



2024 Impact Report

VANCOUVER
CYCLING
WITHOUT
AGE



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A Letter from Our Executive Director

I joined Vancouver Cycling Without Age Society (VCWAS) in July of 2024, inspired by the global movement and the amazing work our Vancouver founders had done to establish this organization. Our work is such a simple act that can have such a profound impact - bike rides for seniors. Whether it's the seniors themselves, their families and caregivers, the volunteer Pilots, or a passerby on the sidewalk who gives a wave, everyone benefits from seniors getting outside and reconnecting with their community. I was hooked from the start. But it wasn't until I started Piloting the trishaws myself that I truly began to appreciate the magic. It's so much more than just a bike ride. These rides re-sparked romance between couples in care. They got someone back outside following a stroke. They provided valuable respite for friends, family and care home staff who knew their seniors would be safe and cared for while they went on a ride. They inspired volunteers to keep active in retirement. And they helped the public to see the seniors of this city in a whole new light - as fellow community members, equally deserving of feeling the wind in their hair!

In the pages ahead, I'm excited to share more with you about the experience that our passengers, partners and pilots had in 2024 while rolling along the bike lanes, streets and parks of this city.

Our vision is that all seniors, and their caregivers, are seen, supported and celebrated - one trishaw ride at a time. We have our sights set on becoming the recreational activity of choice for every senior in the City of Vancouver. We believe all seniors deserve access to our service.

Whether it's by donating, volunteering, sharing this report or bringing a senior in your life to join us this coming season, we hope you'll come along for the ride with us in 2025 and beyond.

With gratitude,



Jake Winn



Our Impact in 2024

Our rides took passengers on bike lanes, streets and into parks across the City of Vancouver, from False Creek, the Arbutus Greenway, Point Grey and Jericho Beach, to the West End, Stanley Park, Riley Park-Little Mountain, and Pacific Spirit Park. We covered the distance from Vancouver to Ottawa.



500

Rides provided

1,000

Passengers

3,500

Kilometers
pedaled



From 2023, our
operations
grew by nearly

40%

Our Passengers

We enable seniors who can no longer ride a bicycle themselves to share in the joy of the activity and spend time outdoors in their community. The population we serve is primarily seniors between the ages of 80-100 who either live in long-term care homes and have limited opportunities to get outside, or are seniors with limited mobility who live independently or with family.

“Family members love being able to do something meaningful with their loved one, sitting side by side with them.”



COMMUNITY SURVEY RESPONSES*

100%

Loved their ride!

100%

Would come back for another ride

“My mom has dementia, but she talks about going on the bike for days after going.”

RESIDENT SURVEY RESPONSES*

100%

Feel safe during the rides

100%

Are satisfied with the service

100%

Will continue riding in 2025



*Based on Top Two Box score from annual survey data

Our Partners

We work with long-term care homes, seniors serving organizations, recreation facilities and local businesses to ensure every senior in Vancouver has the opportunity to go for a ride. Our partners in 2024 included:

- Broadway Lodge
- Convivial Cafe & Bakery
- Creekside Community Centre
- Kitsilano Neighbourhood House & Bikebus
- Legacy Senior Living
- Little Mountain Place
- Nikkei Seniors Health Care and Housing Society
- Point Grey Private Hospital
- S.U.C.C.E.S.S. Multi-Level Care
- West End Seniors' Network
- Windermere Care Centre



Volunteer Alice join seniors for rides and sings to them.

100%

Would
recommend our
service to
another facility*

“Cycling Without Age provides meaningful and engaging outings for our residents, their friends and families, and brings to residents living in care a sense of normalcy and belonging through community engagement.”



The staff at SUCCESS decorated a trishaw for their residents' 48th wedding anniversary ride.

*Based on Top Two Box score from annual survey data

Our Pilots

Our volunteer Pilots go through extensive training on working with seniors and operating our trishaws safely. They then volunteer on a weekly basis to provide rides to seniors and their families. Our Pilots are the heartbeat of our organization. In 2024, we had 22 volunteer Pilots each provide an average of **3 rides per week** - that's **9 hours of volunteering** per week!



“This is a wonderful act of love and care to seniors.”

PILOT SURVEY RESPONSES*

3

Average number of years our Pilots have been with us

100%

Felt Safe & Supported while on rides

100%

Would recommend volunteering as a Pilot to others

95%

Pilots planning on returning in 2025

“The bike ride doesn't matter as much as the honour to give them freedom, levity and dignity. It's so rewarding. It's a privilege to be their companion for a little while.”

- Laurianne



“Hopefully, I made a small positive difference in their life for a moment. I am very proud to be part of such a thoughtful group of volunteers towards such a good cause.”

- Clement

*Based on Top Two Box score from annual survey data

A Letter from Our Board

Since its inception in 2018, the Vancouver Cycling Without Age Society has been dedicated to fostering intergenerational connections and reducing senior social isolation through the joy of trishaw rides. We are immensely proud of the progress we've made since 2018. Year after year, we continue to double our ridership through formal partnerships programs with care homes, adult day cares, community centres, neighbourhood houses, hospitals, and family caregivers. All of our trishaw rides are made possible by our thriving volunteer program, which continues to grow.

In 2024, we welcomed Jake Winn as the Executive Director to support and grow our partnerships, programs, operations and fundraising efforts. Jake has been instrumental in enhancing our partner relations and operational efficiency, as well as increasing our community engagement and donor base.

Thank you to our founders, donors, partners and volunteers. Together, we can ensure that every senior has the opportunity to feel the wind in their hair and the joy of being part of the community once again.

We remain committed to our mission to foster community connections and break down barriers of senior social isolation. With the continued support of our volunteers, partners, donors, and readers like you, we look forward to another year of growth and positive impact in our community.

Sincerely,

Jen Reid, Jen Chen and Alan Woodland

Memories



a.



b.



c.



d.



e.



f.

a. 4 Generations on a ride together

b. Grandparents' Day ride

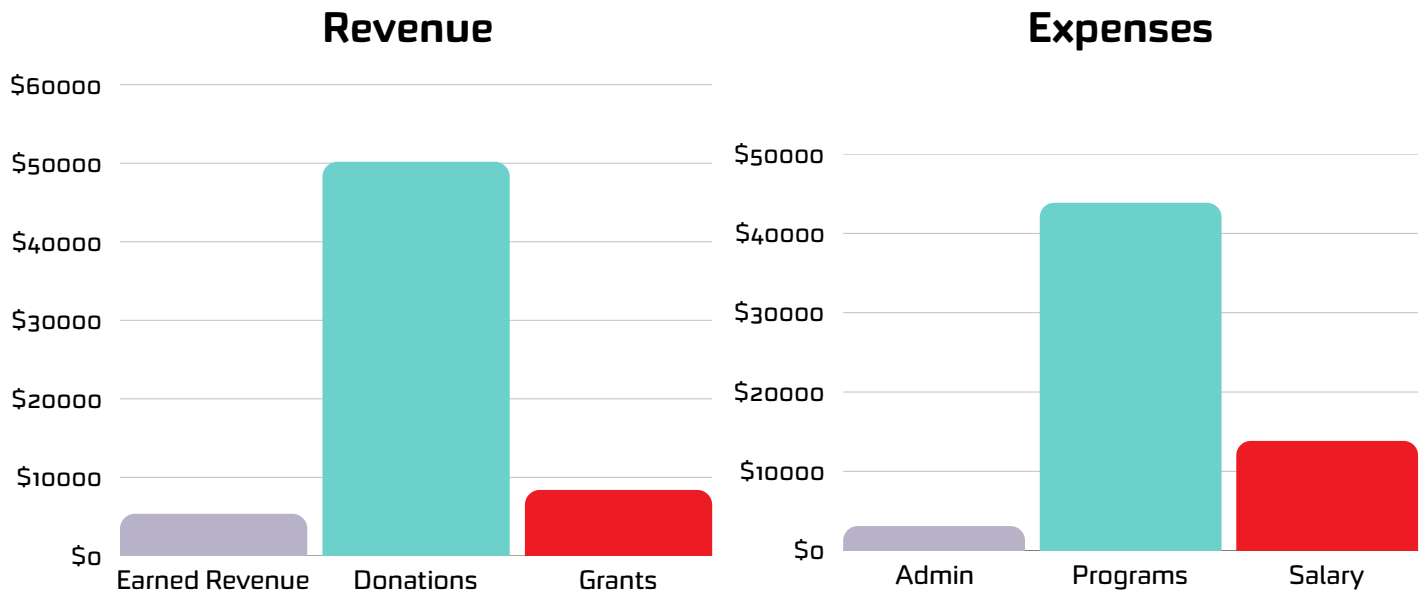
c. Halloween ride

d. Friends & Family Day with our Pilots

e. Being interviewed for CBC Radio Canada

f. Appreciation ride for SUCCESS caregivers

Financials & Recognition



We want to thank the following donors for their support in 2024. They are the reason we were able to serve so many seniors!



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LECKY
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Hub Engineering Inc.
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VELO
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Lion's Mane Fund

Looking Ahead

We have our sights set on becoming **the recreational activity of choice** for every senior in the City of Vancouver.

In 2025, we will:

- Increase our **fleet** of trishaws by **50%**
- **More than double** our number of trained **Pilots**
- **Double** the number of **partners** we work with
- Offer **more community rides** than ever before
- **Establish new trishaw hubs** to enhance accessibility and service delivery

Support Our Work

[Donate](#) | [Subscribe to our Newsletter](#)

[Partner](#) | [Join a Community Ride](#) | [Volunteer](#)

Follow Us



Thank You!

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