



“There’s a joy in cycling. If you’ve got wheels, you can go anywhere you want. It’s very nice to be able to go anywhere you want at any time. You don’t have to depend on the car.”

IRWIN WALDMAN

IRWIN WALDMAN: 82 and still going strong

**GRAB THE HANDLEBARS
OF HEROISM**



He’s not your typical senior. At 82, the Kitchissippi resident and father and grandfather has climbed mountains in Switzerland, cycled in France, and this year, will ride 100 km from Ottawa to Merrickville for the second time as a Ride the Rideau participant.

Ride the Rideau’s cause – supporting cancer research at The Ottawa Hospital – is one that’s close to Waldman’s heart. A three-time cancer survivor, Waldman said the treatment he received at The Ottawa Hospital was “excellent.

“I’ve used the Hospital, and if I can pay back what I’ve taken, then I think it’s great,” he said.

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