

CYCLING WITHOUT AGE



*The right to feel the wind in your hair. That's the motto for **Cycling Without Age**, an international volunteer-driven program that takes elderly, often shut-in, residents out for bike rides. It began in Copenhagen in 2012 and has grown to include 50 countries with 2,200 chapters locations worldwide. And one of those chapters is right here in Penticton!*

Cycling Without Age Penticton engages seniors by offering them free rides in specialized bicycles. What a fun opportunity to remain an active part of society, get outside

and experience life beyond the confines of residences or care centres.

The design of the distinctive electric, three-wheeled bikes called trishaws, intentionally places the passengers right “in the seat of the action”. The safe, padded bench with room for one or two people, complete with seat belts, sits in front of the pilot. The pilots are local volunteers who enjoy the rides as much as the passengers.

Neil Pritchard began the Penticton Chapter of Cycling Without Age in 2018 in partnership with OneSky Community Resources. The chapter has 4 trishaws and over 25 volunteers that visit Penticton care facilities on regular scheduled days. For extra safety measures, plexiglass shields have been installed between the pilots and the passengers, and strict COVID-19 protocols are in place.

Cycling Without Age is a community initiative that reduces social isolation and brings people together

over stories and experiences, all the while experiencing the beautiful Penticton scenery. Anyone seeing the distinctive red trishaws is encouraged to wave or give a friendly honk. It really adds to the experience for both passengers and pilots.



For information about volunteering or booking a ride, call 250-809-9343 or email lynn.cook@oneskycommunity.com