Enjoy a ride, no matter your mobility

Crescentwood
Fort Rouge
Riverview

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A couple from Crescentwood is going through the gears to help seniors get out and about in their community.

On May 2, Wendy and Michael Erlanger will introduce Cycling Without Age (CWA) to the community in Winnipeg, launching the city’s first chapter.

The CWA Winnipeg chapter launch happens at the Riverview Health Centre (1 Morley Ave.) at 10:30 a.m. CWA founder Ole Kassow will also be on hand to launch the chapter.

Created in Denmark, CWA is an international movement created by Kassow and Dorte Pedersen that promotes social interaction between generations through cycling.

Using a specialized three-wheel bike, or trishaw, people experiencing barriers to mobility have an opportunity to experience the sensation of cycling from the cab of the trishaw as a volunteer pilot pedals them around. Volunteers will be demonstrating the new trishaws during the chapter launch event.

Wendy Erlanger (rear) pilots a trioBike, designed to help senior citizens and people with limited mobility to experience cycling, through the streets of Copenhagen last summer. Wendy and her partner Michael Erlanger will launch the Winnipeg chapter of Cycling Without Age and introduce two trioBikes to the community on May 2 at Riverview Health Centre.
Crescentwood couple starting local chapter of intergenerational initiative Cycling Without Age

"I can imagine the thrill of being on a bike. I can't imagine that when I'm on my bike, I can't imagine that before I sit down and enjoy the moment, I can't imagine there are no cars on the road. It's a beautiful feeling."

The Crescentwood couple, along with other local volunteers, will launch the initiative on May 2. The Crescentwood couple is using a new chapter of Cycling Without Age, a program of the Slow Food Movement, to connect with seniors and other community members.

"This is a wonderful opportunity to bring people together from different backgrounds and ages. It's a great way to foster connections and build relationships."

The program aims to provide a fun and healthy way for seniors to stay active and socialize with others. The couple hopes to continue expanding the program in the future.

"We are excited to be a part of this initiative and to help make a positive impact on our community."