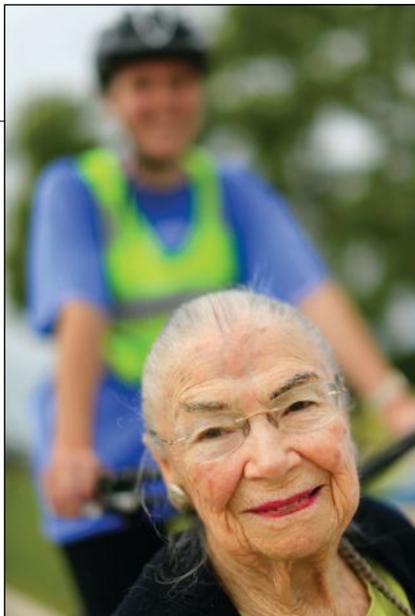


TrailBlazers

Cycling Without Age — a nonprofit program founded in Denmark — helps Fort Worth seniors rediscover the unbridled joy of a childhood bike ride without breaking a sweat.



Emma Joe Coley is thrilled to experience riding a bicycle again without having to do any of the pedaling. She and other residents of Trinity Terrace pair off with their "pilots" to ride the Trinity River Trails.



By Laura Samuel Meyn Photos by Ron Jenkins

Emma Joe Coley, 93, remembers the thrill and freedom of riding a bicycle when she was young. "I liked to ride by myself so I could go and do as I pleased."

On a mild fall morning, Coley and other residents of Trinity Terrace, a retirement community just west of downtown Fort Worth, have gathered near the Phyllis J. Tilley Memorial Pedestrian Bridge, a stone's throw from their high-rise home. They're ready for a bike ride, but one where all they have to do is sit back and relax.

The outing comes courtesy of an international nonprofit, Cycling Without Age, that taglines its efforts: The Right To Wind In Your Hair. The Trinity residents have paired off with their "pilots," TCU students who learned of the program from their sociology professor, Dr. Keith Whitworth. After Whitworth reminds them about setting the parking brake when stopped and other details, they take off down the Trinity Trails.

While the students navigate — the rickshaws are motorized to make pedaling easier on the pilots — the men and women enjoy the sights and sounds as they wind their way down the paved pathway along the river.

Coley joins in all the outings offered by Trinity Terrace, boarding the residents' bus for museums, restaurants and shopping excursions, but cycling is her favorite. "I haven't missed one trip," she says. "I love it."

Cycling Without Age was founded in Copenhagen, Denmark, in 2012 by Ole Kassow, a cycling enthusiast who began to wonder what life would be like if he weren't able to enjoy his daily rides. He took the rickshaw idea to a nursing home in his neighborhood and launched the program. Kassow gave a moving TED Talk about its benefits, and since then, Cycling Without Age satellite programs have popped up in 27 countries.

The program came to Trinity Terrace at the suggestion of one of its newer residents, Tommy Judson, who'd seen Kassow's TED Talk online. Still an avid cyclist at 78, Judson regularly pedals a 16-mile circuit from Trinity Terrace. But Cycling Without Age made him think about those who aren't so able-bodied, and he took the idea to Trinity Terrace's administration. Operations project manager Keith Manning reached out to TCU to partner on the program. Trinity Terrace became the first Cycling

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TrailBlazers

Without Age licensee in North Texas, officially launching in March and offering once-a-week outings, weather permitting. Trinity Terrace's charitable foundation paid for the pair of rickshaws they use, which cost about \$6,000 each.

While the program gets the residents out and about, Cycling Without Age pilot Gemma Sing says that it's also intended to build a sense of community. While rolling along, pilots and passengers talk about where they're from, their careers, their families and other interests.

Even those awaiting their turns at the starting point on the trail fall into conversation. Emma Patterson, a nursing student, talks about needing help with a charitable project and asks if anyone at Trinity Terrace sews. Resident Marjorie Montgomery fills her in on the crafts and other goings-on at the retirement community — including the ukulele band she plays in and the ballroom dancing class that's popular with singles.

But for some, there's nothing better than simply getting



Pilot Ashley Smith takes seniors Marjorie Montgomery, left, and Tommie Sandstrom for a ride along the Trinity River as part of the Cycling Without Age program.

outdoors.

"Oh, it just feels so good to be out in the fresh air," says Coley. "I talk it up everywhere I go." **361**

THE DETAILS

Cycling Without Age To learn more about the international nonprofit, including how to become an affiliate, visit cyclingwithoutage.org. At Trinity Terrace, the local retirement community operates a Cycling Without Age program for its residents. 1600 Texas St., Fort Worth; 817-338-2400 or retirement.org/trinity.



TCU professor Dr. Keith Whitworth gives pilots and passengers some tips before they set out on the trails.