



Cycling Without Age is a movement started in 2012 by **Ole Kassow**. Ole wanted to help seniors get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a trishaw and he started offering free bike rides to the local nursing home residents.

He then got in touch with a civil society consultant from the City of Copenhagen, **Dorthe Pedersen**, who was intrigued by the idea and together they bought five trishaws and launched Cycling Without Age, which has now spread to all corners of Denmark, and to date to another 40 countries around the world using 4,900 trishaws!



**Carol White**, a resident of Peabody for 30 years started on her mission in March of 2020. The next 3 years would be difficult for all of us. In May of 2023 Cycling Without Age Massachusetts became a 501(c)3 and her dream became a reality. The first trishaw (of hopefully many) was purchased in September of 2023 and we hope to continue to purchase and donate many more throughout Massachusetts. Spread the word!

For more information contact your local affiliate  
Cycling Without Age Massachusetts  
[cwhite@cyclingwithoutage.com](mailto:cwhite@cyclingwithoutage.com) / 978-767-6540



Cycling Without Age Mass...  
@Carol-White-37



venmo

**Make a Donation Today!**  
**EIN: 92-3975869 Mass#**  
**081017**  
**\*Carol-White-37**

Help us roll out our Massachusetts Chapter



be a **PILOT**  
(you get to ride with some wise souls)



be a **HOST SENIOR CENTER**  
(you let us ride with your community)



be a **VOLUNTEER**  
(Give back to your local community)



be a **SPONSOR**  
(smile's on you!)

# Cycling Without Age Massachusetts



Recipient of 2024



*Stories tell us what to hold on to . . .*

## Guiding Principles

- Generosity
- Slowness
- Storytelling
- Relationships
- Without Age



Cycling Without Age is a worldwide movement that aims to provide **joy** and **vitality** to older adults through the magic of the bicycle.



Cycling Without Age builds **community** and a sense of **citizenship** through the simple act of sharing a bike ride.



Cycling Without Age gathers unique and invaluable **stories**, unlocked only by the wind and wheels.



**The Right to Wind in Your Hair!**