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TRIPtych: Reflections from Study Away in Denmark

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TRIPtych

Reflections from Study Away in Denmark

BY LAUREN PRUNKL '18

On the way to class one day in Copenhagen, I sat on a single-speed pedal brake cruiser in a bicycle traffic jam at a red light. Surrounded by other cyclists, I noted that one's financial situation, job or age did not hinder people from cycling.

In my sustainability class, guest speaker Ole Kassow told how he founded the international organization Cycling Without Age. Cycling Without Age's mission is to form intergenerational relationships by using trishaw bikes to provide older adults "the right to the wind in their hair." Volunteers, called pilots, share stories with riders as they pedal through an outdoor adventure.

As Ole spoke, I envisioned taking my friend Karly Johnson and my adopted grandparents from The Woodlands Retirement Community biking down the Swamp Rabbit Trail to have lunch in Travelers Rest. Karly and I are a part of Furman's Adopt-A-Grandparent program.

Excited, I met with Ole at the Copenhagen nursing home where it all began to start my pilot training. Here I met Thorkild, who is 100 years old and the inspiration for creating Cycling Without Age.

As I pedaled with Ole on Copenhagen's streets, I had no idea that in seven months he would be pedaling Karly and me on the Swamp Rabbit Trail for the launch of Greenville's chapter of Cycling Without Age. With Karly's focus on health science and my passion for alternative transportation through my Shi Center for Sustainability Fellowship, we engaged students from across departments in the launch event. Greenville County Parks and Recreation embraced the idea of bringing the community, Furman students and Woodlands residents together to learn about the program.

Learn more at cyclingwithoutage.com/greenville.

