

Cycling Without Age LITTLETON

From Racing Horses to Trishaws

By Barb and Nate Lotze

From 1950-1981, the property near Santa Fe Drive and South Federal Boulevard housed a horse track. There was much excitement in this area, and in 1981 the property was sold to the Talley Corporation and Denver developer Kenneth Good for \$17.7 million – more than 100 times the original \$160,000 purchase of Hazard Ranch in 1949 (www.littletongov.org).

In 1988, RiverPointe Senior Living was built with 171 apartments, and today you won't find horses racing on a track, but you will see many people enjoying time along the South Platte River – a different kind of excitement.



BARB LOTZE WITH PASSENGERS MARY AND MOLLY

“I FELT A SENSE OF FREEDOM AND JOY, A RECONNECTION WITH NATURE AND HUMANITY, A CURIOSITY RESURRECTED ABOUT THE ENVIRONMENT, OTHERS AND SELF. I HAVE GREAT GRATITUDE TO OLE (THE ORIGINAL FOUNDER FROM DENMARK) AND THE GENEROUS, CARING VOLUNTEERS AND FOR BEING ALIVE!” – MOLLY



PASSENGERS RACHEL AND NICHOLAS

“THERE ARE MANY OBSTACLES WITH TRYING TO INTEGRATE INTO THE COMMUNITY WHEN YOU HAVE A FAMILY MEMBER ON THE SPECTRUM. MY SON, 22 YEARS OLD, WAS BORN WITH NON-VERBAL AUTISM AND OTHER RARE DISORDERS. I WAS RELUCTANT TO REACH OUT TO CWA – LITTLETON BECAUSE THE USUAL RESPONSE IS: ‘I AM SORRY; WE CAN’T ACCOMMODATE YOU.’ I WAS WELCOMED BY CWA – LITTLETON SO WE COULD EXPERIENCE A BIKE RIDE, WHICH WE HAVEN’T DONE SINCE NICHOLAS WAS A CHILD. WE OFTEN FEEL ISOLATED. WHEN I PRAY TO GOD, I PRAY FOR SIMPLE THINGS; THE BLESSING IS OFTEN FULFILLED IN A MUCH GREATER CAPACITY, IT’S ANSWERED IN ABUNDANCE. THE ANSWER IS INCLUSIVENESS AND LIBERATING...THE VERY OPPOSITE OF ISOLATION. THE INDIVIDUALS SERVED BY CWA – LITTLETON ARE NECESSARY; THEY MATTER AND ARE IMPORTANT!” – RACHEL

Cycling Without Age – Littleton (CWA) is a nonprofit organization that uses trishaws — imagine a bicycle in back, carriage in front — to provide joy, mobility, and connection for seniors in our area. RiverPointe Senior Living is the beginning and ending point for the trishaw rides, which travel along the scenic South Platte River through the beautiful Hudson Gardens, to Nixon’s outdoor Café, where you can get a bite to eat, and on to the flood memorial for a quick history lesson. Some rides even travel to the top of the Chatfield Reservoir Dam, allowing passengers to enjoy an exquisite view of mountains, the lake, and people. Along the way, passengers bond with their volunteer pilots, who enjoy the rides just as much.

Bill Nagel and Barb Lotze co-founded CWA in 2019 in partnership with Visiting Angels of Littleton, providing essential care services to those in need. Barb, who is director of business development at Visiting Angels, saw a need to give seniors and those unable to ride a bike a chance to experience nature and the feeling of wind in their hair. Partnering with RiverPointe Senior Living gives quick access to the South Platte River trail, along which are multiple places to tour.

Fortunately, with COVID-19 safeguards such as windshields, steril-

ization, and mask-wearing in place, this is one of the few safe ways that seniors can stay active and healthy during the pandemic. Many of our repeat passengers say that their weekly trishaw ride is the only thing they have to look forward to.

In August, a frequent CWA Littleton passenger pledged \$5,000 towards a second trishaw if CWA – Littleton could find matching funds. Within a month, the community came together to raise \$12,300 and buy a second trishaw. CWA – Littleton now has 24 trained pilots and is giving one to three rides each day. From June through September 2020, over 110 rides were given.

CWA – Littleton invites you to come and ride with them as a passenger or volunteer. If you are interested in a ride, call Monica at 720-431-3522. If you would like to become a volunteer pilot, call Barb Lotze at 720-231-6248.

To help with the costs of insurance and ongoing trishaw maintenance, you can donate safely online at www.charity.gofundme.com/cwalittleton or by writing a check to “Cycling Without Age – Littleton” and mailing to 9153 W. Rice Ave., Littleton, CO 80123.

Please visit www.cwalittleton.com to learn more about Cycling Without Age – Littleton.



PASSENGERS KRIS AND ROBBIE



CHATFIELD RESERVOIR