



Greater Wisconsin Agency on Aging Resources, Inc.

Beyond the White LINES

Let's bring in the new year with alternative forms of transportation - biking and walking. These types of mobility are multipurpose. They can be used for transportation purposes (employment, shopping, personal business) or for leisure and recreation. Do you have walking or biking programming in your community? Should you? This edition highlights programs and educational opportunities from around WI.

Walking

Walking is the second most used mode of transportation for older adults. About 9% of all trips taken by those over age 65 are walking trips. Among older adults who don't drive (almost all of whom are women), walking accounts for almost one out of every four trips. According to the Surgeon General's 2015 [Step It Up!](#) Call to Action, 41% of adults over 85 report walking in the past week.

Wednesday Walks – Rock County

The summer of 2016 will mark the sixth year in a row for Rock County's Wednesday Walks program. This walking program, geared towards Rock County's older adults, is a wonderful way to get fresh air and exercise, meet new people, and to enjoy the many unique attractions in Rock County. This year's expanded season will be from July through September, and possibly into October. The walks take place every other Wednesday. The trips consist of transportation provided by Rock County Transit, a group walk, and a shared meal at one of our five congregate dining centers.



The tentative 2016 schedule includes visits to three of the many pristine county parks, the Sterling North Museum, the Milton House, and the Logan Museum of Anthropology at the beautiful Beloit College campus. Also in the works is joining with Janesville Historical Society to tour one of Janesville's historic neighborhoods, as well as a country barn quilt tour in the fall. Transportation for the program is complimentary, and there is no fee to participate. Our program celebrates enhanced mobility, transportation options, and exposure to the riches of Rock County. If you have any questions or would like to participate, please contact Rock County Mobility Management at 608-757-5408.

Beyond the White Lines is a publication of the Greater WI Agency on Aging Resources, Inc. dedicated to transportation, mobility and healthy, active communities.

For more information, contact Carrie Porter, carrie_porter@gwaar.org, 608-228-8092

**WAMM/WRAPP
Conference (Save the
Date)**
April 5-6, 2016

**WURTA Spring
Legislative Day**
April 20, 2016

**WI Aging Network
Conference**
Sept. 22-23, 2016

Jan/Feb 2016



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2900 Curry Lane, Suite 414
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Assistance Center:**
Great Lakes Inter-Tribal Council
P.O. Box 9
Lac du Flambeau, WI 54538
ph. 800.472.7207
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Cycling

Adults over 65 make up 6% of all cycling trips. There has been a significant rise in cycling in the last 10 years for those between the ages of 60-79 accounting for 37% of the nationwide increase in bike trips.

Cycling without Age – Lutheran Homes of Oshkosh

Cycling without Age is a program that originated in Denmark. In 2015, Lutheran Homes in Oshkosh became the first Cycling without Age chapter in the United States. Volunteers sign up to pedal or pilot a rickshaw for older adults and persons with disabilities who may not have been on a bike in years. The “right to feel the wind in your hair” is explained in this 15 min. TED talk [here](#). It is a *must see* to understand the impact of this program on the riders and the pilots! Like this program on Facebook to see event notifications and pictures of their program.

Thursday Noon Bicycle Rides - Southwest Community Action Program

Every Thursday from May 1 through September 30, bikers leave the Metro Building in Dodgeville on one of three mapped routes - three levels accommodating most riders for a little less than an hour of biking. Maps are for a six mile, twelve mile and twenty mile ride. Please note the Metro Building has a shower and ample bathroom/changing facilities. Routes change each Thursday and all have been coordinated with the County Highway Department to avoid construction, fresh gravel, oversized loads and any known hazards. Riders are encouraged to bring a bag lunch. These rides are brought to you by the LIFT program at SWCAP. 1-877-798-5438 or 1-608-930-2191 for more information.

Share & Be Aware Educational Programs

Share & Be Aware is a statewide campaign to educate all road users about their rights and responsibilities to keep people walking, biking, and driving safe. Prepare your communities for new cycling and walking programs by hosting one of these classes. Below are the course descriptions *They provide the instructor, you provide the location and audience!*

Skills for Pedestrians- Walking is the only form of transportation that is available to people of all ages. Special attention is given to identifying and avoiding common driver errors that put pedestrians in danger. This class can be tailored for a senior citizen audience as they are at a higher crash risk but is appropriate for all adults. 1 hour.



Go by Bike – This introductory course covers bicycling laws, essential gear for your bike, and how to plan and ride your route to the store, library, work or anywhere safely and confidently. The course focuses on getting people to try biking for journeys less than 3 miles long. 45 minutes

Biking In Traffic- This presentation is a great follow up to Go By Bike and delves more deeply into commuting and advanced traffic skills. 45 minutes long (Biking in Traffic and Go By Bike can be combined into a fast-paced one hour class)

Adults on Bikes (13+) - This on-bike course covers state laws, bike handling skills, safe riding techniques, and is followed by a community ride to put the new skills into practice. Participants must bring their bicycle and helmet! This is great follow up to Go By Bike and Biking in Traffic. 1-2 hours.

To request the Share & Be Aware Ambassadors to attend an event or teach a class in your community follow this link:

[Request Ambassador](#), visit www.ShareAndBeAware.org or email Jessica.Binder@wisconsinbikefed.org.

Wishing you a safe and happy New Year!