

CWA Rochester welcomes first passenger

The Rochester Michigan chapter of Cycling Without Age (CWA) recently received shipment of its first battery-assisted trishaw from Copenhagen Cycles after months of fundraising and planning. Following the maiden voyage, passenger Anita Balgenorth, 76, discusses her experience riding the trails and paths of Rochester this summer.

Anita is a retired church secretary who enjoys reading and walking but has found she isn't as steady as she once was, making it difficult to ride a bicycle. That's where CWA comes in! Piloted by her son, Brian Carl, founder of the local chapter of CWA, Anita was able to enjoy an hour-long ride throughout Rochester. "We weren't going that fast, so I enjoyed the scenery. It was calming and quiet (on the Clinton River Trail), and everyone we met was friendly, said hello, and waved."

Anita also enjoyed seeing blue herons and their nests in trees high above a pond near the trail. Spending time in nature, and engaging socially in the community can become more challenging for older adults with limited mobility. By scheduling a piloted trishaw ride, seniors can get out more and enjoy all their community has to offer. Families are encouraged to join in the fun and ride their own bikes on local trails and pathways alongside the trishaw.



Each trishaw pilot is trained and insured to safely drive older adults who are secured with a seatbelt. The ride is very smooth, and the trishaw is stable and comfortable. The seat can carry two passengers and a canopy protects riders from the elements. Anita hand-made a custom CWA Rochester quilt, pictured below, to keep passengers cozy on cooler days.

While summer may be winding down, autumn is a spectacular season to spend time outdoors enjoying the sights, sounds, and smells. Rochester and Rochester Hills offer many beautiful natural spaces, parks, trails, and pathways. To learn more, or to schedule a ride, visit the [CWA Facebook page](#).