

# CWAA 2023

## A YEAR IN REVIEW

- 12 volunteer pilots, 140 volunteer pilot hours
- 8 additional support volunteers, 300 administrative volunteer hours



The right to wind in your hair

**\$58,766.96**

\$56,153.96 Local & State Grants

\$2613.00 Other Donations

**382 Riders**

9 Assisted Living/Care Facilities

2 Community support groups and others.

A trishaw bike can cost around \$10,000-\$15,000 per bike, depending on style, accessories, and shipping costs. These bikes are made and shipped from Denmark. Raising money to purchase bikes to get CWAA off the ground has been a major effort that our committee has been working hard on. We are thrilled to let you all know that we were awarded the AgeFriendly grant through MN Department of Human Services! They awarded us \$9,100 to start our organizations... [See more](#)



**Cycling Without Age Alexandria**  
Aug 5, 2023 · 🌐

The AgeFriendly MN grant got us close to purchasing our first bike, but with other expenses, it wasn't quite enough. Thanks to the generosity of our partners, [Big Ole Bike Club](#) & the Alexandria Mountaineers, we have purchased our first bike!

After sharing that we were awarded the AgeFriendly grant, both groups granted us enough funds to purchase. We could not have do... [See more](#)



**Cycling Without Age Alexandria**  
Aug 6, 2023 · 🌐

Another exciting fundraising announcement!

We are a grantee of [AARP MN Community Challenge](#)! AARP invested for than \$3.6 million in quick-action grants to 320 organizations in all 50 states and territories. Eight organizations were selected in Minnesota, and CWAA was awarded the largest grant at \$25,000. This grant has been a game changer for getting our organization... [See more](#)

**Cycling Without Age Alexandria**  
Aug 7, 2023 · 🌐

Exciting news! Bikes are here! We cannot wait to share with you all the next steps on this exciting journey. ❤️

Thank you to [Jake's Bikes](#) for holding them for us and two volunteers, Bailey Rasmussen (former Mountaineer) and Sam Kalina (current Mountaineer), for helping unload.



**Cycling Without Age Alexandria**  
Aug 8, 2023 · 🌐

Our crew was hard at work putting bikes together today!



**Cycling Without Age Alexandria**  
Aug 17, 2023 · 🌐

CWAA was at the fair! We so enjoyed meeting so many people and giving short rides around the fairgrounds.

[Douglas County Fair](#)



**Cycling Without Age Alexandria**  
Aug 25, 2023 · 🌐

Thank you [Echo Press](#) for sharing about our organization! We have so many great things planned and are already making a positive impact on our community. Let's ride! 🚲

**Echo Press - Follow**  
Aug 25, 2023 · 🌐

The bikes come courtesy of the work done by the Cycling Without Age Alexandria organization.



echopress.com  
Trishaw bikes to hit the streets of Alexandria

**Cycling Without Age Alexandria**  
Aug 15, 2023 · 🌐

Craig and Karen took the bike out for a test drive! They even ran into a woman who was celebrating her birthday and gave her a quick ride. We are already making connections and creating smiles. Can't wait to share with more of you. 😊



**Cycling Without Age Alexandria**  
Aug 21, 2023 · 🌐

"Never doubt that a small group of thoughtful committed individuals can change the world. In fact, it's the only thing that ever has."  
-Margaret Mead

Time for an updated committee photo  
Back: Cally Endres, Nancy Klepetka  
Front: Craig Andrews, Alice Schmitz



**Cycling Without Age Alexandria**  
Aug 29, 2023 · 🌐

It's been an incredible couple of weeks giving residents rides at [Vista Prairie at Windmill Ponds](#) and [Knute Nelson Grand Arbor](#)! Where should we stop next? 🚲





### Cycling Without Age Alexandria

Sep 2, 2023 · 🌐

We had the privilege of heading down to Melrose to give rides to residents at the Melrose Care Center. Thank you to our two pilots for making the trek and creating moments of joy. 🥰



### Cycling Without Age Alexandria

Sep 14, 2023 · 🌐

We have been busy this week helping local communities celebrate [National Assisted Living Week!](#) On Tuesday we stopped at [Bethany on the Lake](#) and gave rides to residents & families from their Pelican Bay Assisted Living and Long Term Care wings. Several staff members were also able to snag a ride. 🚲💛



### Cycling Without Age Alexandria

Sep 15, 2023 · 🌐

We spent another cozy morning at [Knut Nelson Grand Arbor](#) to help them celebrate [National Assisted Living Week!](#) We were able to get two new pilots some miles on the bikes, Luke & Sawyer. They have now been dubbed "The Handsome Ones" by the ladies at Grand Arbor. What a great week!



### Cycling Without Age Alexandria

Sep 19, 2023 · 🌐

Cycling smiles per hour always exceed the speed limit. 🥰



### The Care Campus

Sep 26, 2023 · 🌐 Giulio Cercato · 🌐

A beautiful fall bike ride on a beautiful fall day. [Cycling Without Age Alexandria](#)



echopress.com

Cycling Without Age Alexandria holds community kick-off to help people experience trishaw bikes (w/video)



**Cycling Without Age Alexandria**  
Sep 27, 2023 · 🌐

Another great day of riding! The people we get to meet and the conversations we share are so special. 🚲



**First Lutheran Church, Alexandria, MN · Follow**  
Sep 27, 2023 · 🌐

We had some awesome students from the Mountaineers Bike Team/  
**Big Ole Bike Club** give rides on the new Trio bikes to some support  
group attendees and staff members yesterday! There wer... See more



**Cycling Without Age Alexandria**  
Oct 13, 2023 · 🌐

Happy riders and peddlers from our kick-off!



**Cycling Without Age Alexandria**  
Oct 16, 2023 · 🌐

CWAA would not exist without community support. Thank you to our  
awesome sponsors and supporters for making our vision a reality.

[#AARPCommunityChallenge](#)



**Cycling Without Age Alexandria**  
Oct 14, 2023 · 🌐

Donuts, hot chocolate and hot coffee on a chilly but sunny fall morning.  
☀️

Thank you [Vista Prairie at Windmill Ponds](#) and [Bethany on the Lake!](#)



The weather is cooling down, and so is our season. We were able to give a few rides to the VIPs (visually impaired persons) group at the [Alexandria Senior Center!](#) They have been bring supporters of our organization from the start. ❤️

We still have a few fun things planned for this fall and winter to share with you all! Like next weeks Halloween Parade- you'll see... See more

Thankful to share these amazing trishaw bikes with family...a 4 generation photo op ❤️ and precious conversations pedaling down the Central Lakes Trail... See more

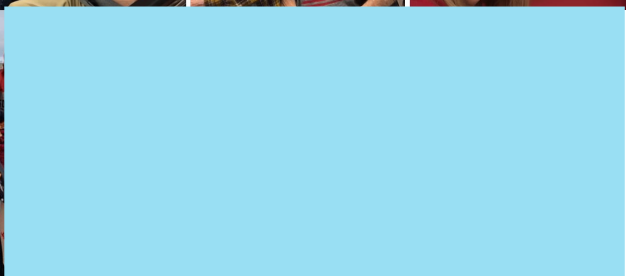


 **Cycling Without Age Alexandria**  
Nov 1, 2023 · 🌐

CWAA was at the Halloween parade last night! It was a chilly but incredibly fun evening. We hope everyone had a fun and safe Halloween. 🍂

Thank you [Knute Nelson](#) for inviting is to your care center to bring vets on a Veterans Day parade!

Special shout outs to [Jake's Bikes](#) for letting us borrow your trailer to transport the bikes. 🇺🇸





Cycling Without Age Alexandria

Dec 1, 2023

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We were able to participate in the Alexandria Area Walk to End Alzheimer's this fall. ❤️

We had SO MUCH fun at the Lights on Broadway parade. Decking the bikes out in lights and cruising down Broadway brought us so much joy.



Donuts make trishaw bike rides even sweeter. 🍩



CWAA is not just for seniors or those with limited mobility. It is truly an experience that anyone can enjoy.

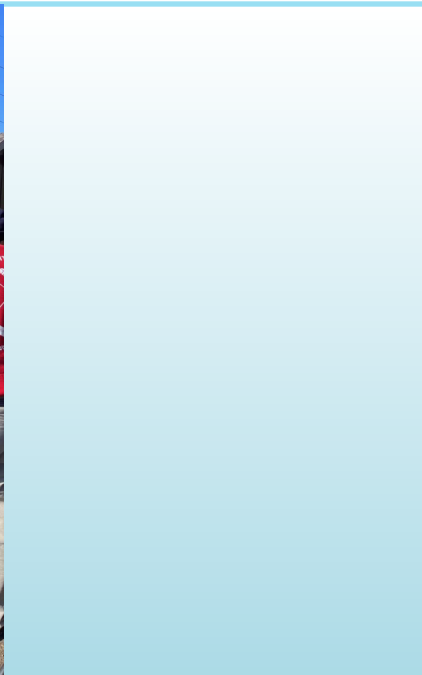




CWAA  
goes to Nebraska and the  
Black Hills with Karen and  
Craig Andrews.









## **Cycling Without Age Alexandria**

*Thank You all for a great 2023!*

*Cheers to 2024!!!!!!*