



2025 Impact Report

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A Letter from our Executive Director

Oftentimes, our rides are filled with such rich conversation and constant laughter that the time flies by. Our passengers are usually caught by surprise as we return home after an hour outside on a ride, asking if we can stay out and go just a little bit longer. Pilots feel the same way - the joy and connection they've created giving them the energy to want to pedal just a little bit farther, to tell one more joke or see one more sight.

Much like our rides, this entire year seemed to pass in an instant. It was not that long ago that we were celebrating pedalling farther than ever before (3,500kms in 2024) with hundreds of new passengers and five new partners. Yet here we are, one year later, having again tripled the number of rides and distance pedalled during the season, while also building nearly a dozen new partnerships and serving thousands of new passengers.

It's been a remarkable, if not slightly exhausting, experience and the inevitable questions arise: Will you keep growing? Can you sustain this? Well, the collective answer is a resounding YES, for one simple reason: the strength of the community that we have built.

Our wonderful partners, our eager and smiling passengers, our incredible supporters, and the heartbeat of our organization - our volunteers.

This community will always sustain us, support us and encourage us to continue to reach for new heights and try to meet the growing demand for our rides. That is the theme of this report: **our community**. I hope you enjoy reading and I welcome you to join us.

Happy riding,



Jake Winn



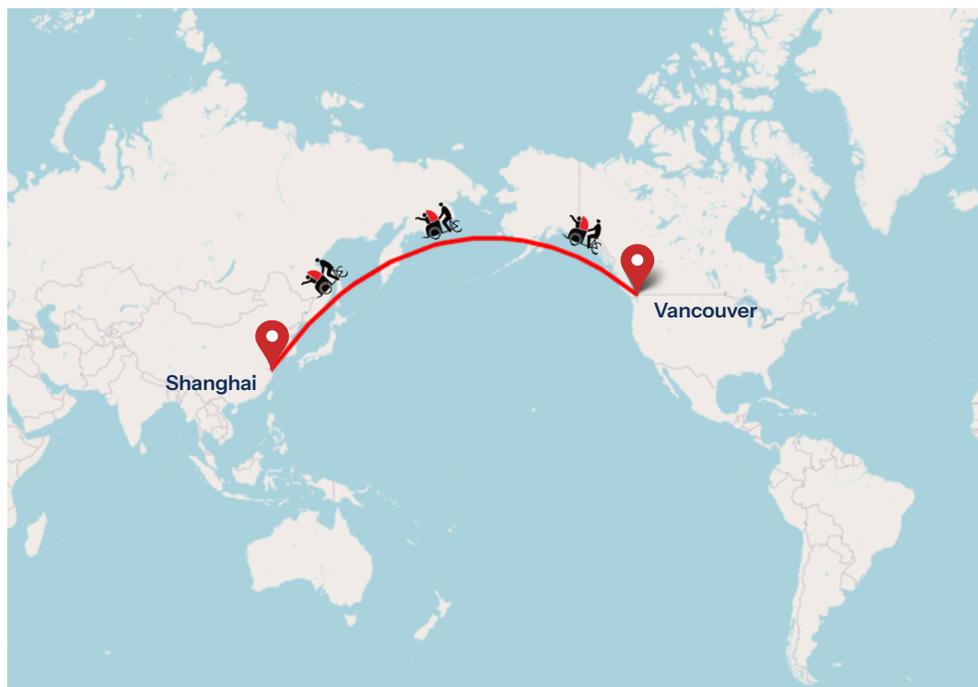
Jake with a passenger on Mother's Day

Community Impact



Our Impact in 2025

In our biggest year yet, 50 Pilots volunteered to take seniors across the bike lanes, streets, and parks of Vancouver. From the West End and Stanley Park to False Creek along the water to Jericho Beach, up Queen Elizabeth Park and through Pacific Spirit Park, we pedaled the distance **from Vancouver to Shanghai!**



155

RIDING DAYS

1,500

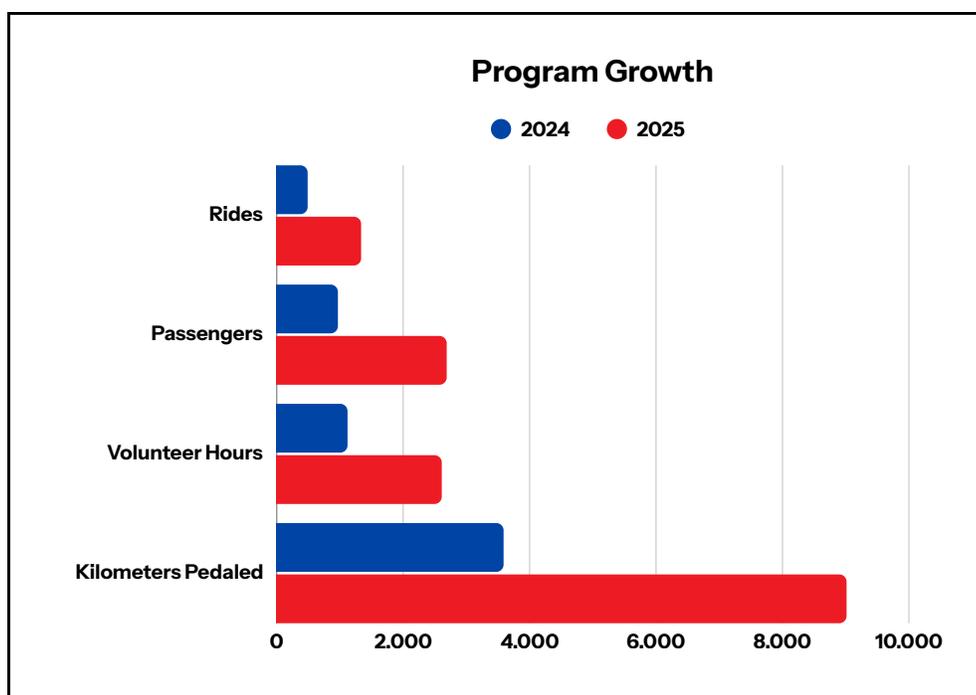
RIDES PROVIDED

3,000

PASSENGERS

9,000

KILOMETERS PEDALED



Our Passengers

We work to ensure that **seniors of all abilities** can experience the joy of a bike ride and spending time outdoors in their community. The population we serve includes independent and able-bodied older adults, seniors living in long-term care homes, those connected to senior-serving organizations, and older adults living independently or with family who may have limited mobility, fewer opportunities to get outside, or can no longer ride a bicycle themselves.

COMMUNITY SURVEY RESPONSES

100%
Loved their
ride

100%
Would come
back again

100%
Felt improved
mood and
connection

“Every time I get into the woods [on a trishaw], it extends my life by 3 days”

PARTNER SURVEY RESPONSES

100%
Felt safe
during their
ride

95%
Observed
improved
mood

60%
Observed
improved
cognition

“The smells of the city remind me of my childhood as we ride through the local streets”



A visit to the Granville Island water park



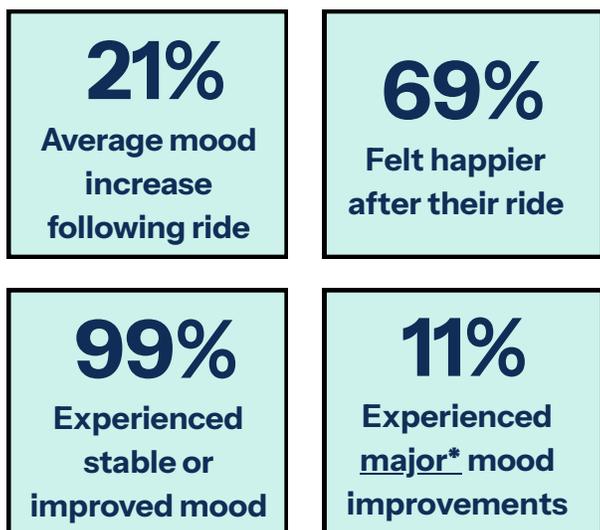
A visit to the garden

Moodboard Evaluation

In 2025, we conducted an independent moodboard evaluation study to understand and quantify the impact of our trishaw rides on the emotional state of passengers. Passengers from seven care facilities completed simple visual moodboards before and after their rides, allowing us to capture passenger-reported changes in mood.

The findings, drawn from **278 rides**, show that the rides consistently improved participants' emotional state, highlighting the program's ability to create meaningful, joyful, and emotionally safe experiences for seniors across diverse care settings.

FINDINGS



*40% mood improvement or more



[Read our full report here!](#)

Please mark an X in both the before box and the after box next to the mood that best corresponds to the passenger's mood before and directly after each ride.

Mood	Before Ride	After Ride
 1. Very sad / Low		
 2. Sad / Down		
 3. Neutral / Okay		
 4. Happy / Good		
 5. Very happy / Energized		

Sample Moodboard Evaluation Sheet

THANK YOU TO THE FOLLOWING PARTICIPATING FACILITIES

- Broadway Lodge
- CHOWN Adult Day Center
- Cooper Place
- Villa Cathay Care Home
- Point Grey Private Hospital
- S.U.C.C.E.S.S.
- Haro Park

Community Service



Our Pilots

Volunteer Pilots are the heartbeat of our organization. This year, we welcomed 30 new Pilots, bringing our total number of volunteers to 50! They underwent 15 hours of extensive training focused on supporting seniors and safely operating the trishaws. In 2025, our volunteers delivered:

2610
Volunteer Hours

859
Volunteer Shifts

“

I've done volunteer work before so I know that helping others is fulfilling and worthwhile, but I didn't expect the pure joy I would feel during and after these rides. The feelings of happiness these rides bring to the seniors is palpable and that is directly transferred to the pilots.

- **Siobhan**

”



Siobhan during our Halloween Ride!



Alistair (left) and Kevin (right) ready to ride!

PILOT SURVEY RESPONSES

100%
Felt safe and supported during their rides

100%
Would recommend volunteering!

95%
Plan to return as a Pilot in 2026

“

I feel part of something important, bigger than me, and this brings me a sense of meaning, pride, and connection to the community.

- **Danielle**

”

A Reflection from our Program Coordinator

My time with Vancouver Cycling Without Age (VCWA) has been truly transformative. As I pedaled through Vancouver's neighborhoods with seniors sitting in the front of our trishaws, I realized that joy can be found in the simplest of moments: an unexpected smile, a story shared, or the feeling of the wind in someone's hair.

I have watched seniors wave to passersby along the bustling paths of False Creek, breathe in the cerulean blues of Kits Beach and Spanish Banks, and pause to admire the deep greens of Queen Elizabeth Park. In the quiet shade of Pacific Spirit Park, where tall trees arch overhead like a cathedral, there is a sense of wonder and calm that feels almost sacred. Each ride becomes its own journey, blending the city's lively streets with moments of gentle stillness, and every corner of Vancouver feels alive with connection.

I have watched hesitant faces slowly light up with wonder as they explored parts of the city they hadn't seen in years. I have witnessed volunteers moved to tears after hearing a senior's story, or joining in to sing together in a language they don't really understand.

The rides themselves move slowly, around 8 to 10 kilometers per hour, but the impact is enormous. In that gentle pace, there is time to be present, to notice each other, and to feel part of a community.

In a city that moves this fast, in a world whose machinery never stops demanding, these rides have allowed me to slow down. I can only hope the seniors have gained as much from the rides as I have; they have changed me.

With gratitude,

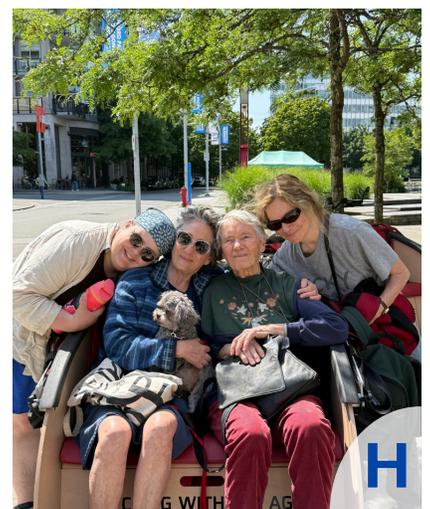
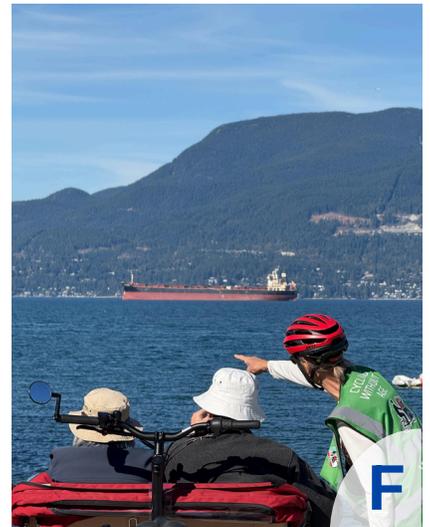
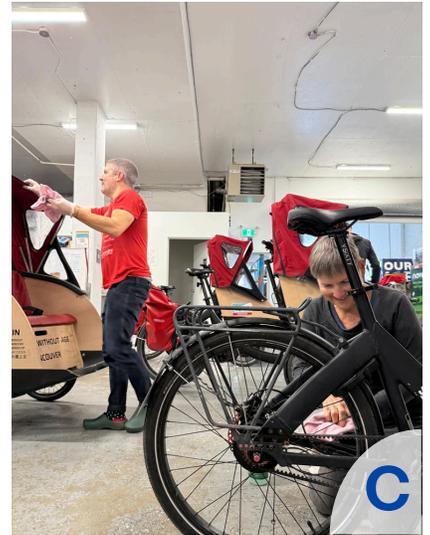
Jean Paul R

Jean Paul Ramírez Echavarría



Jean with two of his regular passengers

Memories



- A. Residents getting ready for their ride
- B. Our Pilot Robert and his parents in Stanley Park
- C. End-of-Season Bike Cleaning Party
- D. Art Tour Ride with the Vancouver Biennale

- E. Picking Salmonberries
- F. View from Jericho Beach
- G. Ukulele Serenade to Passengers
- H. 4 Generations on a Ride Together

Community Connection



Our Partners

We work with long-term care homes, senior-serving organizations, recreation centres, community groups, transportation services, and local businesses across Vancouver to ensure every senior has the opportunity to enjoy a ride. Our partners in 2025 included:

- Banfield Pavillion
- Banfield Villa Cathay
- Broadway Lodge
- Brock House Society
- Chown Adult Day Centre
- Cooper Place
- Convivial Cafe & Bakery
- Harmony House
- Haro Park Centre
- Legacy Senior Living
- Little Mountain Place
- Minds in Motion (Alzheimer Society of BC)
- Nikkei Seniors Health Care and Housing Society
- Opal Vancouver
- Point Grey Private Hospital
- Qmunity
- St. Jude's Anglican Home
- S.U.C.C.E.S.S. Multi-Level Care
- TransLink
- Villa Cathay Care Home
- West End Seniors' Network
- Windermere Care Centre

100%
of Partners would
recommend
VCWAS to
another facility

“—
Our seniors were more alert, happy and willing to participate after the rides.

- Facility Partner Staff



Residents, bundled up for their ride



A staff member joined us on their own bike for a ride

“—
The rides fostered connection between participants who rode together. In sharing the experience, they seemed closer **as if they knew about something wonderful that others may not have.**

- Facility Partner Staff

In the Spotlight

An important part of our work is **advocacy** - promoting the importance of recreation and social connection for the health and wellbeing of seniors. This year, our work reached a wider audience than ever before. In partnership with West Point Cycles, we went viral on Instagram, with a single video of a ride generating **over 1 million views** and 20,000 likes. We were featured on the cover of the Vancouver Sun newspaper, interviewed multiple times on the radio, and featured in articles by Next Avenue and the Gerontology Research Centre's Newsletter at Simon Fraser University, among others. We are so proud to share about the magic of a trishaw ride with our caring volunteers and what it can do for seniors and the community.

Our volunteer Alpha on OMNI News Cantonese



Jake presenting at the Aging Forward conference hosted by BC Recreation and Parks Association



Featured in The Tye



Bringing Joy Back Outside: How Trishaw Rides Are Transforming Seniors' Lives

Our New Bikes & Hub

We are so happy to announce that we have purchased **four new trishaws**! That brings our total fleet size to 10 for the upcoming 2026 season! We can now provide more rides and serve more seniors with 4 trishaws permanently stationed at our new hub on UBC Campus, serving a whole new area of the city!



A crisp ride amongst the trees in Pacific Spirit Park, just around the corner from our new bike hub!

Thank you to our new hosts:



Our Pilot, Kyle, riding a new bike around our UBC hub.

A Second Home

We secured another hub for additional trishaws to expand our reach, work with more partners and serve more seniors across other parts of the city.

We are so grateful to share space with the Wesbrook Community Centre and to be part of this vibrant community.

See you around campus!

A Letter from our Board

2025 was a year of remarkable growth, strengthened governance, and increasing community presence for Vancouver CWA. The organization expanded both its operational capacity and internal systems, laying a durable foundation for long-term sustainability.

Operational performance exceeded expectations, as you've read in this report - far surpassing initial projections. Community visibility grew alongside a widened network of 19 formal partners, more than doubling from the prior season. Engagement remained exceptionally strong, with over 90% of partners and 95% of volunteers planning to return in 2026.

From a governance perspective, 2025 continues our financial maturation, with a commitment to transparency, accountability, and disciplined financial oversight. This groundwork positions Vancouver CWA strategically for the year ahead.

Under the Executive Director's leadership, partner relationships, operational efficiency, and donor engagement all advanced meaningfully. The organization systematized core processes and introduced updated volunteer roles, revised policies, and enhanced trishaw procedures. A fully recorded, repeatable training program was created—an important step toward scalable, consistent growth.

As the organization prepares for 2026, priorities shift toward expansion and diversification, including launching a second location and hiring a full-time Program Coordinator. With growth comes risk, and the Board remains attentive to funding dependency, operational capacity, volunteer fatigue, and equipment pressures. Mitigation efforts include diversifying revenue, strengthening safety practices, enhancing maintenance systems, and deepening community partnerships.

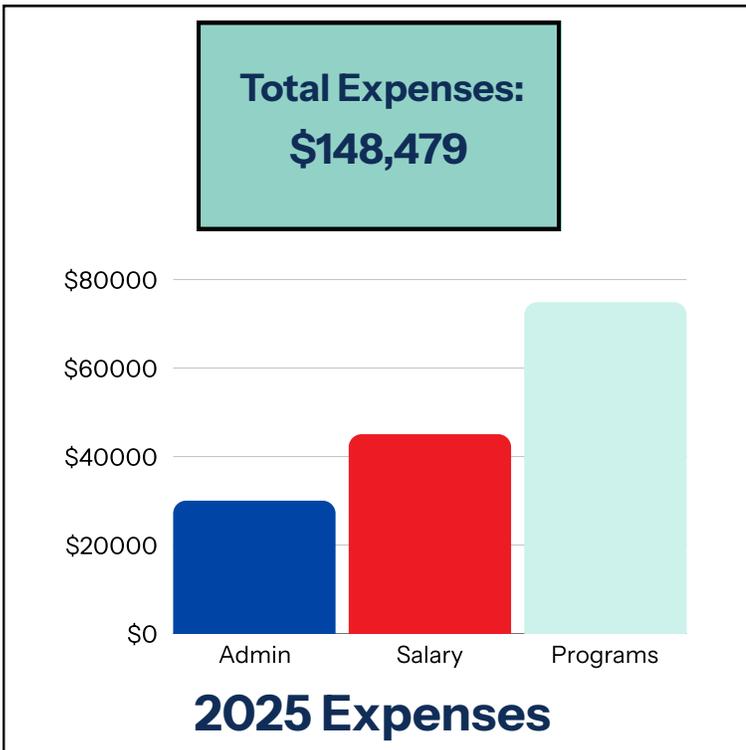
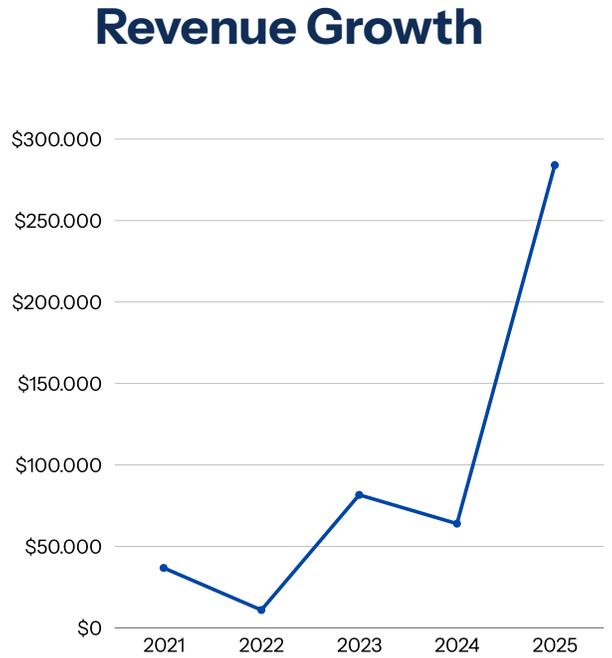
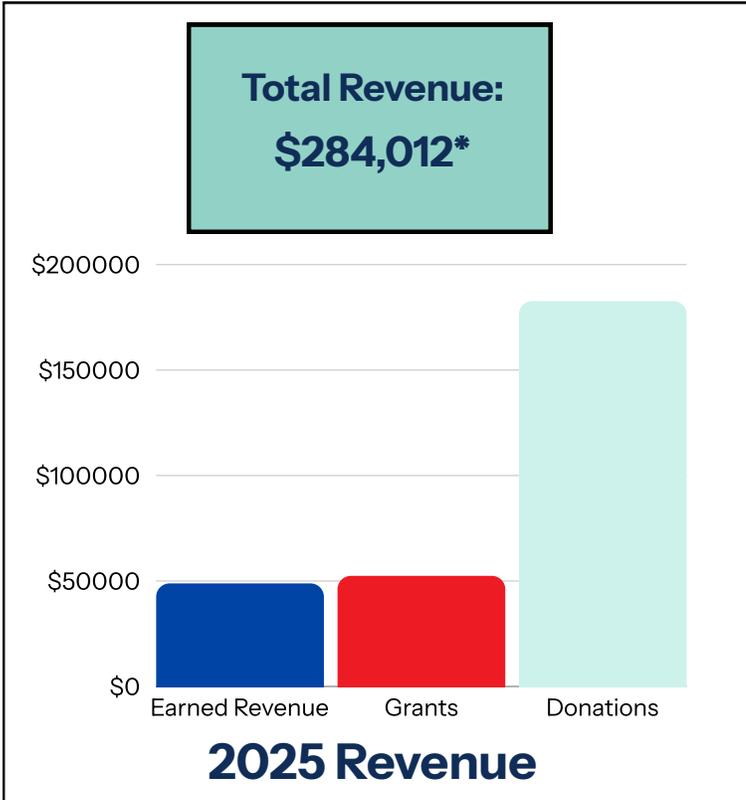
Looking forward, 2026 will be a pivotal year focused on expanding revenue, broadening programming, and investing further in safety and training. The Board is also enhancing its governance capacity, identifying two new Director candidates to support a larger, more complex organizational structure.

Collectively, the achievements of 2025 demonstrate Vancouver CWA's commitment to operational excellence, responsible scaling, and strong community connection. With a clear strategic direction and an evolving governance model, the organization is well-positioned for even greater impact in the year ahead.

Sincerely,

Alan Woodland, Jen Reid, Jen Chen and Alex Blodgett

Financials



In Kind Contributions
\$27,580**
Thank you!

**In early 2026 we used our 2025 surplus to purchase 4 new trishaws*

***Volunteer hours, accounting services and maintenance support*

Donors

Thank you to our generous donors for helping keep our bikes rolling all season long!



Kelly and the Ip Family

Our holiday fundraising campaign matching donor, in honour of Kelly's late wife, Maggie Ip.

- **Kaatza Founation**
- **The Varshney Family**
- **The Golota-Akkas Family**
- **Randy Turner**
- **Alex Blodgett**
- **Divyesh Gadhia**
- **ZLC Foundation & Rob Hartvikson**
- **Thane Stenner**
- **Jen Chen & Darren Stone**



Community Support

Whether it's nourishment for our hardworking volunteers, creatively capturing the magic of our rides, hosting, fixing something or helping us to get around, we have so many generous community partners to be grateful for.



A special thank you to our bike shop, **Velo Lifestyle**, for their expertise and hands-on help to keep our trikes on the road!



- Convivial Cafe & Bakery
- BRND Agency

- Audrey Delorme Website Design
- Enda Bardell

Looking Ahead

2025 was our biggest and busiest year yet, but we have plans to continue to grow, improve and expand our services to reach more seniors, all while maintaining the safety, quality and magic of our service. We want to give as many seniors as possible the chance to enjoy a trishaw ride and feel the wind in their hair again.

Our goals for 2026 include:



Open our second location on UBC campus and expand our reach!



Train 50 new volunteer Pilots, doubling our number of volunteers!



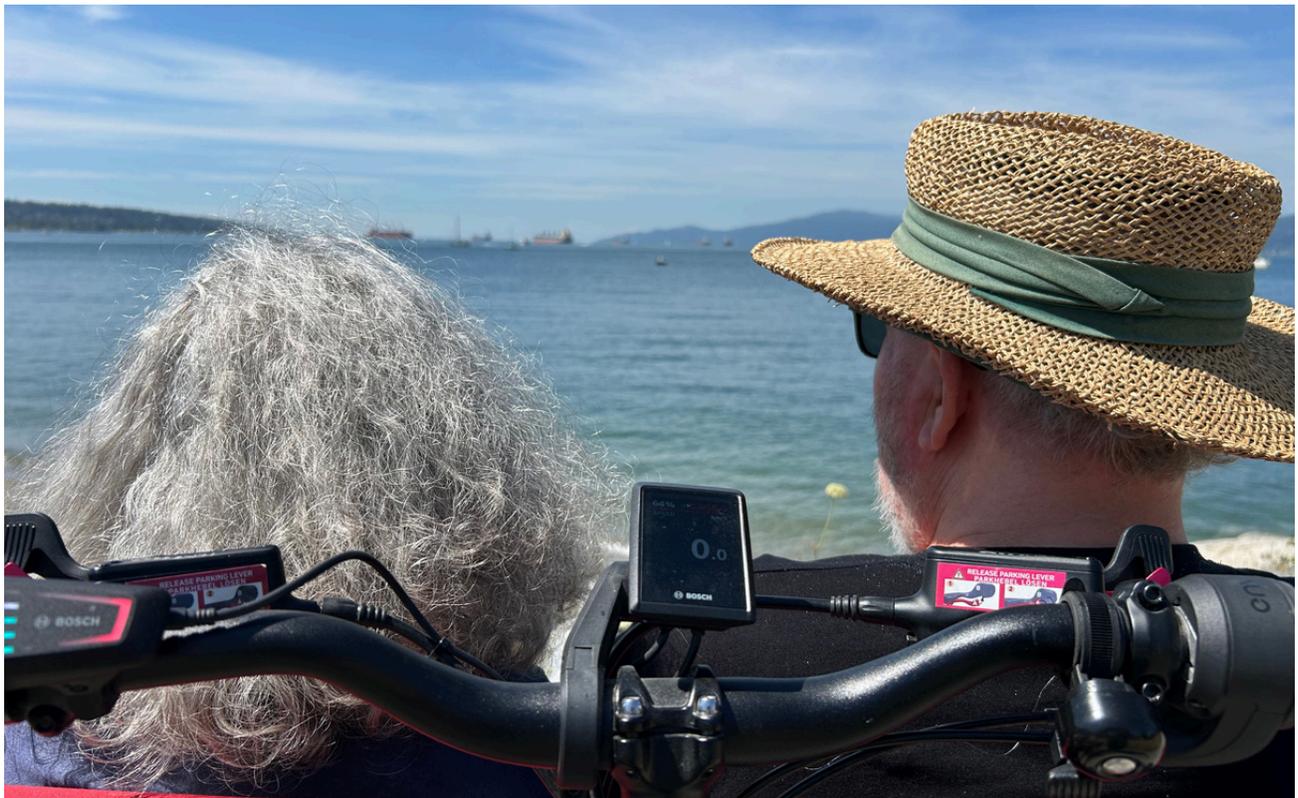
Develop and launch our new website and registration platform, with improved accessibility and functionality for the community



Hire a full-time Program Coordinator to support our growing operations



Partner with more care homes and senior-serving organizations as a low-cost, high impact complement to rising healthcare costs



Passengers enjoying the view from Kits Beach

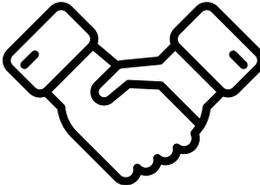
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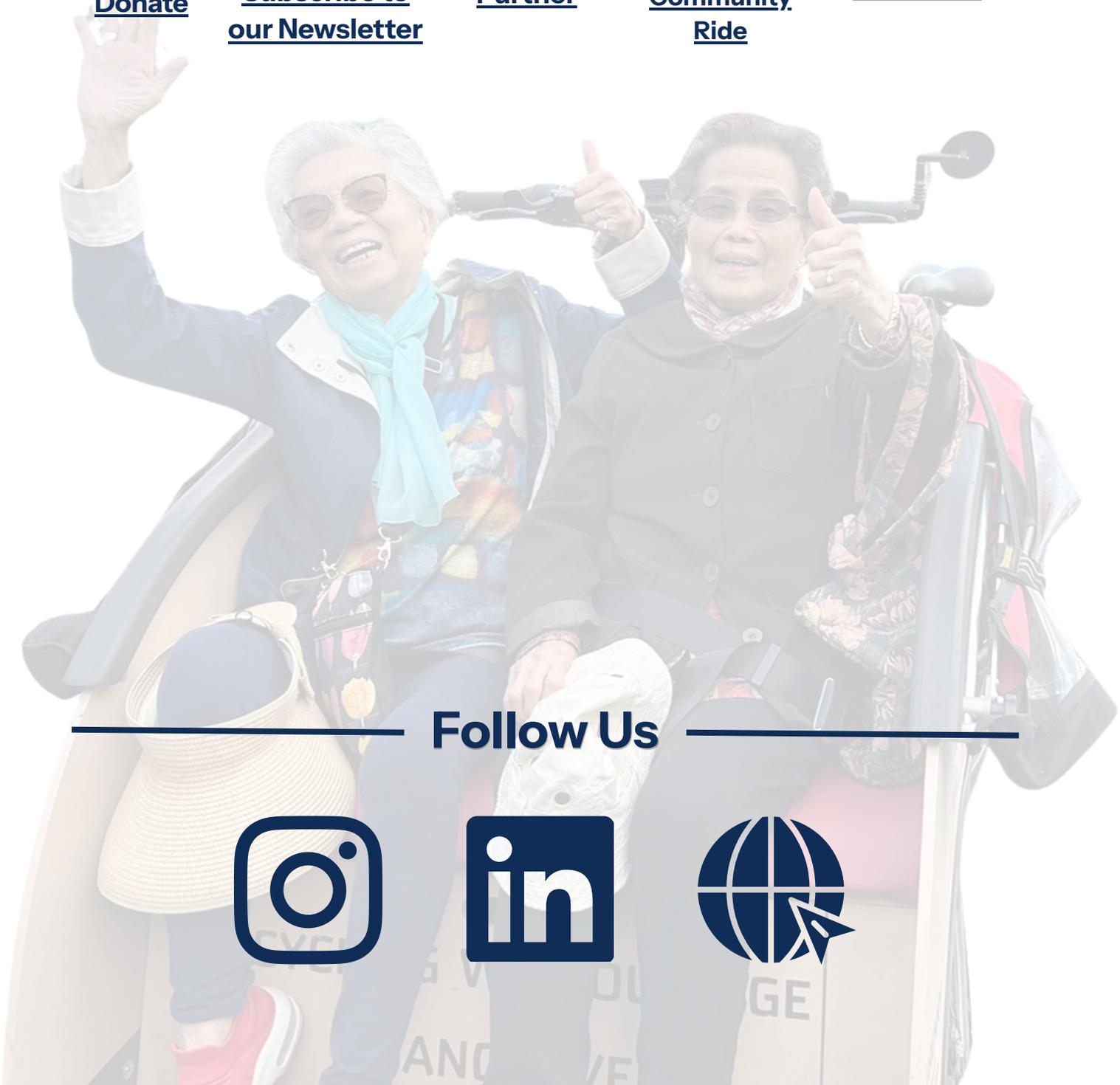
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