventure
• CWA was founded by Ole Kassow in Copenhagen, Denmark
• A partnership with the municipality of Copenhagen
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
Community Involvement

- 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

“I remember back in Korea where we would get rides on rickshaws all the time. What a blast that was.”
• 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
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
• Visitors from Denmark
• Support from community
• Everyone outside
• Cycling Without Age Day

The Kickoff Event
Intergenerational Event
Winter... No Problem
Growing Fleet (7)
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)**
Deltas (Lessons Learned)

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

Success is still a challenge
"Everybody has ridden a bike. What this makes you feel is young again,"
"The memories you hear while riding the bicycle are extraordinary."
"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
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Please like the International chapter
• Stories from Cycling Without Age

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Thank You