



NATIONAL AGING AND DISABILITY TRANSPORTATION CENTER

2021 FTA Section 5310 Compendium

Section 5310 and Cycling Without Age Program

Background

Lutheran Social Services (LSS) [Make the Ride Happen](#) program helps older adults and people with disabilities in the communities of Appleton, Neenah, Menasha, Hortonville, Little Chute, and Kaukauna, in East Central WI find the best transportation options for their needs. Trained staff help identify public bus, paratransit, rural and meal site transportation, or volunteer driver programs to fit the needs of the customer.

LSS receives a combination of state specialized transportation program funding and Federal Section 5310 funding from both the designated recipient Metropolitan Planning Organization (MPO) for services in the MPO area and through the state Department of Transportation for their service area outside the MPO. They also have local funding sources to provide the required match for the state and Federal funding. LSS has received Section 5310 allocations for about 11 years to fund their mobility management services to manage and deliver coordination transportation services in their service area, including information and referral and now the Cycling Without Age Program.



Lutheran Social Services WI & Upper MI

Cycling Without Age Programs in the U.S.

Cycling Without Age (CWA) is a worldwide movement that started in Copenhagen in 2012 to bring joy and vitality to older adults and those with differing abilities through trishaw rides in the community. The trishaws used for CWA are three-wheeled bicycles with pedals and electric assist motors. There is a seat and footrest in front of the pilot where passengers sit to enjoy the ride. The pilot is the person pedaling and operating the trishaw. There are over 2,500 CWA chapter locations worldwide with hundreds across the U.S. which are identified on the [interactive map](#) found on the CWA website. There is at least one chapter in most states either currently active or in the planning stages. Many CWA programs operate out of long-term care facilities and nursing homes using facility staff and volunteers. Other CWA programs are entirely volunteer organized and operated and provide rides to older adults and people with disabilities living in the community.

New Partnerships, New Program

In 2019, Make the Ride Happen was approached by [Fox Cities Greenways](#) about the possibility of beginning a [Cycling Without Age](#) program. Fox Cities Greenways is a nonprofit trail advocacy group that seeks to provide safe travel routes for bikes and pedestrians and expand recreational opportunities in the Fox Cities.

LSS explored the CWA program and determined it fit the vision, mission, and values of LSS and would positively impact individuals in their service area.

They convened partners from the Wisconsin Bike Federation, Volunteer Fox Cities, and East Central WI Regional Planning Commission to start this community-based program in August 2020. The CWA program is advertised on the LSS and Fox Cities Greenways websites, through word of mouth and flyers and to existing users of the LSS Make the Ride Happen program.

The program currently operates two trishaws with 9 volunteers who provide rides monthly, with the goal of offering rides every week for a total of 125 rides per trishaw for the 2021 season. There is no cost to participants to get a ride; although participants are offered a chance to give a donation. Rides are requested by calling the LSS office, and then the trishaw is brought to the rider's location on a trailer. Rides can be taken anywhere including parks and trails.



Lutheran Social Services WI & Upper MI

Funding

The trishaws and trailer to transport them were purchased by Fox Cities Greenway. The major investment to start CWA is the trishaw. Depending on the model of trishaw, they can range from \$7,500 to \$11,000 each, plus delivery charge which can be \$2,000 or more. LSS is the insurance holder and scheduler of the rides. Volunteer Fox Cities, which houses the Retired Senior Volunteer Program (RSVP), recruits, screens, and trains volunteer pilots who pedal the bikes. Volunteers go through classroom training on passenger sensitivity, rules of the road, trishaw safety and maintenance, plus skills practice on the road. Initial training is 3.5 hours with an annual refresher. LSS uses Section 5310 funding from the state DOT to pay for operational costs such as staff time, fuel for the van that transports the trishaws and drug testing of volunteers who drive the van. State funding for specialized transportation and other local grants from the United Way are used to provide the match for the Section 5310 funding.

While the program started slowly due to the COVID-19 pandemic, they are looking forward to future biking seasons to connect even more older adults and people with disabilities to events and locations throughout the community via trishaw.

Summary

Cycling without Age is a grassroots change-making movement that brings the joy of cycling and personal interactions to riders and pilots. Cycling Without Age has an affiliate application process and provides support to begin the planning and promotion of a new chapter. The guiding principles of CWA include: Generosity, Slowness, Storytelling, Relationships, Without Age. Trishaw rides through CWA expands the mobility options for older adults and people with disabilities. CWA can be part of a comprehensive mobility program, enabling older adults and people with disabilities to engage in the community in a unique way.

Resources

Cycling Without Age - <https://cyclingwithoutage.org/>

East Central Regional Planning Committion - <https://www.ecwrpc.org/>

Fox Cities Greenways -

https://www.foxcitiesgreenways.org/?fbclid=IwAR0EMvkijdCwM3N2zd1AxdfusrJTemX7GrNOAJAMF70buLhdxgP_Qm_Vuvg

Lutheran Social Services of Wisconsin and Upper Michigan Make the Ride Happen - https://www.lsswis.org/service/disabilities/make-the-ride-happen/?parent_id=266

Volunteer Fox Cities - <https://www.volunteerfoxcities.org/>

Wisconsin Bike Fed – Cycling Without Age - <https://wisconsinbikefed.org/what-we-do/programs/cycling-without-age/>