



Pernille Bussone
Partner Director



Ole Kassow
Founder



Jake Krohn
US Captain



LeadingAge®

CYCLING
WITHOUT
AGE



THE RIGHT TO WIND IN YOUR HAIR

THORKILD

Lack of mobility

Social isolation

Lack of stimulation





Copenhagen, 1937

Excercise
Empowered
Enriched
Cheerful

Cheerful
Better appetite
Better sleep
Reduced medication

GUIDING PRINCIPLES

GENEROSITY
STORYTELLING
RELATIONSHIPS
SLOWNESS
WITHOUT AGE





GENEROSITY

It takes
a village...



Margit & Carl



Lasse & Carl, Grundtvigskirken



Carl & David, Utterslev Mose



Brit & Carl, Bispebjerg



STORYTELLING

Dag 15

Margit & Carl



Dag 16

David & Carl, Charlottenlund



Dag 17

Brit & Carl, Nørrebrogade



Dag 18

Dan, Carl & Tårnby-afd.



RELATIONSHIPS



CYCLING
WITHOUT
AGE



SLOWNESS



Our senses
Being present
Memory care

WITHOUT AGE



CYCLING
WITHOUT
AGE



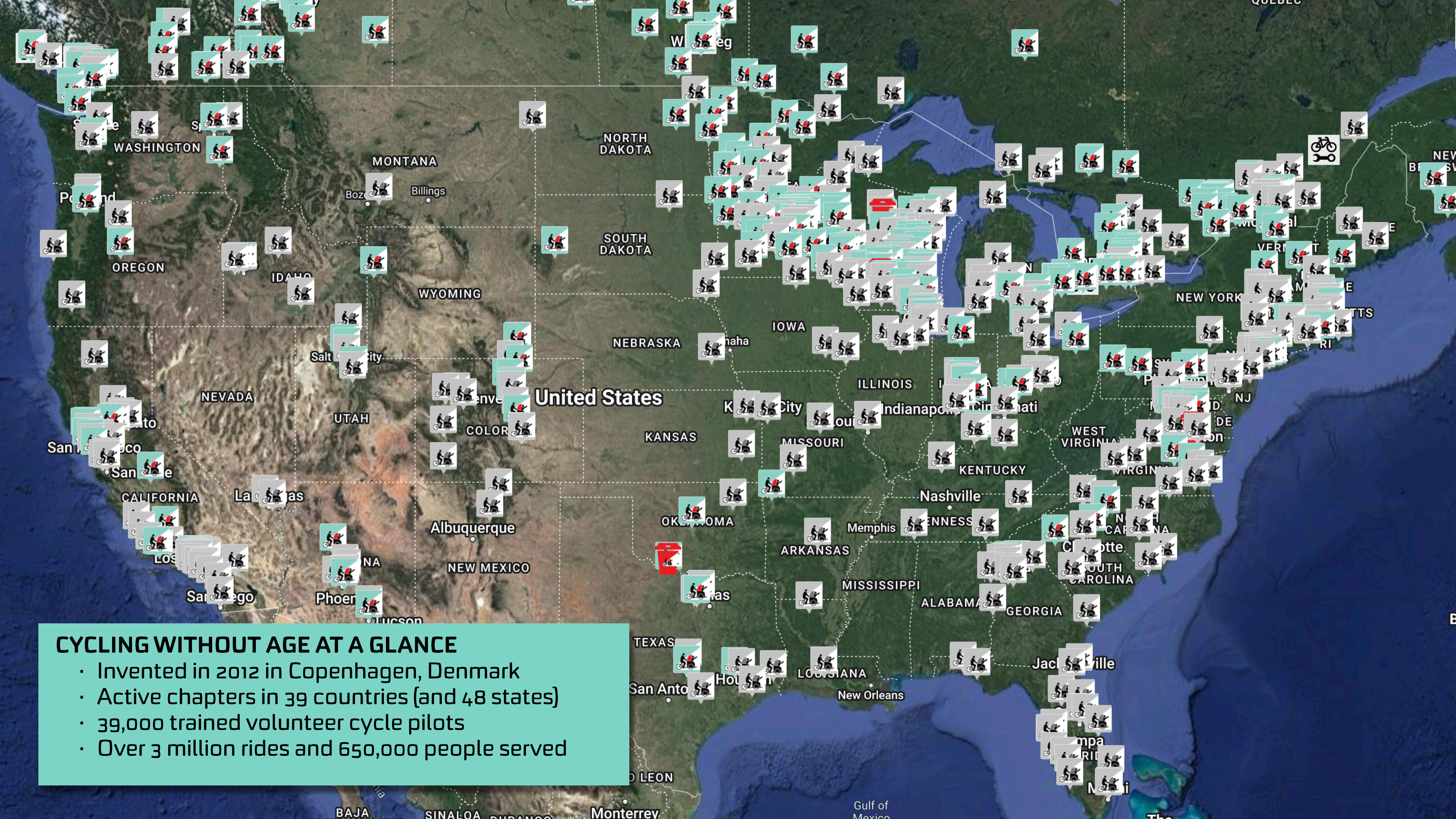
NURSING HOMES

A married couple
living in a nursing home



AGING IN PLACE





CYCLING WITHOUT AGE AT A GLANCE

- Invented in 2012 in Copenhagen, Denmark
- Active chapters in 39 countries (and 48 states)
- 39,000 trained volunteer cycle pilots
- Over 3 million rides and 650,000 people served

ORGANIZING RIDES



My page

My overview

Book a ride

Calendar

Locate Us



Ole Kassow

Sunrise of Severna Park

Register as a pilot



36 Members

is enrolled in this location



1 Bicycles

is associated with this location



194 Rides

has been driven from this location



9 days and 11 Hours

is used, pedaled from this location

Address

🏠 43 W. McKinsey Road, Severna Park, Maryland 21146

Email

✉️ CWA@BikeAAA.org

Telephone

☎️ +1 410 544 7200

Location information

Sunrise of Severna Park is our first facility partner and will be the primary starting location for rides on the B&A Trail, a 13.3-mile multi-use path maintained by the Anne Arundel County Recreation & Parks.

05:32 91%



Sunrise of Severna Park



36 Members



1 Bicycles



194 Rides




9 days and 11 Hours




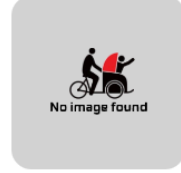



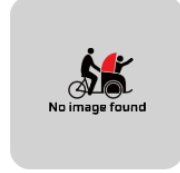



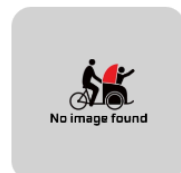
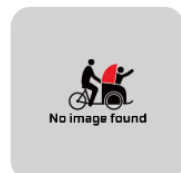


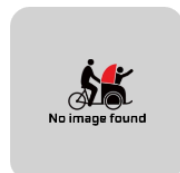

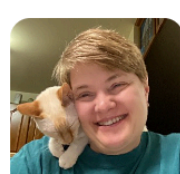
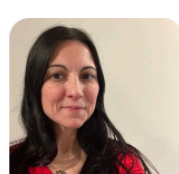
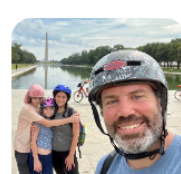
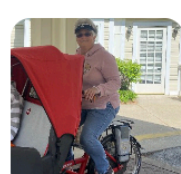

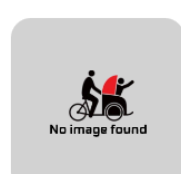
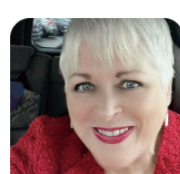
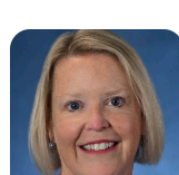
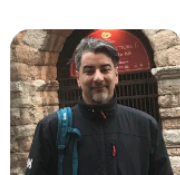
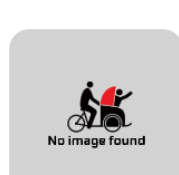
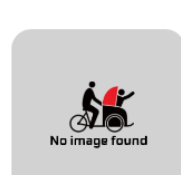
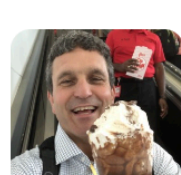

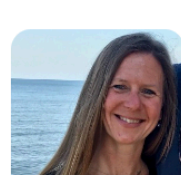
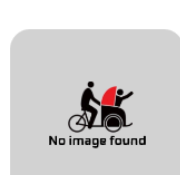
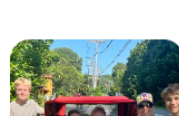
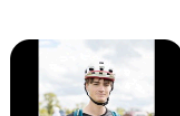






VOLUNTEERS/PILOTS


Recruit, register, train, retain

Members







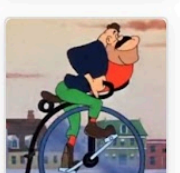
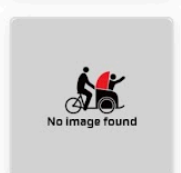
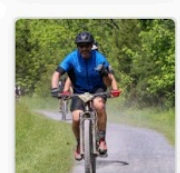
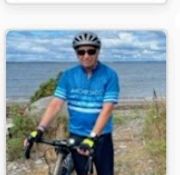
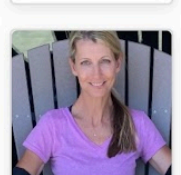
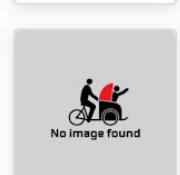
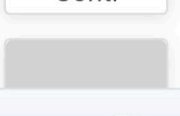

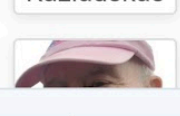
BOOK 2GO 

All (38) Managers (1) Coordinator (3) Captain (1) Pilots (34)

 Sandy Bishop	 Allison Taylor	 Steven Bishop	 Jon Korin	 Erik Peterson	 Sara Koslow	 Keith Schrack	 charles longmire
 Steven Rabinowitz	 Dennis Conti	 Jennifer Meyers	 Elaine Kazlauskas	 Gemma Medile	 Tim Stevens	 Jim Patton	 Karen Paster
 Laird MacDonald	 Lisa McKeague	 Crisdee Miller	 Matthew Miller	 Katie Gibbs	 Rick Watts	 Nancy Schlegel	 Katharine Collins
 Christine Joyce	 Juan Albertorio-D...	 Ann Dowling	 elyse hurley	 Christopher John	 Kathie Hamlett	 Shannon Scanlon	 Tripp Kennedy
							

BOOK 2GO 

All (38) Managers (1) Coordinator (3)
Captain (1) Pilots (34)

 Sandy Bishop	 Allison Taylor	 Steven Bishop
 Jon Korin	 Erik Peterson	 Sara Koslow
 Keith Schrack	 charles longmire	 Steven Rabinowitz
 Dennis Conti	 Jennifer Meyers	 Elaine Kazlauskas
		

WHAT'S NEXT?



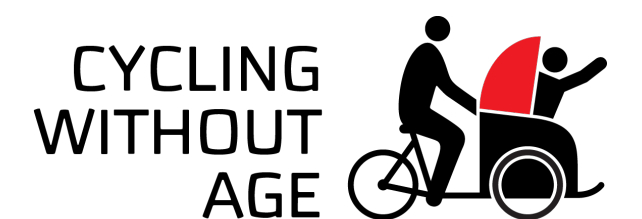
THE TRISHAW

A COUCH ON WHEELS



Price: \$15,000 all included

copenhagencycles.com



LeadingAge x Cycling Without Age

Setting up a LeadingAge Chapter of Cycling Without Age

Cycling Without Age is proud to offer partner opportunities to the LeadingAge community. If you complete the form below, we will welcome you into the national and global Cycling Without Age program and will be working with you to identify funding opportunities through the Civil Monetary Penalty (CMP) reinvestment program as well as other grant programs. We are currently exploring and applying for multiple grants in cooperation with LeadingAge in several states.

In 2022-23 we partnered with [LeadingAge Washington](#) to bring Cycling Without Age to 7 member communities, giving hundreds of Seattle, Des Moines, and Tacoma area residents the opportunity to experience the wind in their hair.

“ I truly don't know how our community would've gotten through the pandemic without Cycling Without Age. I want to take this opportunity to thank you for creating this incredible life-changing idea of a bike ride and transforming lives all over the world. We live in Jackson Hole, Wyoming, one of the most beautiful places in the world at the base of the Tetons, and now our residents get to actually enjoy the scenery, and not from their room window. Thank you and the many hands that paved the way to make this happen for our beloved elders.
Nursing home manager in Wyoming



State *

Maryland (MD) [dropdown arrow]

Organization *

The name of your facility

[empty text input field]

Contact person *

[empty text input field]

Title

[empty text input field]

Full address *

[empty text input field]

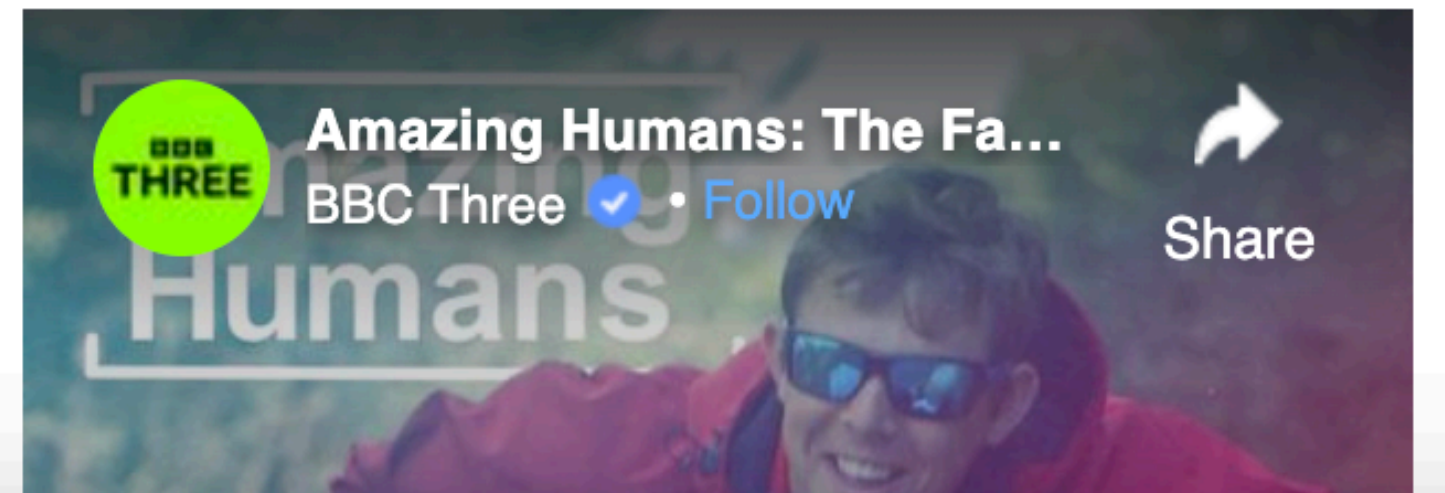


Pernille Bussone

Partner Director

bussone@cyclingwithoutage.org

Call me: +45 53621979 (telephone number in Denmark)



WE LOOK FORWARD

TO SEEING YOU

CyclingWithoutAge.org/LeadingAge