doortrappen
CycleOn: Safe cycling until you turn 100

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“In my mind I am still a flexible biker. However, in reality that might not be true anymore.” - Man (68 years)
“For me, being able to ride my bike means being able to stay independent. I intent to keep it that way for a while.” - Woman (72 years)
“cycling classes? That’s a good idea! I would be very willing to teach.
Woman (76 years)