

CYCLING WITHOUT AGE



Do you want to make a difference in the lives of seniors and less able individuals in return for personal satisfaction and fulfillment?

We all take for granted the freedoms we have being able to get outside, into society under our own power. Many seniors and less able individuals do not have this freedom. They are confined to their homes or care facilities, unable to be an active part of their community.

Cycling Without Age is a totally non-profit program, operated by volunteers. It was started in Denmark in 2012 and has grown rapidly worldwide. Volunteers take seniors or less able people for bike rides in specially built Trishaw bicycles. The positive results for passengers, volunteers and communities are numerous and well documented.

This program is starting in Invermere this summer and we are recruiting volunteers to be the drivers, or “Pilots”, as they are referred to. Rides will generally be 1-1.5 hours long. The rides are not about going fast or far. Rather they are based on these five principles:

1. Generosity
2. Slowness
3. Storytelling
4. Relationships
5. Without age

You will be able to volunteer as little or as much time as you wish. The trishaws have electric assist drive, so a high level of fitness is not mandatory. Please note the minimum age is 18 and you must possess a valid drivers license.

If you are interested in volunteering for this very worthwhile program, please contact either of the Cycling Without Age Invermere Chapter coordinators:

Blaine Nester
Blaine.nester@gmail.com
250-341-1059

Don Devlin
dwnhill44@gmail.com
250-409-4040

Passenger Quotes

"I will remember this for the rest of my life"

"I haven't been away from the lodge for three years. It was sure nice to travel around my old neighbourhood"

"I giggled like I haven't since I was a little girl"

"What a lovely way to spend the afternoon with my friend"

Volunteer Quotes

"It's been humbling to better understand the difficulties some seniors and their families face with ailing health. Every rider has been so appreciative: some have even told me it's the highlight of their week"

"It's honestly the best volunteer gig I've ever had"

"The big red bike gets such an amazing reaction from the community! Everyone smiles as we go by, and more than once I was stopped by a random person who wanted to let me know how much they appreciated mine and my fellow volunteers efforts. People really seem to understand the value that the program has to offer in maintaining the health of our community"

