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Page 1 of 2



'Trishaw' bikes keep elderly on the move

JOEL INESON AND MONIQUE STEELE

Molly Craig loves being whisked around Christchurch's Hagley Park on her retirement village's trishaw bicycle.

The 83-year-old has taken several trips since Park Lane, the retirement village at which she is a resident, got the first bicycle of its kind in New Zealand last November.

"I had a wonderful time with a chap who'd never been out in them

[on Monday] . . . The man was elderly and he loved it.

"I've never seen him laugh so much," Craig said.

"To get out like that, I don't think people realise just how lovely it is, and we've been very spoilt I think."

Arvida has the rickshaw-style bicycles in eight villages across the country.

Ole Kassow and Dorthe Pedersen started Cycling Without Age in 2012 to get elderly people more mobile.

The pair introduced the initiative to 26 countries before New Zealand. Bicycles were rolled out on Monday at Park Lane, the place where it started last year. Its popularity has paved the way for more elderly Kiwis at Arvida villages.

Another trishaw for Ilam's Arvida village was to be followed by trips to Nelson, Blenheim,

Kapiti, Palmerston North, Rotorua and Auckland throughout the week.

Pedersen said the idea behind Cycling Without Age was "to remind people how to build a relationship with their elders".

"Give time to your elders, remembering the care and time they gave you . . . they have a lot of tell us, but they all want to listen too.

"If we take the time, the act of cycling slowly helps to take in the experience and appreciate it . . . each generation can embrace what each has to offer through something as simple as cycling,"

Pedersen said.

She said the bicycles gave elderly a break from any challenge, sickness or ailment in their life.

- *Fairfax NZ*



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Page 2 of 2



Some of the residents at Arvida's Park Lane retirement village in Christchurch have a go on the new "trishaws". On the bike at left are Faith and Hunter McGahee pedalled by Aleshia Rayner, Park Lane manager. On the other bike are Molly Craig, on the left and Bessie Bromell, pedalled by Dorthe Pedersen who is the founder of Cycling Without Age.

PHOTO: FAIRFAX NZ