

Survivors of Hiroshima and Nagasaki inspired Bike for Peace

By Tore Naerland

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COVER PHOTO

Hiroshima Peace Park, 1979

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Layout, translation and proofreading:

Atle Bylund Breda

Printed by: Jærprint AS

Publisher: Trå Til

Prologue

In April of 1979, we arrived in Hiroshima as a part of our bicycle tour around the world with Bike for Peace.

Kameno Fujiwara, a victim of the first atomic bomb dropped over Hiroshima on August 6th, 1945, is one of the people to inspire me to devote so much energy and efforts to the cause of peace.

After the project Around the World in 79 days was completed, she wrote me a letter, saying:

I am very grateful for the fact that you could spare time to visit Hiroshima and myself last year. Since I am completely blind, I could of course not see you at all. However, I certainly could feel your kind heart and I am very grateful for having had the opportunity to meet you. I deeply respect your energy and courage and I am very pleased to tell you that your visit encouraged me enormously. Unfortunately, I cannot do the same as you have done since I can neither sit nor walk. I am confined to my bed both day and night. I have now assured myself of the fact that I am not the only sick person in the world and that there really exist some warm-hearted persons like you. You have indeed given me strength to keep on living.

Since meeting Fujiwara, Bike for Peace has continued their work against the use of nuclear weapons all over the world. We have visited 110 countries by means of bicycles, buses, planes and trains.

Whenever we travel, we do our best to arrange to meet with members of parliament, local politicians, to appear at schools and universities and give lectures, appeal at demonstrations and gatherings, and more.

When we started our campaigns, there were 80 000 nuclear weapons on the planet. Today, there are around 12 000 left.

In this book, you can read about some of our campaigns.

Some people we would like to thank and acknowledge are;

Ole Kopreitan, who led the anti-nuclear organization *Nei til Atomvåpen* in Norway (No to Nuclear Weapons) for 30 years.

Norio Kebinli from the Marshall Islands, damaged by the nuclear testing and subsequent radiation from the H-bombs, dropped there by the USA. In 1993, Kebinli visited my home in Bryne, and he spoke at our local City Hall about how the people of the islands were affected by the nuclear testing.

Karipbek Kuyukov is a Kazakh painter born without arms because of the radiation from the Soviet nuclear testing in Eastern Kazakhstan between 1949 and 1991. I have had projects with Kuyukov since we met for the first time in 2013.

Keiko Ogura, representing Nobel Peace Prize recipient 2024 *Nihon Hidankyo* from Hiroshima, Japan. She gave an inspiring and informative speech for grade 10 students at *Bekkestua middle school* in Bærum a few days after the award ceremony in Oslo.

I hope this book will inspire you too to work against nuclear weapons. I dedicate it to those who have lost loved ones, or are themselves damaged from the effects of radiation and nuclear weapons.

Contents

- 005. Prologue
- 009. Around the world in 79 days, 1979
- 026. Peace ride against nuclear weapons, 1982
- 034. Peace ride in Russia, Scandinavia and USA, 1983
- 073. Peace ride, 1985
- 075. Studying at Concordia College, USA, 1984-85
- 078. Peace ride, 1986
- 080. Children as Peacemakers, 1987
- 082. The Friendship ship for peace, 1988
- 086. Leipzig East Germany, 1989
- 089. Dramatic report from "The new Poland", 1991
- 092. Secret nuclear Russian cities, 1992
- 100. Atomic conference in Stavanger, 1992
- 105. Campaigning for the injured by the Chernobyl disaster, 1996
- 107. World ride for peace Beijing- Almaty- Moscow- Bergen, 1999
- 129. Canada from coast to coast, 2000
- 130. Berlin, 2006
- 131. Biking in North Korea, 2006
- 137. The Bells of Nidaros chime for peace ride, 2008
- 139. Peace ride across Kazakhstan, 2011
- 147. Peace event in Hiroshima, 2013
- 148. Around the world in 72 days, 2014
- 158. Global tour "Mayors for Peace" and "Bike for Peace", 2014
- 163. Non Proliferation of Nuclear weapons conference, 2015
- 169. Gandhi International Peace Award, 2015
- 170. Letter to UN Secretary General Ban Ki- Moon, 2016
- 172. The Reichstag in Berlin, 2016
- 174. Worthy work by Bike for Peace
- 175. Nominated for the Nobel Peace Prize, 2017
- 178. The King's Medal of Merit, 2017
- 183. Peace ride in England, 2018

- 185. Around the World in 40 days, 2019
- 190. Bosnia-Hercegovina, 2019
- 194. International peace Conference, 2019
- 198. Peace ride in Norway, 2020
- 200. Peace ride in South Rogaland, 2020
- 207. Nominated for the Nobel Peace Prize, 2021
- 209. Peace ride and speaking at the UN in Geneva, 2021
- 212. Peace ride in Middle England 2022
- 215. Peace by peaceful means, Vienna, 2023
- 218. The Sean MacBride Peace Prize, 2023
- 221. Peace Campaign in Manchester and Sheffield, 2023
- 226. Peace ride from the North of Japan to Hiroshima, 2024
- 234. Bike for Peace in USA, 2024
- 245. Peace Conference in Astana, Kazakhstan, 2024
- 249. Speaking at Farabi University in Almaty, Kazakhstan, 2024
- 251. Nobel Peace Prize in Oslo, 2024
- 263. Keiko Ogura from Nihon Hidankyo, 2024.
- 268. Atomic bomb victim on Bikini 1954
- 270. Epilogue

Peace Ride "Around the World in 79 Days", 1979

A bike ride for peace and understanding

With twenty-one year old Marit Voster from Ryfylke, on the tandem's pilot seat, the blind Tore Naerland, 25, has travelled around the world. In the follow car was twenty-three year old Håkon Bjora from Vest-Agder. They only used 79 days in their attempt to beat Phileas Fogg's record in *Around the world in 80 days*. They experienced incredibly much during the trip. They got audiences with King Olav. They met the Pope. Madam Sadat in Egypt invited them to her home and US Vice President Mondale held a reception for them. All the nice "ordinary" people they met made the greatest impression. Most importantly, perhaps the driving force they could give to the disabled of the world: - You can do more than you think! At the age of 15, Tore woke up and realized that at some point during the night he had become blind on one eye. Two months later, he also lost the use of the other.

Of course, it made him completely despaired. It was impossible to comprehend. 15 years young, healthy, joyful, a very promising football player ... and suddenly 95 percent blind. Little did he know then that during the next ten years, mainly *because* of his disability, he would experience things no Norwegian youth, himself included, had ever dreamed of – speaking with the King and the Pope, being received by the US Vice President of the White House, entertain the Indian prime minister and a Japanese Prince. Not to mention getting a reception at the Presidential Palace of Egypt.

He felt bottomless misery and in the midst of it, an incredible kindness and gratitude. Finally, beating the record of *Phileas Fogg* and his more or less obedient servant *Passepartout* by traveling the world in 79 days - on a bike where the heroes of Jules Verne's

novel had used trains and by plane where Phileas Fogg had taken a boat. Best of all - to bring light and hope to thousands of people with some form of disability. "Do not feel pity for me."

Shortly after Tore, Marit Voster and Håkon Bjora returned to Norway, and *Hjemmet magazine* had a conversation with them all. "Initially, after becoming blind, I almost gave up. It took two to three years before I managed to accept my disability. Many people never understand", he said. "The purpose of the tours, both this and the ones before, was to use the bike as an effective lectern to tell people that if you are blind or disabled in another way, please do not shut up and do not spend time feeling sorry for yourself. You must get your eyes - your inner eyes - opened for all the experiences that lie ahead waiting for you, which can only be yours if you get rid of discouragement. You can use your other senses and abilities to experience nature, people and animals that speak to you".

- -How did you find the idea to challenge Phileas Fogg, Tore?
- -The idea struck me in 1977, after one of my trips cycling across the United States from coast to coast, along with a mate. Why **not** try to compete with Fogg.

In 1978, I met Marit Voster in the United States. She went to college in the States to see if it was possible to study as a civil economist there, and she said she would like to go such a trip. They started planning in November last year. Then Håkon Bjora entered the picture. As both an excellent and indispensable driver, mechanic and photographer, he joined us on four wheels, Tore says.

Now followed a hectic period. Marit sent out between 500 and 1000 letters in connection with the trip, to organizations, companies and embassies. Her speaking Spanish was a good help. The mailbox was often full of replies. The help and arrangement of the Lions Clubs around the world was invaluable, as well as from the Foreign Service. Not forgetting the *Norske Meieriers Salgssentral* (the Norwegian Dairies sales-center).

It began at King Olav's

On February 25, Marit, Håkon and Tore stood in front of the Castle. Half of Norway and then some watching them and the tandem on TV, in connection with the audience with King Olav, who was very pleasant and very informal.

"Nice of you to drop in," the King said. Tore says; "It's not biking that's your sport," I suggested. "I used to cycle about like any other children and adolescents," the King replied. When I said it was important to have a woman along on such a journey around the world, he said, "Yes, it's like that these days."

I had to think of the old story of when King Haakon visited my great-grandfather, Torger Naerland at his home. When it was time for coffee, my great-grandfather poured some coffee on the saucer, as he used to do. King Haakon then copied him.

King Olav wished us good luck and happy travels. Marit tells: "So there we were. Standing in the snow outside the castle. About to ride around the world - thinly dressed and wearing sneakers."

As there was a snowstorm in Denmark, it did not look promising. Ever the optimist, I reckoned it would go well anyway. We took a ferry from Kristiansand to Hirtshals and rode to Calais, then from Dover to London, where the actual start of the race took place. Huge crowds attended and members of the press were there. The mayor of London, Clemmet Cork, sent us on our way with wishes of a good trip! Even the Norwegian ambassador was present. We started at 5 PM on February 28.

Then we went to Calais, Paris, Marseille and then on to Nice. It was a wonderful nature experience. Tore gave talks about the trip across France, and he tried to influence the politicians to do something for the disabled. "In Genoa", Tore continues, "the bike broke down, i.e. a bolt in the rear wheel came loose. Håkon, who followed us by car, could do nothing about it. It was impossible to get a long enough bolt. A new bike shipped from Norway in a hurry. We came to Genoa via Monaco before proceeding to Rome".

Nice chat with the Pope

-So, to the Pope. How in the world did you get an audience?

"Yes, we struggled with that. But when all is said and done, it was really very easy," Marit says while smiling.

We first wrote the Norwegian embassy in Rome. Two months later, they replied that they did not have diplomatic relations with the Vatican, and we should try Bishop *Gran* in Norway.

We tried. Wrote to the bishop, but also directly to the Pope. The bishop insisted that we could not write such a letter to the Pope. This was a serious matter, he said, and he did not believe that we could get an audience.

We sent another letter to the Pope, and when we arrived in Italy, Tore called the Vatican on March 16 and spoke to a secretary, who told us to call again the following day. He so did and the secretary told us we could meet the Pope at 12.30 the next day. "We were planning to take our bikes and meet him in T-shirts and shorts. However, during a press conference at the Norwegian Embassy, a Vatican newspaper journalist discouraged us from doing so. -We should have done it anyway, Tore says. The Pope was not unwilling to take a bike ride with us.

It was *Brother Magee*, the Pope's secretary, who led them in to see the Pope via the back entrance. Immediately after, the Pope entered,

smiling, gracious and wanting to know what language he should speak, since he was fluent in many. The Pope asked where in Norway they came from, and Tore told him about Nærbø on Jæren, Marit about Strand in Ryfylke and Håkon about Birkeland in Aust-Agder. He was immensely interested in the trip and if we would manage it physically, Tore says. "Who is the one with the hardest job, is it the one in front?" the Pope asked Marit. Yes, it is, she answered.

In addition, he said that this trip was a contribution to achieve world peace- which was also one of the trip's essential goals - peace and improved conditions, not only for the disabled but for all minority groups. The pope had a winning personality, and we told him to come ride on the bike with us if he ever visited Norway.

Before leaving, we received a memory of the visit. Each one of us got a little medal with a picture of him on one side and with the Vatican's coat of arms in gold on the other. In the end, the Pope prayed for us and blessed our trip. It was as if there was a special force emitting from him, Marit adds.

With Mrs Sadat

The stay in Rome was rather short, about one day. They went by air to Cairo, where people from the *The Armed Forces association of veterans and war victims* and the Norwegian Embassy received them. The latter did a very good job for the northerners, as they one day after visiting the Pope could sit in the palace of President Sadat with representatives from the Norwegian embassy and the lady of the house. The Norwegians visit lasted half an hour, and Mrs. Sadat could not have been more gracious. She had already built an institution for the disabled from war, Håkon says. Five per cent of them worked in companies that employed disabled people. She was

very interested in a co-operation with Norway in regards to the care of the disabled, with the exchange of patients and personnel, so that the Egyptians could see and learn from some of our schemes.

Quite peculiar was that the Egyptians did not know about the use of *the white cane*. Mrs. Sadat promptly ordered fifty of them - as a start. We are going to send out some canes to Egypt. Madam Sadat had a special interest both for this and for the other remedial actions we were in. "Could I implement some of this, I would really be doing something for my people," she said.

Tore suggested a bike ride from Cairo to Jerusalem with a war-injured Egyptian, and a war-injured Israeli together on a tandem bike. That is an excellent idea, and we will do so in the near future - Mrs. Sadat answered enthusiastically. Being allowed to take photos posed no problem, and as we left, we were welcomed back to Egypt and the palace at any time.

India – the great experience

After two and a half days in Cairo, the three embarked another plane heading for Bombay where they touched down the next morning. Marit said; it was a big transition. Although 5:30 is very early in the morning, the heat was intense. However, we did not have any problems with our luggage. We were under the impression that at least 100 people were doing their best to take care of everything.

The Norwegian Embassy and the Lions Club in Bombay met us at the airport. They had cooperated with arranging both the reception and the itinerary, which without exaggerating; both were fabulous!

India turned out to be a top experience – in spite of incredible poverty and enormous suffering we were met with such love and

unparalleled friendly attitude. - We visited among other places, a boy's school for the blind in Bombay — Tore says. - They really impressed us — especially a little kid of eight or nine, who wanted to know the name of the Norwegian Prime Minister, and asked us to say hello to Odvar Nordli on our return. He knew the names of all the Heads of states all over the world. How excellent they were at reading! These boys managed both English and Braille at high speed. Due to our visit, these boys were among those who tried biking for the first time in their life — with Marit or Håkon steering.

India from ocean to ocean

After two hot and lovely days in Bombay, with lectures, press conferences and a few institutional visits, the three of them started their journey from coast to coast throughout India – from ocean to ocean.

- On this trip, at least I myself almost gave in to the heat, says Tore.
- It was incredibly hot -50-60 °C and the conditions were in many ways difficult. What made us continue was the fantastic friendliness showed by the people we met and they were many. It in fact strengthened us physically as well.

The roads in India were mostly terrible. Only a few meters of the road paved. In the middle, reserved for heavy vehicles – the rest of the road was dirt and gravel. What a bustling life we encountered on the road! Wagons pulled by oxen, cyclists and pedestrians, bulls, cows and chickens everywhere. I experienced the contact with people, animals and nature more intense than ever before.

These roads were a strain on the bike - Håkon had to weld it a few times. The rear wheel mount busted, and we had quite a few punctures. Every time we had to stop, people gathered around - up

to several hundred. I would climb anything suitable that would support me. A chair, a box or whatever we could find and lecture about our trip and its purpose, its future perspectives, help for disabled and effort for minorities, for suffering people and in this way promoting peace in the world. People would applaud and smile. It was wonderful, Tore says in his local dialect - remembering the smiling.

- We had public meetings day after day – sometimes several a day. Håkon had the company of an Indian driver. He would also act as our translator, making the meetings possible.

As we continued, there were plenty of press conferences — well - actually all over Asia. We appeared on TV and newspapers' front pages in country after country. We also visited quite a few institutions, which often were appalling. I would claim that animals back home ($J \alpha ren$) are far better off than many human beings in some of those institutions for the disabled.

India has a very high percentage of blind inhabitants -10 million of the total population of 65 million (1978). The main cause for blindness is lack of vitamins and famine. So much misery! What a fascinating country in the midst of its wretchedness.

We visited a home for the physically impaired from polio and other ailments. They held a dance recital for us – they danced on crutches. One person who could not walk at all even danced – on his hands! Happenings like this you can never forget. Music in the usual sense it was not. One little boy was singing, another had a little drum – that was all.

One week before arriving in Calcutta, Håkon tells, a driver sent by Dr. Olav Hodne to accompany us the last part of our journey met with us. We have seldom met someone who made a bigger impression on us as the man they called *Mr. Singh*.

In Talcher, he replaced the driver that had been accompanying us from Bombay. We had an unforgettable week with Mr. Singh, his grey beard cut to be pointy, his long black hair covered by his turban. In Calcutta, Hodne already had an amazing arrangement ready – a big reception among others. Still, nowhere else in India you can see as much misery as there. On this occasion, we also met India's Prime Minister Majaji Desal.

- Where did you stay during this period? Well – many places and in many ways, Tore tells. – Private housing, with people of different political and religious beliefs, Hindi, Christians and Muslims, with simple people and more well to do people. We slept on floors, we slept in beds, and every so often, we stayed the night in so-called *Circuit houses* that normally would primarily house governmental representatives or special foreign guests. Nevertheless, one way or the other – if private, in a hotel or a motel – we never paid a penny.

The local Lions Club made all arrangements, after contact via our local Lions Club "sørlandsavdeling" at home. If we were to pay for the whole trip ourselves, it would have cost us about 120,000 NOK instead of now 70,000. The itinerary in India was excellent for all the 19 days we stayed. When Hong Kong was the next stop for the three travelers, it was mainly due to the story of Phileas Fogg. His schedule included Hong Kong, and they tried to copy his travels - a new and harsh transition from India's' sunny misery. It was a short stay. Another flight and a new rental car awaited Håkon, when they touched ground in Tokyo April 13.

The cycling prince of Japan

Japan offered many technical aids for the blind, Tore tells. Despite this, their conditions were often harsh. People believe in Gods and Powers, and the disabled are mostly tucked away at institutions, not at home with their families. This has since improved but they have a long way to go until there will be a full integration into society.

As usual, Tore gave lectures in Japan. In Tokyo, Kobe and in Hiroshima. Visiting the hospital and the victims of the first atomic bomb was a horrifying experience. Otherwise, the purpose of our trip met a lot of goodwill in Japan. However, we found it strange that riding a bike a bike in the streets and roads are prohibited. That is why demonstrations as well as press conferences and other meetings had to take place in parks. In Tokyo, the trio met Prince Mikasa, the Emperor's nephew, where he himself served them in his palace, along with the Norwegian Ambassador, Bjørg Blakstad.

The prince also cycled in his garden along with Tore, and unfortunately ruined his trousers when bicycle chain oil soiled them. The Ambassador offered reimbursement – but the prince said "NO way" - it was well worth a pair of trousers.

Norwegians will get the opportunity to meet His Highness Mikasa this coming winter, since he will attend "Ridder-rennet" (Ski for Light) at Beitostølen accompanied by a blind Japanese! He is quite a sporty person, while at the same time doing a lot for disabled people. While the pictures of the three Norwegians and their bike flashed across all Japanese TV screens, our main characters got ready for continuing to USA, where they arrived in San Francisco April 18.

In USA, where they also went across the country from coast to coast – they did not get as much attention as in India, but the trip went without problems, following the same pattern – press conferences and public meetings. The daily distances were much longer here than for instance in India, where we had to start five o'clock in the morning and stop cycling around ten or eleven due to the heat, and then continue in the evening. The American roads were much better.

We took off in San Francisco – followed by Håkon in a car – through California, Nevada, Utah, Colorado, across the Rocky Mountains with snow and a chilling minus five celsius. Two of them had already sent most of their gear home, and barely managed to keep warm during the incredible steep hill climbs. The tandem is heavier than a normal bike going uphill – but in return, it is faster downhill and on the plains. Then through Nebraska, Iowa, Illinois, Indiana, Ohio, Pennsylvania, Washington D.C. - through New Jersey to New York.

Reception at the White House

The gates in front of the White House were wide open, and Marit and Tore biked in wearing T-shirts and shorts. Standing in the middle of the lawn, Vice President Walter Mondale was shouting, "Good morning Marit – good morning Tore", and we had to respond: "Good morning Walter" Tore laughs.

Then we entered the White House for a reception, dinner and discussions with many both well-known and lesser-known politicians and public officials.

Negotiations between Egypt and Israel was going on at this time. The leader of the negotiations got to know a lot about Norway both from "the three" and from Mondale, who spoke about this beautiful country he loved to visit – he told about "Ridder-rennet" (*Ski for Light**), and the idea of an Egyptian and an Israeli biking together on a "peacetandem", which he - as Mrs. Sadat – gave his full support.

They were used to being the main attraction by now – standing in T-shirts with "*Jarlsberg cheese*"** across their chest. They could count on that cheese to be found at the White House, Mondale said. It has grown very popular in USA.

The Peace Ride ended where it started, in London, May 18 at 5 PM. As planned, beating Phileas Fogg and Passepartout by one day. In

reality, it had also been even more eventful than the fantasy dreamed up by Jules Verne. Then we were down to earth again, Tore says. – Still, what we experienced keep growing on us.

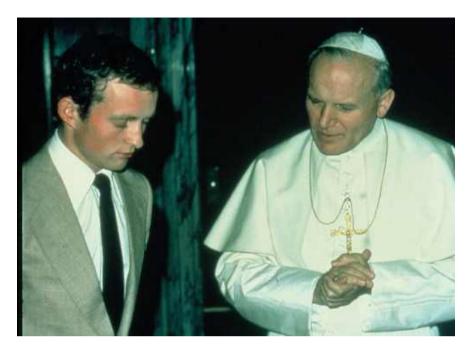
We belong to a small group who call ourselves "The Biking Vikings". Our goal is to include everyone into society, to promote peace. We are a small group, and want to be so, but we can still fight for human rights. The purpose of "the Vikings" is also to build an environment around every disabled person, to show them what they actually can achieve.

"The world is too big for me to make a difference", is the way NOT to think - because the world is not that big after all. You are master of your own life. Do not just sit back and complain, find out what you can do instead. That is what we want this trip to point out to you. Fortunately, it looks like we have achieved something. I just received a postcard from a deaf-blind young boy. "Your journey has inspired me. I am currently on a ten-day bike tour in Denmark!"

- Agnes Varen Ugland, Hjemmet Magazine, September 18, 1979.

*A non-profit organization founded in 1975 that provides opportunities for people who are visually- and mobility-impaired to experience cross-country skiing. Ski for Light hosts an annual weeklong event at various U.S. locations.

** Jarlsberg is a mild cheese made from cow's milk, with large, regular eyes, originating from Jarlsberg, Norway.



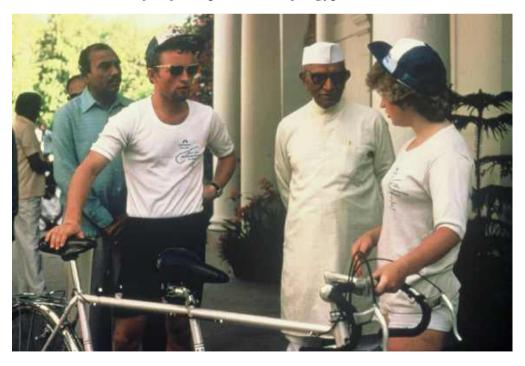
1979 The Vatican: Tore Naerland in conversation with Pope John Paul II, during the ride «Around the world in 79 days». March 18th.



1979 Rome: St. Peter's Square before Tore Naerland met the Pope, March 18th.



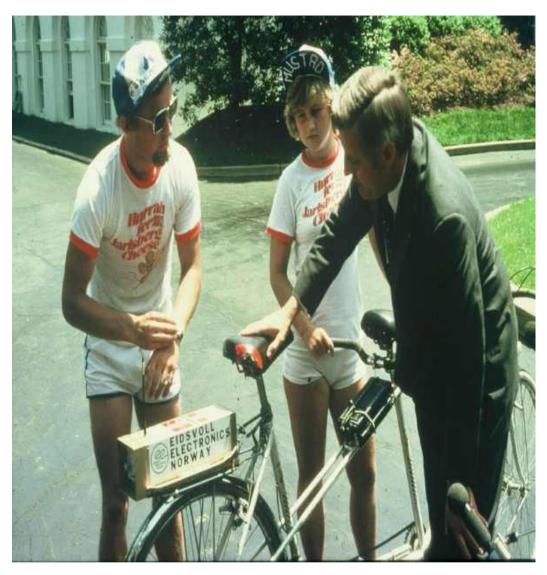
1979 Egypt: Tore Naerland and Marit Voster with Mrs. Sadat, the wife of the president of Egypt in Cairo.



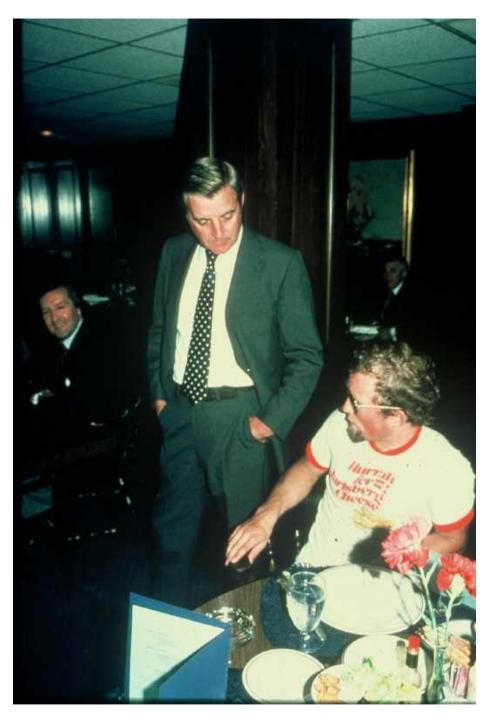
1979 India: Meeting Prime Minister Morarji Desai



1979 Japan: The Peace Park in Hiroshima.



1979 Washington, USA: Tore Naerland and Marit Voster with Vice President Walter Mondale.



White House meeting and lunch with Vice President Walter Mondale, 1979.

Peace ride against nuclear weapons, 1982

Oslo-Bucharest

"The bike ride for peace 1982" started at the University Square in Oslo, July 21, ending in Bucharest, Romania, August 18, 1982.

Five thousand people had turned up at the stadium in Bucharest to welcome us. The peace ride's purpose was to spread information about peace and disarmament worldwide.

Todora Mohora, a member of the National Executive Committee, gave an emotional speech on peace and disarmament in connection with this peace demonstration. In my speech, I emphasized that the two superpowers, the United States and the Soviet Union, should agree on disarmament before it was too late.

We started the peace ride from Oslo with only seven participants, but the number of participants increased along the way through Sweden, Denmark, West Germany, Austria, Hungary and Romania. In Romania, between 5-600 cyclists took part.

We appealed to the citizens of the seven countries we cycled through, that all people must now fight harder for peace and disarmament. In conversations with representatives from the Romanian government, Todora Mohora was able to tell about how they already had reduced the Romanian defence budget.

There are 2,800 kilometres between Oslo and Bucharest. The trip was carried out in heavy rain and strong sun. On some days, the temperature reached 35°C.

Although having a packed travel program, the participants in the bike race had the opportunity to meet many interesting people. Bjørg

Kjellingland and I got a meeting with the UN Secretary General, Javier Perez De Cuellar. We handed Javier Perez De Cuellar an appeal for the UN to intensify its work for peace and disarmament in the world. The UN Secretary-General characterized the "Bike Ride for Peace 1982" as an important step in the right direction.

In his opinion, the peace ride would undoubtedly make ordinary people work more eagerly and far more actively for peace and disarmament.

We, initiators of the race, already had new plans for next summer. An extensive bicycle race with 40 participants; 20 from the West and 20 from the East. Riding from Moscow in the Soviet Union via Oslo in Norway to Washington, D.C., in the USA!

Tore Naerland's speech in Bucharest, August 18, 1982

"The bike ride for peace 1982" is a campaign for peace, security and disarmament. The participants believe that peace is a condition for economic progress and social justice. Peace must be based on the national sovereignty of each individual country, on the abolition of poverty, on the exercise of human rights, on common security and, last but not least, on disarmament.

Full employment is an essential prerequisite for lasting peace in the world. Hunger and poverty create tension and war. Peace also means that the nations are able to protect their values, their way of life and their culture.

The defense needs must under no circumstances justify the arms race, and the requirements of a nation's defense must never be used as a pretext for occupying another country's territory by force.

Everything humanly possible must be done to remove every source of tension in the world. Declarations of confidence must be adopted between the nations as soon as possible. Furthermore, the individual countries' social machinery must be strengthened, and only with such measures will we be able to ensure global security. All nations must once again live up to the principles in the UN's Charter of Freedom and thus show respect for the UN and the UN's decisions.

The arms race involves a shameful waste of precious resources, both human, natural and, last but not least, capital resources. These resources should rather be used to cover the needs of the several hundred million people worldwide who live in the deepest poverty.

In the period since the previous world war, there have been over 100 conflicts. Many of these conflicts have taken place in the so-called developing countries. The reasons have of course been many, but most often the conflicts have had their origin in the problems of colonisation, racism and trade disputes. In order to maintain their position of power, some regimes have even used weapons against their own fellow citizens.

The development of international terrorism has further increased uncertainty and worsened the stability of the world. The many conflicts have increasingly furthered the risk of a completely catastrophic world war, by the fact that both the USA and the Soviet Union have been drawn into it.

An ever-greater distance between North and South has created, if possible, an even greater degree of danger and uncertainty in the world. Today, peace is actually in greater danger than ever before!

In recent years, more than 500,000 billion dollars have been spent for military purposes. NATO and the Warsaw Pact countries have used the majority of this completely unimaginable amount, but other industrialized countries have also participated in the waste to the

highest degree. A significant number of developing countries have joined the arms race. These countries' share is estimated to be approximately fifteen per cent of the world's total defense expenditure. In 1976, the corresponding figure was eight per cent!

The rapid development of military technology has led to a constant escalation of the arms race. The development of new weapons has resulted in the constant development of new defence weapons. Our world has entered into a vicious circle! There are constant rumours that new, cruel chemical and biological weapons have been developed. The number and variety of conventional weapons have reached an unimaginably high level.

Production facilities for weapons are now found in an increasing number of countries. The constant development in the production of conventional weapons has in itself created a motive for the use of such weapons. For security reasons, the total extent of the world's arms trade is unknown.

The greater part of this trade is carried out in secret, yet it is beyond all doubt that this trade has increased enormously due to new markets constantly emerging. Arms trade is no longer limited to just industrialized countries or to particularly tense areas of the world. Demand has increased, not only for safety reasons, but also for prestige reasons.

There is now an absolute need for effective international control of all arms trade. The USA and the Soviet Union are currently in possession of over 95% of the existing 40-50,000 nuclear warheads. China, France and England are among a number of other countries that possess nuclear weapons. We know that research and development in this dangerous field is carried out in several other countries. Nuclear weapons not only create an ever-increasing degree of uncertainty in the world, but also a frightening degree of instability.

The world's nuclear weapons represent an immediate danger to humanity, and create neither peace nor security. The constant profiling of nuclear weapons increases the fear in the world day by day. It is therefore of the utmost importance that a general and balanced form of disarmament be immediately initiated under strict international control.

Military activities and the arms industry currently employ around sixty million people worldwide, and about half of these are employed in the arms industry. Armed forces make up the other half. A significant part of the world's defence expenditure is used to produce weapons and other weapons-related, capital-intensive investments. National and international companies will always be very interested in this production being maintained.

Many companies also have great influence over both governments and legislative authorities. The arms industry must therefore be brought under control. The enormous resources that are currently wasted on both the production and trade of weapons should rather have been used for peaceful and constructive purposes, which in turn would have created more new and, above all, socially useful and developing new jobs. This requires urgent planning of measures for a total restructuring and downsizing of the weapons industry.

The creation of new jobs will reduce the enormous social distress that currently exists in large parts of the world, but such a change must not be based on pure chance. The change must be thoroughly planned and incorporated into the individual country's economic and industrial policy. A change of this nature must also be subject to government control, and the country's trade unions must be involved.

The most important thing must always be creating alternative jobs. The arms race is devouring enormous resources that could have been of

absolutely decisive importance for the development of the Third World countries.

One thousandth of the defense expenditure would have been sufficient to finance the World Health Organization's program for combating Malaria disease. The cost of producing just one modern battle tank would have provided 30,000 school children with a thousand new classrooms. The arms race makes healthy economic development impossible in many countries and leads to the neglect of both the working class` and the rural population`s needs. In other words, the arms race leads to a further deterioration of already existing, very unfortunate social structures. The results of this are poverty, hunger, distress and disease.

Every countries' rearmament budgets should be greatly reduced, and the released funds be allocated to constructive and positive development projects. The myth that nuclear weapons will only be used for self-defense must be thoroughly debunked once and for all. These horrific weapons are all-destroying. This deterrent effect is nevertheless offset by the threat to one's own country as well as by the claims that there are an ever-increasing number of warheads on both sides. It is a very dangerous situation to believe that a nuclear war will possibly only be fought within certain limited areas of the world.

The use of medium-range missiles, tactical SS-20 weapons, cruise- and Pershing 11- missiles as well as enhanced directed energy weapons will inexorably trigger a global and all-exterminating nuclear war! Any kind of nuclear weapons strategy therefore represents an imminent danger to our own planet.

Governments of the vast majority of countries are fully aware of the many and great dangers of the arms race, but they have still not succeeded in stopping this mad race. They still cling to the illusion that security can be achieved by simply increasing their own number of nuclear and conventional weapons. The struggle for economic and political supremacy is fueled by the lack of trust between the nations. This struggle leads many countries to arm themselves, which in turn creates a further degree of mistrust and mistrust. As long as this dubious attitude prevails, neither the UN, the Disarmament Committee, the European Conference on Security and Cooperation, the SALT negotiations or The Vienna conference will have any particular positive effect.

Governments both of the East and the West have not yet drawn the inevitable conclusions of their own self-effacing policies. These governments must realize that disarmament is an absolute necessity if total annihilation is to be avoided.

The participants of the "Bike Ride for Peace" now demand that peace and disarmament work must be given the highest priority in every countries in the world. One must now say NO to the use of force and weapons to solve political and economic problems. Every head of state must now agree to a political détente between East and West. Any conflict must be resolved through negotiations and settlements. We condemn the reliance on the use of nuclear weapons and the ever-increasing number of conventional weapons.

We demand that an effective national and international control of all arms trade must be established. The participants in the «Bike Ride for Peace» demand an immediate resumption of the disarmament negotiations under the control of the UN Disarmament Committee, the Vienna negotiations, the CSCE and SALT agreements. We will advocate for the USSR to withdraw and stop production of its 2,220 missiles and for the US and its allies to stop the production and deployment of their cruise and Pershing missiles, as well as for the production of enhanced radiation weapons to be stopped. We will advocate that much more is now invested in serious and sincere

measures to create greater trust between the nations. We will work actively to establish ever-expanding nuclear-free zones.

Furthermore, we will advocate for a "Non-increase in the number of nuclear weapons" ratification of the treaty. One of the main purposes of the "Bike Ride for Peace" has been to exchange opinions on security, disarmament and the many major war problems that exist in the world today.

We will continue our work and our campaign to create a political willingness, so that our hopes and wishes for peace in the world can be fulfilled. We will continue to run an extensive information campaign to make everyone understand how much really is at stake.

In this way, we also hope to be able to influence all of the world's heads of state and governments to gradually realize the imminent danger our world is actually facing.



Tore and Bjørg Naerland with Nobel Peace Prize laureate Perez Esquivel, 1982



Tore Naerland meeting UN General Secretary Perez De Cuellar in Vienna, 1982

Peace Ride in Russia, Scandinavia and USA, 1983

In the summer of 1982, the Norwegian organization "Bike for Peace" organized a peace ride on bicycles from Oslo, Norway, to Bucharest, Romania. In connection with this undertaking, a new dream was born: The dream of a peace trip, or a peace march if you will, which would surpass all previous projects of its kind. The idea of "Bike for Peace 1983" ("BFP 83") was born! The route Moscow-Washington DC on bike - a unique collaborative project carried out by people from Scandinavia, the Soviet Union and the United States!

It was Tore and Bjørg Naerland who gave birth to the idea, and after this, they never looked back. More and more letters went to and from the Soviet Union, and soon a committee in Oslo was formed for the project "POFP1983". (*Pedal On for Peace*)

In December 1982, Andrew P. Kroglund was invited to participate in the planning. In March 1983, Tore and Andrew went to the United States to plan the American support. Here they met a young man named Christopher G. Senie. His impressive approach, his many good ideas and his appointed organizational skills made Tore and Andrew immediately hire him as their American coordinator and head for "Tribute to Peace" in the United States. Some of the many people we met, especially Howard Frazier, Max and Bess Weiner, and families Pixton and Erktsila in Washington, became extremely important pieces in the process of getting established support for the project in the United States. They all deserve warm and heartfelt thanks!

In April that year, Tore and Andrew went on a new journey, this time to Moscow to meet Zukow, Oskolsky and Kokashvili. Already in January, Bjørg and Tore had been present at a conference where "Bike for Peace" was discussed with the Soviet Peace Committee.

The entire project dedicated to the UN disarmament program is based on the following four slogans:

YES to "freezing".

NO to nuclear weapons in the east, west, north and south.

Let no one have the opportunity to be the first to use nuclear weapons.

YES to disarmament and peace.

In May, Christopher Senie arrived in Oslo for further planning. From there he travelled to Sweden and the Soviet Union to have further talks. In June, Tore and Geir Inge Aukland went to Sweden and Finland to have talks with Inger-Brita Melin and Ågot Jung, who were the project coordinators in their respective home countries. At ten in the morning of July 6th, the starting pistol went off - and "Bike for Peace '83" left Moscow to start its long journey to Washington DC.

The preparation

The various participants met in Oslo before leaving for Moscow. One of the Norwegian participants was a resident of Northern Norway. Most of the others came from Western Norway. One of the participants even came directly from Czechoslovakia where the person had spoken about "Pedal On for Peace '83" at a large conference.

The Americans arrived June 28, and were really starting on a very long journey. The 32 participants in the core group cycled first, followed by the local biker, always forming a long line. We were kings of the road!

At this point, we already realized that the Peace and Sports Committee had done fantastic preparatory work. All other traffic were stopped to ensure we had the road to ourselves, but during technical rests and meal breaks, other traffic was allowed to pass unimpeded.

After covering 65 kilometres in pouring rain, we stopped for lunch in the "sunshine city". It was our first stop of the very first day. The town's mayor, S. Lopiw, warmly welcomed us. Andrew P. Kroglund spoke on our behalf.

We reached our very first place of accommodation, in the small village of Klin around four-thirty in the afternoon. The bike ride had even gone too fast, making it necessary to take a half-hour break outside the city for us to be able to keep our fixed schedule.

In the city centre, Mayor Krisonovsky met us. He emphasized the following in his welcome speech: "Let all countries become one nation!" This time, Martha Cochrane spoke on our behalf. She made

it clear that everyone should say no to both SS2O, cruiser- and Pershing missiles. "The production of such cruel weapons is very terrifying. World security is not at all depending on the production of such horrific weapons", she said.

A large crowd turned up at the town square to wish us welcome, and presented us with carnations. Many in the crowd seemed a bit shy, but still curious at the same time. Maybe the language barrier caused them to appear a little reserved.

Just before dinner at seven, we said goodbye to Audrey V. Spiridonov. She wished us luck on our long journey. She was the one who had brilliantly planned our Moscow to Klin trip.

In the evening, they put up a special screening of a film from the Moscow Summer Games of 1980 just for us. However, a few of us skipped the movie for a walk in the city downtown instead.

We were all very moved by the Peace Committee's persistent efforts to make sure we always had the best possible time. Still, a very tiring and packed program in Moscow and then 90 kilometres on the bicycle seat meant that some of us wanted to take a city tour on our own.

They were primarily concerned with our safety. Nevertheless, some of us felt a certain relief in being able to stroll around the city streets without interpreter or official guide.

Maybe it was down to our "stubbornness" that we got to experience one of the most special evenings of our stay in the Soviet Union. We met a man who previously that afternoon had handed Allyson one of his very best lapel pins. He recognized us immediately and we were immediately invited home to his apartment, where we met his dear "mum" – one wonderful Russian "Babushka" -, his wife and two children. The best house pastries were served and we really felt at home. The man proudly brought out his trumpet, and an incredible

collection of lapel pins. He told us to take one pin each. It was for him the most precious gift he could give!

Despite the language problems, we had an adventurous evening. Here we sat - people from different parts of the world with different cultural and political background - with a completely ordinary Russian family, having a cosy and peaceful time. In our opinion, this unforgettable evening could be a symbol of everything that our peace ride really stood for!

Later in the evening, our friend and his wife accompanied us back to our place of accommodation. However, before leaving the apartment, they showed us, with great pride, their two sleeping children. Arm in arm we walked - Russians, Americans and Scandinavians - through Klin's night-quiet streets. How could we be enemies? On the contrary, we felt a strong friendship, and we were sad to say goodbye to the friendly and hospitable Russian friends. Still, deep down in our hearts we also knew that we - in a given situation - could face each other in bitter hatred. Cynical heads of state unfortunately have an uncanny power in every country. Our main task must therefore be to lead them onto the "right track".

Thursday, July 7:

We started from Klin at ten in the morning, and around mid-day we arrived to the first city of the Kalinin area. The head of the Culture Secretariat, Najasta Sujova, held a short appeal before handing the microphone to the district deputy mayor. He pointed, among other things, to the experiences many had from the last world war. Helge Hundeide spoke on our behalf and he emphasized that people of both the Soviet Union and Western Europe are afraid of the new kinds of weapons constantly being developed and produced. One of our main goals must therefore be to get rid of these horrific weapons.

We were served drinks and snacks. Later we had lunch in a cafeteria in the village of Wovomelko. After about one hour of cycling, we once again had to take a longer break, as we yet again were far ahead of schedule. While we relaxed, some of us started to folk dance. Soon almost all the participants threw themselves into the dance with life and soul. Everyone was obviously having fun. This rest break visualized much of what our great peace ride is about!

The next, and last, stop for today was Kalinin. We arrived about six o'clock to see that many people had lined up along the route into town to welcome us.

We knew we were going to a large sports hall called "Pynsono". It looked rather ordinary from the outside, but what a sight we met as we entered! An impressively large crowd, probably between 2,500 and 3,000 were inside. Walking in with our tandem bikes, the spectators were on our left. They welcomed us with a standing ovation. We could clearly see that even the Soviet leaders were greatly impressed, many of them moved to tears.

Several people took this opportunity to give a speech, including a number of war veterans, parents and representatives from various public institutions. We let Vladimir Seminets and Christopher G. Senie speak for us. They both symbolized the idea of cooperation behind our peace ride "Pedal on for peace '83" and explained to the audience how it was to ride a tandem bike - mile after mile - day after day!

The great hall was silent when Vladimir and Christopher's spoke. When all speeches were finished, the mayor signed our appeal to the UN.

Later in the evening, we had one of the trip's most magnificent experiences - a gigantic music and dance show that lasted almost an entire hour. Nearly two hundred young people took part in this welldirected performance, where the main symbolism was fear of all nuclear weapons and a clear and unequivocal no to nuclear weapons in space.

In the large crowd, we particularly noticed a couple of Soviet Orthodox priests. We were told that one of these two in particular held a high position, which we could also see from his very special clerical dress and pronounced authority. Unfortunately, to our great disappointment he left the hall immediately after the speeches. We had hoped to exchange interesting views with him.

Friday, July 8:

We started from Kalinin at ten, and after about 60 kilometers, we stopped for lunch in the town of Torzhok. As usual, we were greeted with warmth, gifts and flowers from the locals. After a few words from a representative from the city, David Emerson gave a speech on our behalf.

This had been a relatively tough day, but we still had 70-80 kilometers ahead of us before reaching Vyshnij Volochok, even though we had pedaled quickly.

More than five hundred people met us outside the hotel we were to stay at. John (who now only went by the name *Dr. John*) gave a little speech on behalf of us all. A representative of the city's authorities welcomed us and offered a special greeting and thanks to the Norwegian initiators of "Pedal on for Peace '83".

In the evening, we were all quite exhausted. Only Christopher and Vladimir Seminets went to a meeting with the local "Pioneers". The rest of us just needed sleep and rest. Before arriving in Vyshny Volochyok, we had a meeting with female factory workers.

Some of the Norwegian participants were a little dissatisfied with the somewhat random information in the program. Some believed that the

speeches should have had more political content and be more direct. (This topic kept coming up during almost the entire trip).

Saturday, July 9:

We left Vyshny Volochyok at 09:45. Exactly two hours later, we came to a place called Koshenkono. Tore Anderberg gave a speech in which he said, among other things: "The Soviet Union spends around 12% of its gross national budget for military purposes. A significant part of this amount could have been used far more beneficially in the Third World".

After lunch, we moved on. At the border of the Valdai region, we took a break. We were well received by the region's acting mayor. Allyson Senie presented the "*Budstikka*" and got it signed by the acting mayor. By now, we had become so used to presenting this, that we no longer thought anything more about it. The only person not to be presented with the "Budstikka" was the Supreme Soviet deputy chairperson Mr. Sarkisov. We never got an answer as to why. However, we were all aware that, like his political friends along our route, he probably would have signed such a document without hesitation.

We arrived at our destination, beautiful Valdai, at around six. In Valdai, a crowd of around seven hundred met us. Several people gave speeches, including a mother with young children, some young veterans and the local mayor. Claes Melin said a few well-chosen words on our behalf.

That same evening, a boat trip on the magnificent Lake Valdai was arranged in our honour, and several locals participated in the trip. It was brilliant and memorable, with lots of beautiful singing and music. For members of the coordination committee, Tore N, Christopher, Eugeny Oskolsky, Vladimir Kokashvili and Andrew, it was nevertheless a very strenuous trip.

While the others were relaxing and enjoying themselves on deck, these five had one of their many air-clearing meetings spurred on by the speeches given earlier in the day. For more than two hours, the discussion took place while we went by the most magnificent Soviet nature. The committee members drew a number of important conclusions: "Pedal On '83" was supposed to be a joint project where people with different backgrounds and different attitudes would work together to unite people all over the globe. We agreed to emphasize this in our future official speeches and lectures. The private discussions was another matter. There we could promote as many different points of view as we wanted. As usual, most of us got a late night. One could easily plan to pedalling 90 kilometres and then bed early, but as a rule, we usually ended up receiving an invitation to an event or something.

Sunday, July 10:

At ten, we were back on our bike seats. An hour and a half later, we had the first rest of the day. Entertained with Russian music, dancing, while eating rolls, and drinking mineral water.

We reached Kretsky at one thirty. After leaving our luggage at the hotel, we went out for lunch. And a good, bright memory richer of the day in Kretsky as we got to experience a traditional Russian sauna bath. Suddenly we were Scandinavians, Americans, Russian officials and other participants, naked together in a sauna.

The unforgettable experience made the bonds between us even stronger if possible. In moments like these, you discover how similar we humans really are, and perhaps this is something for Ronald Reagan and Yuri Andropov to think about? After the extremely refreshing and strengthening sauna, we went to a reception in one of the place's many beautiful parks.

Once again, we were welcomed by between 600 and 700 people, showering us with flowers and all kinds of gifts. Many wanting our

autographs. In addition, there were speeches by a female teacher and a young worker. Our representative in the park was Linda Knapp. Local music and dance groups provided the entertainment. Afterwards, we visited a museum.

Monday, July 11th:

We left the quaint and old-fashioned small town community of Kretsky, with cows populating the streets, at eleven. On our way from Moscow, we had followed a route that only a few from the western world had travelled before us. An idyllic little village like Kretsky, for example, was not considered important or interesting enough by the authorities of the Soviet Union to get a seat in the official tourist brochures. Consequently, tourists from the western countries rarely visited this beautiful village, or countless other gems like it, if at all. The visitors concentrated on the major cities like Moscow and Leningrad and the cities around the Black Sea.

For us, however, it was far more rewarding and interesting to see such "real and unspoiled" areas than to visit famous palaces and museums in Moscow and Leningrad. This was the day when the weather finally improved. After continuous rainy weather, we finally experienced a glorious day of sunshine from formerly cloudy skies. At today's 85 km long stage, we only had two short breaks, one of which was to have lunch. The end of the day was Novgorod. Novgorod is one of the most beautiful cities we have seen during the trip. Here we also felt most welcome. After autograph writing and flower- showers, the party 17.30. It took place in a magnificent park where more than 2000 sat benched in a half circle around the stage. As we walked up the stairs waving bouquets of roses, we were greeted by thundering applause.

The entertainment was adventurous. Folk dancing, Balalaika players, dance Quadrille and a touching performance by children. We also enjoyed the rock n' roll culture there. The chairperson of the Novgorod Peace Committee, Nina P. Baraposa, held an appeal where she told us

to tell everyone we met that the inhabitants of the old town desires peace. Local forces collected 25,000 Rubles to peace funds. Chris spoke on behalf of the participants and he talked about his previous visit to the city, when he met a girl who gave him a friendship ring. Now I am here to give her *my* ring, he said. That evening he was lucky enough to actually meet her, and he and Helge had an unforgettable evening in her parents' home. Chris thanked Tore, Eugene, Vladimir and Andrew who made it possible to complete the ride.

In the evening, some youngsters showed us around the city. The Kremlin was an impressive sight!

Tuesday, July 12th:

We got up at 8.00, and one and a half hours later, we were on our bikes with a course set for Leningrad, the city we all had heard and read very much about, and were really looking forward to visiting. This was the first time we did not use our bikes for a section of the route, because our schedule was very tight and the distance to Leningrad was long.

We stopped at the border of the Leningrad region, approx. 100 km. outside the city itself. A few hundred people met us there and governor Sokolov welcomed us. In addition, Mrs Terekhova, vice-chairman of the Leningrad Peace Committee, held a speech. Both wished us happiness on our adventurous journey, and gave us a shaky and thought-provoking description of the destruction and loss the war had caused to Leningrad and its inhabitants.

Asbjørn Skjørshammer held a thank you-speech on our behalf. The next stop was Torso, where Mayor Pavel Moschin spoke to us and a crowd of around 500. "The residents of Torso are interested in peace work and our Leninist policies make every effort to reach our goal," he said.

Many of those in attendance obviously felt a strong urge to express their opinions and feelings this day and a war veteran, Sergei Plenikow, and a youth held talks. Sergei Tereschenkov spoke on our behalf. He read our slogans and presented *The Petition*. It was immediately signed. "This trip has welded us together like a family," Sergei said.

Finally, we could see Leningrad! On the way into the city, we drove around an enormous monumental building. What in the world could it be? It was a magnificent war memorial. A large number of government officials and hundreds of people welcomed us. We were taken downstairs and into a kind of museum where books, diaries - yes even hair etc. - were stored from the fatal war years in the beginning of 40s. Everyone seemed very serious and we felt this was about one of history's most cruel acts of war.

Unfortunately, not everyone in our group was aware of the sad event this occasion showed. We were tired after riding over 100 km. We had listened to several speeches - and were uninformed of how sacred this memorial was for the Russians

Some of us behaved like typical tourists. Others went around without showing particular interest. Still others were joking, laughing, and wandering around. Some of us refused to sign an appeal stating: "The undersigned bends in deep respect for Leningrad's fall and I promise to do my utmost to prevent a new war." We did not realize what the appeal meant. We felt we could not sign it because the Soviet Union at that time led a war on the guerrilla in Afghanistan.

In the evening, we gathered in the new and elegant Pulkovskaya Hotel for a new meeting of the "troubled five". The two Soviet coordinators were furious. -What kind of behaviour was this?! In our opinion, they overreacted, but the Russian psychology is different to ours. We did our best to calm them down. We agreed that advance information from now on had to be far better and that the participants always had to stay together.

We had four slogans we all had adopted and approved during the talks in Moscow in April. In private, we could disagree, but publicly we had to stay united. The atmosphere became lighter and the temperature sank. Who had dreamed that people with Georgian and Viking blood could have such a temperament? Those who had refused to sign the protocol in the museum later concluded that they had acted incorrectly.

Wednesday, July 13th:

Finally one day free! Free in the sense that for a few days we would not have to ride our bikes. We were all thoroughly tired and it was high time to have a rest break.

We started the day with lunch and then a round table conference in a factory in Leningrad. We were later shown around. A couple of workers gave a speech and we got the impression that this factory was like most factories. The main difference was the political posters on the walls. We got the impression this was a rather big factory with international commitments. Among other things, they produced equipment for nuclear power plants. The round table conference did not turn out too interesting. However, we did ask questions about working conditions, etc.

Another question was about nuclear waste. It was interesting for us to see that not only USA and other western world countries with nuclear power plants are completely safe. The USSR is the same. Previous tragic events had obviously not scared them off. Later on, we visited Biskorovska Memorial Park. We biked the 10 km distance out there. Biskorovska is a churchyard for more than 500 000. Most of them died during WWII due to famine.

Before the meeting itself, where more than 1500 people participated, we payed a short visit to a little nearby museum. Taking photos was prohibited. Our Soviet coordinators feared we might lose some respect if we continuously took pictures. Even as some of us might have

experienced the atmosphere a bit melodramatic, it still was a very touching ceremony. We entered solemnly, and the crowd made room for us. We went up the stairs and presented our flowers at the foot of the monument. Many speakers expressed their feelings – among them a 1982 Olympic gymnastics gold-medallist. Tore Naerland gave a speech on our behalf.

Neither Norwegian nor English words can express our feelings just now. It is impossible to grasp the sufferings and pain the inhabitants of Leningrad endured during the WWII. I myself have visited Hiroshima and met people injured by the first atomic bomb. That is why we are here today. Our goal is getting the world to get rid of all nuclear weapons, Tore Naerland said. Chis and Vladimir gave speeches where they presented a tandem-bike and explained how it felt biking together km after km. After one minute silence we left the memorial ground to the sound of classical music. After this experience, we biked to the outskirts of the city to a hotel at the riverbank.

We had plenty of time and some of us was interviewed. Some went to a party, and others went early to bed. Sverre and Sherry made some interesting acquaintances. They skipped the factory visit and went to a local pub, where they met some young people, one of which had participated in the Afghan War. He invited them home. Despite the language barrier, they exchanged ideas and impressions. Sverre got his corporal stripes and the badge of his cap as a souvenir.

Thursday, July 14th:

This was our second day off. Early in the morning, we were transported down to the city centre to the state-owned Hermitage Museum. It is the largest museum in the country. Queues of people outside patiently waited, while the personnel let us straight in. More than 2.1 million art objects are exhibited, and over 3.5 million people visit the museum annually. Rafael, Michelangelo and Da Vinci are just a few of the many big names exhibited. The building itself was once a part of the

Tsar's property. By 12 o'clock, most of the group took the hydrofoil out to the Tsar's summer palace. There is a park with magnificent fountains and a large number of priceless artefacts. Helge, Sverre, Martha, Allyson and Andrew stayed in town where they made an unsuccessful attempt to find a traditional Soviet-Russian restaurant. They eventually ended up at an Inter-hotel.

In the evening, we were invited to a meeting in the "Youth Palace" - a place run by youth for youth. It was an impressive great place, with a concert hall, disco, and library, etc.

Over 900 people had their daily work in this giant building. The director of the place warmly welcomed us, and a little later, we got to see an interesting film about Leningrad.

At seven, a discussion meeting with a question/answer division started. Helge Hundeide asked a question about the role the church played in the context of peace work. A student of theology answered the question and showed to the church's history and its great will and willingness to donate large sums of money to peace work.

Tore Naerland asked about what measures were taken to reduce the number of nuclear missiles in Europe. Andrew pointed to the peaceful foreign policy Norway has taken ever since the Vikings bloodthirsty days. He also mentioned that Norway's neutrality had been violated twice in this century. "What view does the Soviet have on an atomic zone from Norway and up to the Kola peninsula?" was one of his many questions. The question / answer session was no big success.

It all became too extensive and demanding for most of us. The ensuing meal combined with a disco visit became a much greater success. Here in Leningrad we met many personalities who showed great interest and understanding of our thoughts and ideas.

Friday, July 15th:

Goodbye Leningrad! Now we were in place on our bicycles again. The atmosphere was good. The Russians had received their visa thanks to a hard work by Chris with the help of Vladimir. It would have been tragic for "Pedal On '83" if the Russian had not received a visa. That it would be so difficult was just a further clear proof of what cold and insensitive world we live in. It would justify the importance of our ride. Because of the uncertainty, the Soviet coordinators had been under pressure, explaining their outbursts of anger.

By noon on the first day, we arrived 10 km outside of Leningrad. Here we visited the hideaway Lenin used just before the revolution. We had a break in Crasnoselskoe, which is a work camp for students. Two hundred people welcomed us there. Many of the students were competent musicians. While performing some of the ancient folk songs, Dr. John and Valery performed their jig.

We ate dinner midway between Leningrad and Vyborg. There were sandy beaches there. The scenery at the entrance to Vyborg was a varied sight and the fact that the town was Finnish until World War II, made it even more exciting. Architecturally it is very different from Moscow.

A crowd welcomed us and little children arrived and greeted us. We felt heartily welcomed combined with shy curiosity. We were looked upon as heroes. Yuri Filimonou, Sverre Grepperud and Jim Mann spoke on our behalf. We felt proud!

Telegrams were read which we would send to other peace initiatives such as' Peace March '83. Thus, we showed our solidarity and belonging with a greater movement with the same goal as our peace ride.

Saturday, July 16th:

Then we reached our last day in the Soviet Union. After a brief discussion about taking a bus the last miles to the border station to be able to hold our planned schedule, we decided to continue cycling to the border station between the USSR and Finland. We had biked 60 kilometres nonstop.

All participants agreed upon that there had to be something special about it to cross the border between the USSR and Finland on our tandem bikes. In a radio transmission, Norwegian Broadcasting-reporter Hans-Wilhelm Steinfeld clearly stated that this had never been done by anybody before.

The border crossing took place calmly and quietly, but we all felt the tense atmosphere when we rode the last kilometre through the 'No man's land' between the two countries. Such moments and experiences really shows how tragic a distinction between two countries can be. On the Finnish side of the border, the border city mayor Kalle Lintunen and another public representative Ossi Voskela met us. Tore, Chris and Vladimir Kokashvili represented the participants on this occasion.

Norway

Wednesday July 27th:

Up on the bikes again!

So, we had reached Töcksfors in Sweden, which was to be our last stop on Swedish soil. Claes presented our petition *Budstikka*, and one local priest, Harald Fursberg, said some well-chosen words.

In his speech, the mayor said, "The arms race and nuclear weapons represent the greatest danger to the environment and humanity," Half of the 72 million people killed during World War II were civilians.

Since, more than 140 wars have been fought worldwide. "Let us once and for all give peace a chance! This peace race is a confirmation that there really is hope. The openness that exists between the Nordic countries in all areas should be an example for all other countries. We must rid ourselves of all the barriers and the armed forces located at border crossings. With open negotiations, information channels and communication- lines a lot of mistrust will disappear. An increasing degree of understanding and mutual respect will lead to fewer wars and conflicts."

How steep and heavy the uphill was towards the Norwegian border! After much toil and pain, we were finally able to cycle across it. Suddenly, we had forgotten both the taste of blood and the chafing. Now we were in the country of Grieg and *trolls*! The border crossing took place without too much fuss. Journalists from Aftenposten, some local newspapers, reporters from Norwegian Broadcasting, Moscow TV and some others, met us.

Otherwise, former Prime Minister Lars Korvald and the county's mayor Karl E. Wang greeted us with speeches. Both signed our appeal, and then Asbjørn Skjørshammer held a speech on behalf of the participants.

Then, we found ourselves upon the bicycle seats again, now thankfully seeing an end to the many heavy uphills. 20-30 kilometres lay ahead of us to Mysen, our stop for the night. Chris, Vladimir and Eugeny Oskolsky had, however, gone directly to Oslo to arrange our flights to the US and do some other tasks. It was very important to us that we all could arrive in New York at about the same time.

Peace work is literally not just "a walk in the park". Some of us always had to perform the legwork to ensure everything would go smoothly. That is why those three missed one of the most brilliant and memorable evenings during the entire trip.

Because we let ourselves be tempted to take a refreshing dip in one of the many lakes along the way, we were a bit delayed. However, in Mysen, people were waiting patiently for us when we finally rode up towards the local folk college. One of the main coordinators of this area, Jostein Randen, told us that there was no organized peace movement in this district. Three private individuals had therefore organized our stay in Mysen! "Tonight you shall stay privately, and the locals have been particularly interested in having overnight guests from the Soviet Union", Jostein Randen said.

Tore Naerland read our appeal. The mayor of Eidsberg, Karl Thelle, immediately signed it. "I am proud to put my name on this appeal," he said.

In the evening, there were play acting and musical entertainment at the folk college. Several hundred people came to see it.

Vladimir 'Everest' recounted his expeditions in the altitude. Tore Naerland, André, Jokke, Allyson and Claes talked briefly about the trip so far. To conclude the evening, each of us were assigned to a host family. It had been a long and tiring day, but now it was all just smiles and joy.

Thursday, July 28:

Up on the bikes again! The private accommodation was a huge success. It could clearly be seen on the tired but satisfied faces the next morning. We had all received a brilliant reception and treatment. Many of us had been sitting up and talking nearly all night. We left Mysen to brass music by Asbjørn Bye. It was our start signal.

Now there were only two stops left before we reached Oslo. The first was Asbjørn's home - Askim. Guess who was the big hero there? Asbjørn thanked the teachers Kåre Riiser and Arne Lystad in his speech. The latter had decorated our Petition. Both of them live in that

area. While we waited for the police escort, we enjoyed the view of the Capitol below. For the endless evenings of planning and preparation, this was our pay.

In an instant, all doubts and all problems were gone with the wind! The Soviet Union stage of the trip lay behind us. Soon we were able to wave goodbye to Scandinavia. We swept Oslo off its feet! Our own five tandem bikes came first, then followed some tandem cyclists, riding with us the last miles from Ski. It was quite a sight as we turned into *Karl Johan* - the city's main street. Straight ahead was the Palace, but we turned to the left and stopped in front of the statue of Henrik Wergeland - a poet deserving of our company!

And there she stood - Bjørg - our secretary. She had performed most of the "dirty work." Without her impressive commitment, our completion of the race would have been unlikely.

Suddenly the loudspeakers sounded, and we got a big lump in our throats when the sounds of our own song "We ride for peace" tuned. The press and the Norwegian Broadcasting were present. In the evening news that night, they showed an excellent report from our arrival in Oslo. Bjørg handed Eugeny Oskolsky one of her own paintings. Eva Nordland, one of the initiators of the sensational peace march to Minsk in 1982, wished us welcome. Andrew also grabbed the opportunity to say a few words.

Furthermore, there was a welcome speech by Øyvind Holter in the Norwegian Peace Committee as well as short speeches by Chris and Vladimir "*Tandem*".

Then it was off to the grand dinner and more surprises. Sverre and Eugeny Zamulin both had a birthday - they became respectively twenty-three and twenty. Two great ambassadors for international peace efforts, of course both were duly praised and celebrated!

Did anyone mention the word rest? In which case, certainly intended as a joke. After stowing our gear into Bjerke Student Home where we would stay, we went to the town. We had another, very strenuous day ahead of us, but none of us thought that far ahead. The dreaded words "Up on the bikes again" were very distant this glorious evening!

Finally, we introduced Christopher Senie and William Devletkildeev, who also gave a brief summary of the actual bike journey so far.

Later, we organized a tour in Oslo City Hall before some of us took a walk around the city centre. Sverre and I dropped the whole tour, to go "home" and wash clothes during lunch. A little later, I fell asleep at the table. The biking for peace really can be strenuous!

Douglas Draper had left us earlier in the day, and the moment we all were dreading came. After a dinner at *Bondeheimen* and after Chris had informed us about the scheme in the United States, emotions gradually got the better of us. Many openly wept. Asbjørn Skjørshammer handed out gifts to all – celestial sign medallions - that obviously were very much appreciated!

There were also gifts for our temporarily absent mechanics – two *trolls* - actually with a striking resemblance to the two mechanics! Our mechanics were in fact incredibly gracious and quite exceptionally skilled. Without them, we would probably have broken down the very first day. They worked impressively fast and with a quite professional competence. Never have I seen someone change a punctured bicycle tire that quickly. If all Soviet Russians were so talented, no *Five Year Plan* would ever be necessary! Then Vladimir handed out big and beautiful photos to most of the racers. Also a popular gift.

Then it was time for the "official farewell". Noreen and Ranveig expressed their feelings, which we all shared. Aino Puron and Lidiya Chis said goodbye. Everyone felt the urge to say something. The following day we should leave Norway. We said goodbye to our

Swedish friends who had accompanied us to Oslo. We said goodbye to our Finnish friend, Joyko.

We took a particularly touching farewell with Inger Brita Melin who had done a great job for us in Sweden, and who had accompanied us all the way to Oslo. It was good to have you on board, Inger-Brita! So we finally left Gjøa, Anne-Kari, Rolf, Helge, Jorunn and Ranveig. Thank you, goodbye and see you later, dear friends.

United States

Saturday, July 30th.

We are at Gardermoen Airport and time is 2.45 PM. The huge DC-10 machine slowly rolls out for take-off. We are heading towards the last stage of the race.

At the airport, we had said goodbye to friends and relatives, to our Russian mechanics and some of our participants. We also said goodbye to Boris, a Russian journalist who worked at the World Peace Council in Helsinki. He interviewed us until the last moment. Two new faces joined us, sisters Toril and Thea Økland, who were to ride with us in the United States.

Aboard the plane were served champagne by the North-West Orient Company airline and the captain welcomed us on board. All the other passengers on the plane now knew who we were. Greenland was magnificent to see from the air. Several thousand feet below, we saw the island like large parts of the world must have been during the Ice Age. Just then, we felt like we were in heaven! We now discovered, and suddenly understood, how small and how beautiful the world really is.

Then we inevitably had to think of how people spend unimaginable sums of money on destroying our planet, and how thousands of people are engaged in efforts to kill their fellow human beings. Thousands of people attempt to violate other humans and their systems of government. Millions of people in the developing world die because of all this destructive work.

We - the participants in the peace race "Pedal On for Peace 83" - are on our way to the United States to spread our message of peace and disarmament. We want to show the Americans - as we showed Russia and the people in the Scandinavian countries - that we can work together for common goals.

Yes, we may be small and insignificant, but we are a manifestation of the positive aspects of being a human being. We are part of a growing peace movement. One day we may be so strong, governments in several countries will be replaced!

We are in New York, and the local time is 4.40. My word! How amazing, what astounding dimensions! Much to everyone's delight, we met our Russian friends and Carmen. We had become a welded team, and everyone on the team was equally important!

Thanks to excellent work by Connecticut Congressman Bruce Morrison, who let us use his office in Washington as a base during our stay in USA - we went through passport control in less than ten minutes. It was astonishing. This was Saturday afternoon, and a press conference was held at John F Kennedy airport. Tore, Andre, Chris, Vladimir and Eugeny presented our peace ride, and later some of the participants presented themselves. (Bobby, Celia, Sherry and Vladimir Kammtsky). The press conference was not really particularly successful. We had hoped far more journalists would turn up, but none of us took it especially hard.

Our American participants were meeting their parents, siblings and girlfriends again, and they had all obviously very much to talk about. We had now been "on the road" for over a month. Now the Americans were finally "home" again.

For everyone, this was a new and adventurous experience. However, the only thing we now looked forward to was food and rest. Due to the time difference, we had already *lost* six hours!

Despite the thunder and pouring rain, a big coach brought us safely to the Norwegian Seamen's Church. Even though we had more than 17 TV channels to choose from, most of us fell quickly asleep. Yes, we had arrived in the United States!

Sunday, July 31:

This was to be our day of rest before the start of our bicycle tour across the United States. Some of us attended a Peace service at Riverside Church, where Rev. Paul Abels officiated. It was a radiant church service, and the pastor's sermon was followed by short speeches by Dr. John, Sasha, Tore N, and Andrew who all emphasized the church's central position in all peace efforts.

After Communion, we were served lunch. The rest of the day was used for sightseeing before we went to a small private party in Celia's apartment, very close to where we stayed. That same evening our "group of five" held a new meeting, where some difficult decisions were made, almost throwing dark and persistent clouds over our further journey through the United States. Originally, a smaller delegation were to meet at the United Nations early the next morning, following the interview by CBS' morning news.

We should have met with representatives from the UN disarmament committee we had been in regular contact with via letters. The twist was that we now had a chance to meet the Secretary General himself - Perez de Cuellar.

"Pedal On for Peace 83" has dedicated its work to the world disarmament campaign. Nothing would therefore have been more natural than to give our Petition - our heart and soul - to the Secretary General personally, as it was a symbol of cooperation. A swift decision was necessary, and the next morning's meeting was postponed. A very difficult decision to make and one that was not submitted to the other participants. Finally, a poll showed four against one in favour of delivering the Petition August 9th, and thus postponing tomorrow's meeting.

Unfortunately, something of course "hiccupped". The UN disarmament committee was not informed in time, naturally causing quite big and justified indignation. They were sitting there and waiting for several hours along with a large press corps as well as food and drink.

A feeling of bad conscience bothered "our five" for the next 3-4 days. They felt they had fallen into the same trap as so many governments often do because they are not on speaking terms with each other. After much diplomacy, conversations, contemplation, telegrams etc., luckily the temperature began to lower. Once again, it turned out that openness and communication was key to an agreement. We were again a strong unit. One of the most serious problems throughout our journey had been resolved in a satisfactory manner.

Monday, August 1:

So we continued once again! It was very early morning when Sasha, Chris and Andrew were picked up by a limousine and driven to the CBS studios to be on the morning show.

At 8.20, the three went on air for millions of Americans. "Bike for Peace 83' had suddenly become known throughout the United States. Sitting there in our bike outfits, we could never have imagined a better start. I nearly burst out laughing when Barbara Walters asked if we ever got sore muscles after such a trip. Well, at least she asked the right person...!

We met up with the others on Staten Island. The ferry, which passed along the Statue of Liberty, had brought them over. On Staten Island were also some twenty new Americans who would accompany us to Washington DC.

The first day on the bike felt like a nightmare. It was stifling hot and sultry, somewhere between 35 and 40° C. The stretch to Princeton was rather grey and gloomy. We arrived at 5.40 PM. Mr. Pike received us there and accompanied us to the university where we would stay the night. We were well taken care of. After enjoying a hearty meal, we went to a small park, with music playing and speeches held.

Councilman Cowley stated that he fully realized the importance of our peace ride, and he thanked us for arriving on non-polluting vehicles. After all, it was completely in line with the message we try to convey. Crowley signed our appeal, and Juri and Celia talked a bit about what our experiences along the way.

Later, in a very interesting speech, Geir placed "Pedal On for Peace '83" on the political world map. The leader of a local anti-nuclear war movement told us about their dedication and a little about what the movement had accomplished. This included conferences with speakers from both the US and USSR, film and discussion programs in schools, demonstrations - including a peace march from Princeton to New York in 1982 where a million people participated. It was told that more than eighty per cent of Princeton residents had supported "FREEZE" during a recently held referendum.

The meeting gathered more than 150 people. A Japanese broadcasting company recorded the event, and then followed us all the way to Washington DC. Filming *miles* of footage along the way, no doubt. Along the way were approached by reporters, constantly asking if we were in good shape and how this all started, and so on. An edited version of the footage broadcast on Japanese television August 6, the same date as the atomic bomb was dropped on Hiroshima.

Tuesday, August 2:

We left Princeton the next morning at 10 o'clock, and about 80 kilometres lay ahead of us until arrival in Philadelphia. Now, the landscape had become far more attractive and inviting. We were organized in eight groups, each assigned a leader. David and Morris were more or less in charge of the route. Morris, an unusually likable young Philadelphian, served as a sort of supervisor and constantly made sure we stay on the itinerary.

Eventually, we were able to catch a glimpse of the Philadelphia skyline. John and Laurama Pixton met up to guide us safely into the city, and Philadelphia – nicknamed *Philly* - turned out to be one of the most thriving cities we visited during our entire trip through the United States. We were police escorted into the city centre, at which time an incredible number of local cyclists joined us. We were really quite a spectacle!

There could be no doubt that *Philly* residents Linda and Dr. John had a certain influence here. By the way, I had met John in Philadelphia in March, and none of us imagined at that time that we would ride here together! We received excellent press and television coverage.

During the reception ceremony, which included several speeches, we also got to see the *Liberty Bell*. Tore Naerland held a very inspired talk around Martin Luther King's "I Have a Dream" speech.

Wednesday, August 3:

We moved on at eight in the morning, after yet another magnificent open-air breakfast outside a giant museum. The museum director held a speech and wished us luck on our journey towards Washington DC.

Our peace ride on bike continued, while we started feeling how hard we had been pushing ourselves. We began to be more and more tired, and looking forward to the day we would arrive at Washington DC.

As usual, there was some discontent among some of us. Some were of the opinion that America was too apolitical - one of the newcomers actually left us because of this. Others thought more peace organizations should have been included in the project. Some were disappointed about that, so few people met us, while still others were disappointed that they were given too little Coke or orange juice. There was also criticism against the actual organization of the cycling event. Some believed they received too little return for their money, and some thought the tour arrangement could have been better set up.

In hindsight, one can indeed feel a certain understanding of some of the complaints. To a certain extent, the same happened both in the USSR and in Scandinavia. During such a giant peace ride from one superpower - via Europe - to another, from time to time, some practical problems are bound to occur.

Incidentally, we had a wonderful meeting as we arrived in Newark, Delaware. The local Alderman declared August 3 to be an annual "Day of peace rides." TV reporters were present to interview Asbjørn, Vladimir "Boss" and Chris.

Friday, August 5:

Sudden drama arose as Chris` and Vladimir`s tandem bikes broke down just as we were about to start up again after a short technical break. The bikes were however quickly repaired, and finally we were able to get a glimpse of the Congress building's spire. We biked like crazy now! Everyone very eager to reach the big goal...!

Finally there, the disappointment was huge when we discovered that only a few people had turned up. The press and TV were however present. A small Afghan group demonstrating against Soviet Russian politics greeted us. As usual, we discussed with the audience and exchanged experiences, thoughts, ideas and viewpoints.

Senator Robert Edgar greeted us and signed our Petition, for this occasion presented by Vladimir Kokashvili. Then followed short speeches by Tore N. and Christopher.

While we took a very well deserved one-hour rest break, a heavy rain started. It was odd to have pouring rain at the start in Moscow, and now pouring rain again to welcome us into Washington. Now, off to the White House!

Several speeches were held until we finally could cycle up to George Washington University for a few days stay. This was a very special evening, and we celebrated ourselves!

Saturday, August 6:

As the cycling was over, we could sightsee instead. In the evening, we had a more formal celebration of ourselves. We called it a "Peace Dinner" in a very elegant Washington restaurant. Maybe it became a bit too extravagant, but we all agreed that we really deserved this very special celebration evening on our last day in America's capitol city.

Senator Bruce Morrison was a spiritual toastmaster. He talked about how our peace ride was a symbol of peace and friendship, and he stressed the need for disarmament and a better understanding between nations. The peace ride's *creator* was then introduced. Tore spoke

about the enormous job that had been done and he thanked especially his beloved wife Bjørg for her outstanding efforts.

- No more SS-20 missiles. No more cruiser- or Pershing missiles, said Tore Naerland in his celebration speech. He concluded with the following words: - In twenty years' time, Eugeny's son and mine, may ride on a tandem bike together for peace! Then Vladimir explained how the Russians became involved in the peace ride. Chris and Vladimir told about how many miles we actually had covered. We were also reminded of the meeting that was held in Leningrad where they all promised to fight for peace and freedom in the world. Vladimir repeated that participating in this peace ride meant far more to him than his 1972 Olympic gold medal.

A congratulatory letter from Senator Alan Simpson was read. Alan Cranstane and Gary Hart also sent their best greetings.

We enjoyed our beverages while Kim O'Neil showed us slides from the trip, showing every visited place and all the people we had met during the last month. It all seemed like a dream or fairy-tale. Only now - long afterwards - we gradually begin to grasp what we have been a part of.

Sunday, August 7th:

Goodbye for now, Washington DC. We are heading towards New York. Tomorrow, the vast majority of participants will be on their way home. We had however begun to prepare for the heavy and difficult farewell. Our "new" American friends had already left for their respective homes. Goodbye Willy, David, Alex and all the other sympathetic and interesting participants.

America has its good and bad sides. We saw both during our journey through the country. Some of the best was incarnated in the people we met. Sort of gentle people, filled with joy of life and idealism.

Europeans will often have a more lukewarm and general attitude to politics.

We arrived in Westport, Connecticut, the *home* of the Peace Ride. So much had happened since Howard Frazier, Chris, Tore N. and I raised our glasses at John F. Kennedy airport late in the afternoon on March 16, the date Chris was "hired" as coordinator of the US part of "Pedal On for Peace '83".

In Westport, we had our last party as a team. Most of the core group that started in Moscow and Scandinavia were still together. Helge, Jorunn and Ranveig - you should have been here now...!

Later, dinner was served, and both the local press and other mass media swarmed around us all the time. The locals finally got to see what the crazy Christopher and Alice Senie had been doing in recent months, and were truly impressed. Chris, Eugeny and Andrew gave speeches.

It was impossible to sleep after such a night. We sang, talked and reminisced. Almost feeling as if we were suddenly back to the first two days in the USSR trying to break the ice by singing Russian, English and Scandinavian folk songs. The circle is now complete!

Monday, August 8:

One plane took off for Moscow. Another for Oslo. "To say goodbye is to die a little." I had never before thought of this famous Raymond Chandler quote. I will willingly admit that it was a very heavy and painful goodbye. However, we still had all the good and bright memories, and it alleviated some of the pain.

The peace ride "Pedal On for Peace '83" had been an indescribable experience and a great enrichment. Many of us will certainly meet again. None of us knows exactly when and where, though.

Tuesday, August 9:

The most important official reception of the Peace Ride was just around the corner. We were going to the United Nations. Our representatives were Jim, Chris, Allyson, Eugeny, Oskolsky, Vladimir Kokashvili, Tore A., Geir, Sverre, Beate and Andrew.

We were all very nervous and tense when we arrived at the UN building in New York. Our meeting was supposed to start at 2 PM, and the Secretary General and a group of about 100 Scandinavian peace marchers welcomed us. They were to walk exactly the same route as we had cycled in the United States.

This was certainly an ideal time to meet. The Scandinavian women had created something completely new and ground breaking through their peace marches from Copenhagen to Paris in 1981 and from Stockholm to Minsk in the USSR in 1982. They inspired many others to participate actively in the peace efforts, and they proved that cross-border cooperation is possible. As we approached the United Nations building, we saw Joan Woodward, wife of Paul Newman, and the retired admiral Gene La Roque crossing of one of New York's many avenues. (La Roque was previously director of "Center of Defence Information." He was also a former member of the Joint Chiefs of Staff, which is now part of the" Alternative United States".)

He is one of the most enthusiastic advocates of "FREEZE". La Roque knew who we were and he came to wish us good luck. "We work in different ways, but we have exactly the same goal," said La Roque. So we finally got into the huge hall of the UN building. There were TV cameras and reporters everywhere. We warmly greeted the peace women, when Perez de Cuellar and his assistants arrived.

Our tandem bike stood just behind the pulpit, with us in a line behind the bike. Chris and Vladimir said some very nice words before Andrew presented our Petition. It was a strange feeling to stand there talking to these people, knowing that this was our very last official meeting. We had cycled an unimaginably long way to hand over our precious appeal with all the signatures.

Perez de Cuellar gave a speech. Not a large man, still his words had weight and meaning. His gentle eyes and friendly facial expressions had a calming effect on us all. He thanked us warmly for our outstanding contribution to the cause of peace.

"I really admire their work for the UN. It was intended to be a Mecca for world peace. More than ever, the world needs peace". This was some of what Perez de Cuellar said in his speech.

We stayed for a while afterwards as the Scandinavian peace women performed a beautiful song. Then we brought our tandem bike out in the hot August sun and sat down to rest. Our mission was complete.

Conclusion

It's already November - the leaves have long since fallen off the trees and snow can be falling at any time now. The idea and the dream of a peace ride from Moscow - via Oslo - Washington was born here in Oslo almost exactly one year ago. Regarding the peace efforts, it has indeed been a dramatic year.

Despite intense efforts by various organizations throughout Europe and the US, most likely new Euro missiles will be deployed. The Reagan administration wants renewed production of chemical weapons "for the sake of balance" as it is called. The Cold War rhetoric is surfacing again. Civilians are being killed because one consider it vital to protect own borders. Some countries, in almost every part of the world, constantly need to fight to avoid being totally dominated by the great and mighty superpowers.

Despite daily receiving such sad and depressing news, the peace movement is growing continuously. It bears simply no longer the mark of being a national movement - it has become international. Never before has the world seen a similar international peace force.

We have had women's movements, nature- and peace movements, but none of them as strong and popular as this peace movement.

- ♦ We have five toes to march on and when needed, we march in the same direction.
- ♦ We have the ability to gather under a joint slogan, making us strong!
- ♦ We chose to implement a peace ride in which Americans, Russians and Scandinavians attended.
- ♦ We chose to do it on the bike to show that young people from different countries work together.
- ♦ We want freezing.
- ♦ We say no to nuclear weapons.
- ♦ We say no to that someone gets to be the first to use nuclear weapons.
- ♦ We want the money to go to those in the third world who suffer due to the western world arrogance and cynicism.

What have we achieved?

None of us ever believed we could be able to revolutionize the world. Still, we feel like having done just as good a job as the professional diplomats and negotiators in Vienna, Geneva and Madrid. During the trip from Moscow to Washington D.C., every one of us had our own thoughts and opinions. Only the future will show whether some of us contributed to change the world. Maybe it will gradually become more evident in the years to come.

We travelled 2300 kilometres, experienced four time zones, and visited five capital cities. The many impressions and memories carried with

us and cherished for the rest of our lives. Our peace rides were indeed a historic event - we were all writing history! For all eternity, we will have been the first in the world who cycled from Moscow - via Oslo - to Washington DC for peace and disarmament.

There will almost certainly be arranged new bicycle peace rides in the future, but "Pedal On for Peace '83" will always remain in people's minds as something very special. We did a good job and it was clearly seen in the eyes of all the people we met and talked to in the five countries we rode through. Children, young and old people greeted us with smiles, warmth and admiration, both in the Soviet Union, Finland, Sweden, Norway and the United States. These are impressions and memories we forever will preserve in our hearts.

Of course, certain problems and disagreements arose along the way and sometimes one word led to another. Even a fist whizzed through the air at one point. In retrospect, we probably will just smile thinking about these few controversial episodes. From time to time, it is necessary to let out some steam. It never destroyed the companionship and spirit of the team, and looking back, we all carry just good and bright memories of the trip. The fact that we all constantly worked so close together, made solidarity between us, if possible, even more human and strong. We worked as a team.

Andrew Petter Kroglund, Oslo, November 14th 1983



Peace Ride 1983: Moscow - Oslo - New York - Washington, D.C.



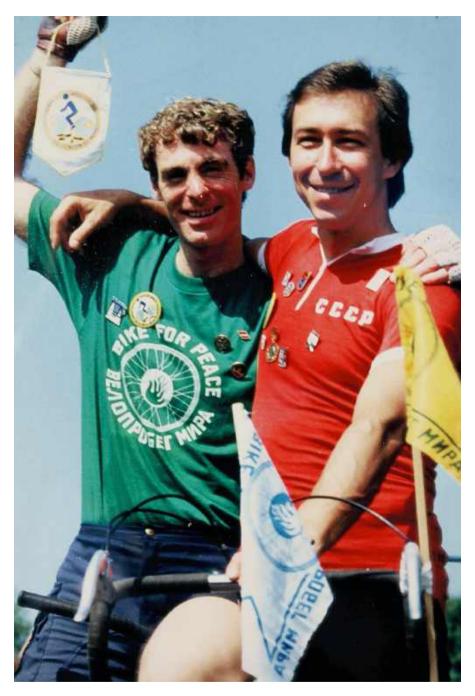
Outside the offices of Soviet Peace Committee before the start, Moscow 1983.



1983: «Bike for Peace" at the Norway-Sweden border at Ørje, with former Norwegian Prime Minister Lars Korvald.



Hans-Wilhelm Steinfeld of NrK (Norwegian Broadcasting) interviews «Bike for Peace" before tour start in 1983.



1983 Outskirts of Moscow: Christopher Senie, USA and Vladimir Semenets, USSR on a tandem bicycle.



Washington, D.C: Tore Naerland speaking in front of the Congress, 1983

Peace Ride, 1985

40 YEARS AFTER THE ATOMIC BOMBING OF HIROSHIMA/NAGASAKI

"Bike for Peace 1985" from Oslo to Hiroshima and Nagasaki was our third peace ride but it was not at all a peace ride of minor importance. A total number of 26 young persons started on the 2,800 km long bicycle ride to Hiroshima and Nagasaki in Japan, one of whom was Masako Kimura from Japan.

"My own mother was a victim of the atomic bombs dropped over Japan in 1945. Therefore, I found it quite natural to participate in this peace ride. By doing so, I feel that I have contributed to the fight against the absurd nuclear arms race", she told a Norwegian newspaper reporter and all the people she met on her way from Oslo to Hiroshima/Nagasaki.

"Bike for Peace 1985", was an initiative of Drammen residents Eyvind Grønvold and Øystein Bakken, as well as Bjørg and Tore Naerland.

The ride started on the 6th of July and the participants biked from Oslo to Trondheim. From there they continued through Sweden and further eastwards to Helsingfors where they took a plane to Moscow. Later of they took another plane from Moscow to Osaka in Japan. From Osaka, they biked to Hiroshima where they arrived on the 6th August, exactly 40 years after the atomic bombing. The participants in «Bike for Peace 1985» represented Japan, USA, Norway, Sweden, Finland and Denmark.

Maren Blakstad, a female cyclist from Kristiansand, Norway, told me the following story; None of us will ever forget the sleepless night in Hiroshima. Because of certain risk of riots, we were dissuaded from going downtown. However, it was in fact a very quiet and peaceful night. The night of August 6th to 7th marked exactly 40 years since the atomic bomb dropped on Hiroshima. During the night, we just sat listening to the pleasant music played by some Buddhist monks.

At about 5 a.m. on August 6, the *Hibakushas* – literally "bombaffected-people", the victims of the atomic bombs - began to arrive. Their presence made the deepest, most indelible impression on all of us. It was enough just to look at their faces and listen to what they actually experienced in those horrific minutes when the atomic bombs exploded. It was also very painful and shocking to get an insight into what actually happened to them afterwards - how they were, in a way, ostracized from their own society.

We actually did "Bike for Peace 1985" as a reminder to the world of the atomic bombings of Hiroshima and Nagasaki 40 years ago. We also wanted to remind the world of the UN International Youth Year.

Maren Blakstad believed that young people in particular should get far more involved in peace work. Great emphasis was also placed on informing the citizens of Japan about the past by showing them our sets of slides called "Hiroshima Burning." In fact, all of our public meetings attracted a considerable degree of attention.

Studying at Concordia College, USA, 1984-85

Concordia College is located in Moorhead, Minnesota, USA, and is Fargo's neighboring town.

I had the pleasure of studying at Concordia College for two years and they were two very educational years. With my wife Bjørg, I studied political science, history, communication and philosophy. Concordia hosted many Norwegian students. It is a Norwegian-American college, built on the Protestant and Lutheran churches.

The lecturers are very knowledgeable, and studying at Concordia College is highly recommended. Today, they host 2,200 students. During my studies there, I received the King Olav's Scholarship, and specialized in political science and history.

The course «War and Peace» by Peter Hovda, in which he lectured on the rearmament of nuclear weapons, was very instructive. He took the students to the nuclear silos outside Grand Forks, North Dakota. The military in charge of the nuclear silos said the missiles could reach Moscow within six minutes. Peter Hovda was one of the 500,000 Americans who participated in the Vietnam War, 1965-1975.

His job during the war was as a pilot and he knew what war is about. He emphasized that no one can win a nuclear war, and believed that what the USA, the Soviet Union and the other nuclear powers were doing was completely absurd.

I studied African-American and African history under David Sandgren, one of the good lecturers at Concordia College. Mr. Noblatt taught American foreign policies, political science. Noblatt was a candidate for Congress in 1962 and he met President John F. Kennedy several times.

Moorhead State University is located very close to Concordia College. One evening, when George McGovern was lecturing at Moorhead, I attended his lecture and met with him afterwards. George McGovern had challenged Richard Nixon during the election campaign for US President in 1972. Associates of Richard Nixon broke into Nixon's office in Washington, D.C., later known as the «Watergate scandal». Nixon then had to resign in 1974.

When I met McGovern in 1984, he told me that he had recently visited with former President Lyndon B. Johnson, who had let his hair out and looked like a hippie. Johnson was a man who worked for better reforms for African Americans, and escalated the war in Vietnam when he became president in 1963 after the assasination of John F. Kennedy. The Vietnam war cost 6.7 million Vietnamese and 58,000 American lives. The war also made many people disabled.

In Vietnam, they have a slogan that reads: «They have forgiven their enemy, but the history is not forgotten». One may wonder if the US did the right thing by entering Vietnam. From visiting Vietnam twenty times, I highly doubt it. Concordia gave good relationships with my

fellow students, among others Søren Hauge, supposedly related to Hans Nielsen Hauge, the Norwegian revival leader and lay preacher. My second son, Tom Andreas was born during my studies abroad.

- Tore Naerland



Tore Naerland after finishing his exams at Concordia College, 1985

Peace Ride 1986, Kyiv-Prague-Montreal-New York

Tore Naerland spoke at the UN

Tore Naerland has been on the move again. This time with "Bike for Peace -86", a follow-up to a similar event he had back in 1983. The trip ended outside of the United Nations-building in New York, where Native Americans spoke on behalf of participants from countries around the world. "We were received by vice-general-secretary Victor Anatolij Ustinov and congress-man Bruce Morrison. Both stated that they support our peace case and that they will try to bring the message to the highest level ", Tore said to Østlandsposten (OEP).

"Bike for Peace -86" had participants from the Soviet Union, Czechoslovakia, Canada, USA and Norway. They started in Kiev, rode on to Prague, and went to Montreal. From here, the trip went on to Boston and New York. Tore Naerland joined the group in Boston, and a police escort guided him to the UN building in Manhattan.

"It was a great experience to drive through the city of millions while all traffic was stopped. I even drove tandem with Peter from Czechoslovakia. We slept in gymnasiums at different schools and barriers were broken quite often in this international environment. When everyone agrees on the goal - mutual disarmament and no nuclear weapons - you suddenly find that none of us is particularly different. The preconceived attitude about the different peoples simply do not apply", Tore says to the OEP.

A sick Perez de Cuellar

Secretary-general Perez de Cuellar was to welcome us, but was admitted to hospital just before our arrival. Therefore, we were instead met by vice secretary-general Ustinov. Between five hundred to a

thousand people had turned up outside the UN, and we were around 250 cyclists.

- Ustinov held a speech where he stressed the importance of the fight against nuclear weapons in all countries. Congressman Bruce Morrison also said he supported our struggle and promised to forward the message to President Ronald Reagan.

Tore also spoke

As the initiator of the first "Bike for Peace"-ride in 1983, Tore Naerland received a special invitation to this sequel. Therefore, he was speaking on behalf of the participants outside the United Nations in New York. - I told them that in 1983 I had two dreams. One was that "Bike for Peace" was feasible, and the other was that my wife would give birth to a healthy child. Both dreams came true and I received big applause when I further said my future dream is for our son Fred, at seventeen in the year 2000, to meet a world free of nuclear weapons.

- In my appeal to the UN, I urged them to work harder for the disarmament and removal of nuclear weapons, so that the UN not only become a *talking agency* that mediates between different countries. Especially the small countries have a lot to gain from working for this, Tore Naerland claims.

I also said that they could rather spend the money used for weapons today on social aid, especially in the third world countries. If we don't have any dreams and visions, then we will not get to that point! Tore Naerland says that his great interest in peace and disarmament work awoke when he met people from Hiroshima a few years ago. He does not think that people consider him a fool or imbecile for all the work he is laying down, or for all the money he spends in his work for peace and disarmament.

"We have received surprisingly good response to the *Bike for Peace* - actions, and participants from the different countries are recruiting others. The peace message is the easiest to advertise and nobody disagree with what Mysen's* great activist in peace work - both nationally and internationally, says.

Østlandsposten newspaper, Kjell-Erik Kristiansen, August 4, 1986

*Tore lived in Mysen municipality at the time.

Children as peacemakers, 1987

August 6, 1985, Tore Naerland met leader of "Children As Peacemakers", Patricia Montadon, at the Grand Hotel in Hiroshima. The meeting was with children from different nations, on a journey for peace. Eleven-year-old Vegard Thomassen from Trøgstad packed his suitcase again in March to go to Moscow, Hong Kong, Beijing and New Delhi. Anita Gullåsen from Moss was also on the trip.

Tore Naerland was responsible for the event and the start in Oslo. In addition, nine-year-old Ruben Enoksen from Askim, and twelve-year-old Ole Henrik Stubberud from Knapstad, went to Moscow. The children had each won a drawing and writing competition. Ruben Enoksen said "... I believe that all children in all countries want to be friends and have fun together. No kids want war ...".

"I think King Olav is a very nice guy", Stubberud said after visiting the Castle. "I really appreciate this", said the King when American Michelle Alexander presented him with the gift of a peace game. For the children in the "Children As Peacemakers Foundation", he is the very king of peace.

The trip continued to the *Storting* and to the Government Building in Akersgata, where they met Prime Minister Gro Harlem Brundtland. There, the children had their questions and their messages.

After seeing the *Dagsrevyen* news feature, the "*Grandmothers for Peace*" organization called Tore Naerland and congratulated him on the implementation.

The press coverage was great, and all the children became good friends before setting off on their big world tour. In Moscow, the plan was for the children to meet General Secretary Mikhail Gorbachev, but he was away. Instead, the children met President Andrej Gromyko, one of the most powerful men in the Soviet Union.

From Moscow, the trip continued to India and New Delhi, where the children met the welcoming, friendly and understanding Rajiv Gandhi.

Anita Gullåsen brought up the situation for the poor in India they had witnessed during the visit. At the same time, a well-known Indian actor and politician held a large peace march in the country, and the children of peace were allowed to participate.

In Hong Kong, abundance and opulence met the children of peace. From Hong Kong, the trip went to Beijing. They were there met by Vice President Ulanhu of the People's Congress of China. Ulanhu said China had cut its military budget.

After Beijing, the trip went to Hiroshima, Japan. The children's last joint experience was a visit to the museum in the Peace Park in Hiroshima. This visit made a strong impression and brought tears to the children's eyes.

Anita Gullåsen said, "We believe that what we have told Heads of State, and others we have met, has made an impression on them."

-Tore Naerland

The friendship ship for peace, Oslo to Poland, 1988

The boat "Bolette", carrying Norwegian children, women and men, sailed in late summer of 1988 towards Gdansk in Poland, loaded with help, friendship and hope that the ideas of Glasnost would reach the leadership of this big, economically troubled nation.

This was the main goal of the Friendship boat, led by Guri Ulforstad, leader of "Kristent Fredslag" ("Christian Peace Team"). On board were deputy chair Doctor Johan Stanghelle, Ottar Løe, Olav Sørland and myself. I became involved in "Kristent Fredslag" in 1984. Many puzzle pieces would have to fit before the trip - and without Stanghelle's commitment, I think it would never have been come to be.

According to Kjell Øvre-Helland in the newspaper Bergens Tidende:

Wednesday August 24th: As the boat sailed from Oslo, there was still no agreement on docking in Gdansk port. On board was the peace prize laureate Adolfo Perez Esquivel. In Gdansk, Stanghelle collaborated with Lech Walesa's personal priest, Father Henryk Jankowski.

Thursday 25th: The dockworkers at the Lenin Shipyard were at strike. Walesa and Jankowski were ready to receive the boat. The top

management of *Solidarity* gave the striking dockworkers orders to unload the boat. The church mediated.

Friday 26th: At 9:15, the boat anchored, one and a half nautical miles outside of Gdansk. No one would answer the call from "Bolette". For political reasons they were told to go to Świnoujście. The boat circled for a while. Jankowski might have managed to stop the boat from leaving, but he got the message too late. He dedicated the two masses at the Birgitta church this weekend to the Norwegians.

Saturday 27th: Between the capital and the Baltic Sea coast, *Bolette* was a heated telephone conversation subject. The captain and the boat's management realized that the authorities were manipulating them. They wanted to prevent the passengers from going onshore, and the captain made sure that the boat did not arrive until the first ferry did. At 6:15 PM, "Bolette" docked. Negotiation meetings went on all night.

Esquivel tried to send a telegram to President Wojciech Jaruzelski. Now, the boat was allowed four hours to unload, with soldiers keeping guard. On board, the mood was bitter and tense. The goods were transferred to the bishop of *Szczecin*. Esquivel spoke at a sermon in a local *Swinoujcie* church.

Johan Stanghelle's considerations:

"... It is quiet in the port area. Armed police are however guarding, keeping a short distance in between themselves. In front of the walls, 2-3 police officers stand at every twenty metres. I reported the following to Norway and the boat: 'The Church and Strike Management say that everything is ready to receive "Bolette" in Gdansk ... '... We also see gunboats nearby ... The officers of the port cannot give any information about what is going to happen... I ask Maria Stolzman what she thinks about the situation. "Vikings have always been brave", she answers. The Norwegian Consul Nøil is also

there ... Many people look forward to a scheduled meeting with someone on board "Bolette". The harbour director said, 'This harbour does not exist! '

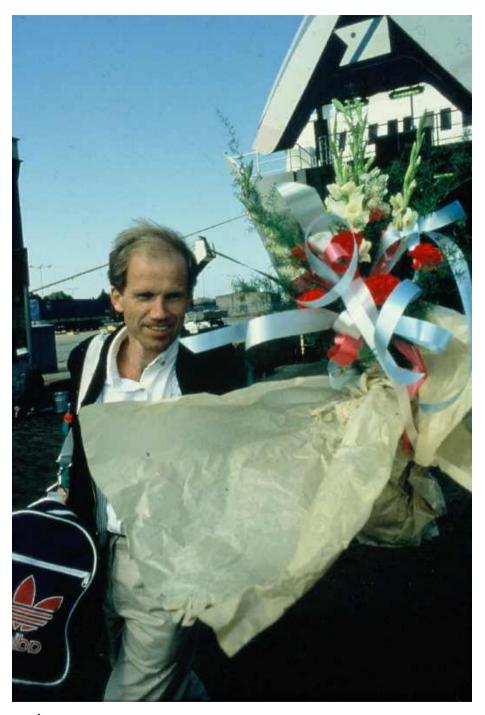
Those waiting on the quay are influenced by disbelief and hectic turmoil. The disabled children and their helpers are sort of just on the outskirts of the fuss. They eat their picnic lunches... Later, I got to know that especially Esquivel and Norwegian TV are unwanted in Gdansk ... Many are furious. Others react with resignation and shrugs. The disabled children had to return the 700 kilometres with unfulfilled business

However, we were first invited into Father Jankowski's home. Not everyone gave up that easily. A family followed the car of Stanghelle on the long road towards *Swinoujcie*. Thanks to Stanghelle, the Poles broke through the barriers. "*It was a moving experience we will never forget*", Randi Sivertsen said after they greeted their Polish friends.

In retrospect:

The moral support the boat represented was visible for all the Polish people to see. The aid shipment arrived at their rightful recipients within 2-3 months. The Church of Poland especially sent heartfelt greetings to the partners of the friendship-boat, so that they would not feel like the trip was unsuccessful. Finally yet importantly, what we can allow us to believe, when we have all witnessed the development that has taken place here, is that this project contributed to a free Poland.

-Tore Naerland, September 1988



1988 Świnoujście: Johan Stanghelle from Norway on the friendship ship to Poland.

Leipzig, East Germany, 1989

With 200,000 combative DDR citizens as spectators, Tore Naerland held speeches in Leipzig, November 21, 1989. He was the first Norwegian to do so since the riots started. A reform-hungry crowd gathered on the Karl-Marx Square. Their posters raised high and their lights lit, but still the square was terribly quiet.

What had led the Norwegian delegation with Naerland, Svein Havneraas, Lars Bjånes and Knut Dahlgren to this place? The main purpose was building contacts in the DDR, with the Church, environmental organizations and political parties.

Monday November 21st, 1989, the group was on their way from East Berlin to the St. Nikolas Church in Leipzig. The church arranged Monday evening meetings, and for eight weeks in a row, those meetings had ended in massive peace demonstrations. The Nicola Church's priest, Theodore Magirus, had urged the Norwegians to attend the large demonstration meeting. When the guards learned that there were Norwegian representatives present, they opened all doors to the podium.

Naerland congratulated the crowd with their commitment to peace and freedom.

- ♦ We must cooperate for a united Europe.
- ♦ Away with the Iron Curtain!
- ◆ Remove all nuclear weapons in East and West.
- ♦ Limit pollution!
- ♦ It is important to bring about a cultural exchange between East and West, in order to get a better world.

This was part of his appeal, often interrupted by clapping hands. The same happened when Havneraas was talking. Several TV companies, such as ABC and German ZDF, transmitted the event to millions of homes via satellite.

Hundreds wanted to shake hands, hug and congratulate the Norwegians. Fifteen minutes after the Norwegians' performance, the assembly dissolved, and formed a demonstration parade in the Leipzig streets. There were rumours that the police and military would take action against the demonstrators, so this could have ended in tragedy.

The Norwegian delegation witnessed the many tearing down the Berlin wall, hitting it with hammers and chisels. While at the same time being very aware of the symbolism: those tearing down the wall were simultaneously also building bridges between people of the divided Berlin.

When the wall was erected August 13th, 1961, Naerland was seven. Now, the wall that always had represented the worst in man; namely depriving others of their freedom, was being torn down.

Naerland's first visit to East Germany was in 1972, to attend a social policy course with his good friend Johan Stanghelle. The experience of living behind the iron curtain and being cut off from the rest of the world became more real after this visit. Yet his travels and projects in Eastern Europe are permeated by his aim to inspire and encourage those who are prisoners of the system.

Back in Oslo, the delegation handed over a piece of the Berlin Wall to Foreign Minister Kjell Magne Bondevik. He said it was "A nice symbol of the fall of the Wall and European cooperation", and thanked them for the gift. That Berlin Wall piece should sit on his desk until the entire wall was gone.



Berlin, Germany, 1989: Tore Naerland hammering at the Wall.



Oslo, 1989: Foreign Minister Kjell Magne Bondevik receives a piece of the Berlin Wall.

Dramatic report from "The New Poland", 1991

The police were ready to shoot at "Bolette"

The border police had an order to shoot if the boat "Bolette" docked in Gdansk. The 360 people on board were actually in danger.

Three members of the Polish parliament convey this sensational information, almost three years after "Bolette" went to Poland carrying medicines and equipment for NOK 12 million.

The new *Solidarity* government has instructed the three parliamentarians to find out what really happened when the "Norway-Poland Friendship boat" was denied arrival in Gdansk on August 26th, 1988. In addition to the 359 Norwegians, *Bolette* also carried Argentine peace prize winner Adolfo Perez Esquivel.

-"I knew the situation was tense. I also expected the authorities to arrest the boat and suspend its certificate if I violated the ban and docked in Gdansk. That they would shoot, thus triggering major political conflicts, I did not think would happen", says the now retired seaman Lars Bendik Egeland to "Fædrelandsvennen" newspaper. He was the captain on board on the dramatic summer day in August '88.

The report from the inquiry commission, recently handed over to the Norwegian embassy in Warsaw, demands that those responsible for the blockade of "Bolette" be brought to justice.

The situation in Poland in general and Gdansk in particular, was tense already when "Bolette" left Oslo two days earlier. The authorities assured that the plan was accepted, and that the goods could be unloaded in Gdansk. Immediately after leaving, came the first message that problems were to be expected.

On August 22nd, a strike broke out at the then Lenin Shipyard and spread rapidly to parts of Gdansk harbour.

-"As a result, the Polish authorities proposed via their Embassy in Oslo to postpone the campaign, which was not possible for the organizer", Krzysztof Dowgiallo, Edmund Krasowski and Creslaw Nowak write.

August 24th, the day "Bolette" left Norway, they described the situation in Gdansk as follows:

- "Busy meetings in the town hall. All organs responsible for the receipt of "Bolette" are included. Among them, the mayor, the regional chief of domestic affairs, the leadership of the border police, the chief executive officer, the port manager, the ferry manager and the management of the naval office in neighbouring Gdynia. It will soon become clear that the boat is not going to be served in the port of Gdansk", the report says.

Doctor Johan Stanghelle, who organized the friendship boat, received the report personally from a state secretary of the new government.

-"It became clear that the order came from the highest level of the Communist Party in Warsaw. There was always close contact between the authorities in Gdansk and the Interior Ministry, Stanghelle says today. On August 26th, 1988, he stood at the port of Gdansk, waiting for the boat with a number of others who wanted to welcome the Norwegian guests - who never docked."

Tore Naerland and photographer Arild Jakobsen were part of the dramatic journey. We could see two motor torpedo boats coming towards "Bolette" already at the approach to Gdansk Bay, and then following her, one on each side. At midnight, half an hour later, the boat anchored, waiting for the pilot to bring them in. He never came.

They sent four tugboats to block the port. Should the captains refuse to do so, they were under threat of being fired. At the same time, another five motor torpedo boats approached "Bolette". The armed vessels represented the border police department. The tugboats` logbooks were later falsified. The report states that for the authorities, it was now imperative to prevent "Bolette" from offloading.

"They would keep the boat away at all costs. The situation was already so politically inflamed, that Solidarity should not be given additional trump cards to exploit", Johan Stanghelle commented.

The drama ended with Captain Lars Bendik Egeland giving in. After five and a half hours, he started Bolette's engines heading west again.

Not towards Norway, as the authorities believed, but towards the far more peaceful port city of *Swinoujcie*. After several diplomatic conflicts, he finally managed to unload the valuable goods the following morning.

However, that's another story.

Lars Hollerud, "Fædrelandsvennen" newspaper, June 20th 1991



1990 Moscow: Svein Olav Havneraas, Nobel Peace Prize laureate Elie Wiesel and Tore.

Jæren* men are the first visitors to secret nuclear Russian cities, 1992

* Jæren is a traditional district in Rogaland County, Norway. The other districts in Rogaland are Dalane, Ryfylke, and Haugalandet. Jæren is one of the 15 districts that comprise Western Norway.

As the first visitors from Western Europe, Tore Naerland and Reidar Kydland went to the secret Russian city of *Kremljev*. It has been the site for research and development of nuclear weapons since the 1950s. Famous nuclear physicist and human rights activist Andrej Sakharov have worked in Kremljev for 18 years. The visit was a part of the preparation for a conference on the mysterious atomic cities, which will continue in Stavanger in late winter. The idea of holding the

conference came during Deputy Defence Minister Vitalij Shlykov's visit to Rogaland in November last year.

In the former Soviet Union, there were ten nuclear research centres. So secret that they were not on any map, despite the fact that the largest of them have as many inhabitants as Stavanger, Norway. About seven hundred thousand people inhabit the ten towns, all in Russian territory. Eighty thousand of them live in Kremljev, near the Volga River.

The Russian government fear social chaos as the nuclear researchers become unemployed. They have had a privileged life so far, but now see their status and career plans fall apart. The nightmare for both Russia and the West, is if some of these researchers should be recruited by countries such as Iraq and Libya.

-The inhabitants of these towns used to have double the living standard of ordinary Soviet citizens. Now they are down to the average level. At the same time, supplies fail, Tore says.

Naerland and Kydland visited two shops in Kremljev, and found that the product range was even worse than in Moscow. There is also a great lack of baby food and medicine. More than a thousand children under the age of one live in the city.

Escaping the isolation.

The impression from the five-hour-long visit was that the inhabitants had a strong desire to escape the isolation.

"The interpreter had previously only met three foreigners. Even Soviet citizens had strict restrictions on contact with these towns", Naerland says.

Accompanying the two men from Rogaland to Kremljev were Deputy Defence Minister Shlykov and Colonel Aleksandr Tsalko, a central man of Yeltsin's new military apparatus. In the city, they met with the mayor and other representatives of local government.

"We could not get a clear answer about whether there is a production of nuclear weapons in town, but conversion to civilian production has begun. Among them, they were keen to develop environmental technology and nuclear weapons detection technology. They are very interested in cooperation with the business community in Rogaland", Naerland tells.

Between the lines, the Norwegians understand that many of the inhabitants of the city have gotten cancer from the nuclear installations` radiation, albeit without it being officially confirmed.

Organizes help shipments.

The work on the Stavanger conference has already started. Vitalij Sjlikov will return to Stavanger January 22nd to have discussions with representatives of the county municipality. In February-March, thirty delegates from the secret cities will come to visit a workshop before the corporate conference, which has not yet been precisely dated.

Tore Naerland and Reidar Kydland, representing The Solidarity Committee of the former Soviet Union, will also work to send aid shipments of food and medicine to one of the secret cities.

> Tom Hetland, Stavanger Aftenblad newspaper, January 7th 1992



1991 Meeting Russia's Deputy Defence Minister, Vitaly Shlykov.



1992 Russia: Mayor Valerij Takojev and Tore in Arsamas-16.



1993 Oslo: Tore and former Danish Prime Minister Anker Jørgensen.



1993 NY, USA. Ole Kopreitan in No to Nuclear Weapons presents an appeal from Norwegian peace organisations to the UN Deputy Secretary-General Vladimir Petrovskij. Tore Naerland and Fredrik S. Heffermehl to the left.



1992 NY, USA: Fred Lebow, Grete Waitz, Finn Bendixen, Ketil Moe, Frank Gyland, Boutros Boutros-Ghali and Tore Naerland at the United Nations.



1992 Bryne. Tore Naerland with his wife Bjørg and sons Tom and Martin. Tatyana and Vladimir Zagladiev, advisor to Mikhail Gorbachev and Reidar Kydland, head of The Rogaland-Russia association.



Lillesand, Norway: Tore with ice skater Johan Olav Koss, 1992.

Johan Olav Koss later started Olympic Aid
after his Olympic success at Hamar in 1994.



Prime Minister Gro Harlem Brundtland hugs Ole Henrik Stubberud from Hobøl in 1987 during "Children as Peacemakers"



"Children as peacemakers" in front of Oslo Castle, 1987



Meeting Nobel Peace prize laureate Andrei Sakharov in Moscow, 1987

Atomic conference in Stavanger, 1992

Jan Egeland, state secretary of the Foreign Ministry in Norway, opened the nuclear conference: - Key stone in peace building.

The transformation in the military industry of the former Soviet Union for civil purposes is a key part of the political and economic transformation after the Cold War, Secretary of State Jan Egeland said in the FM at the opening of the local initiative leading to the conference where Russian and Western experts met to discuss both technical and political aspects of the conversion.

The conference extends over three days and deals with the building of democratic processes on the local level next to the industrial change.

Rogaland County is the organizer and the meeting has as its starting point the process that exists in ten Russian cities devoted to the development of nuclear-industry and therefore was secreted by the Soviet state. The transformation is in its broadest sense solving political, economic, social and environmental issues. "This is also a major challenge for western countries, "Egeland said.

He announced that the Ministry of Foreign Affairs would allocate 100,000 kroner to the cooperation between the county and the closed cities as part of the government's action plan for Eastern- and Central-Europe.

Norway will also offer scholarships of six months to Russian researchers who want to study nuclear safety and military environmental degradation. Norway's contribution to the planned scientific centers in Moscow and Kiev in this area will focus on research on nuclear dumping at Kola, in the Kara Sea and in the Barents Sea, the State Secretary informed. A Russian-Norwegian research expedition is scheduled for this summer.

Egeland emphasized that Norway has a realistic attitude towards the enormous task of conversion in Russia and other former command economies. The task is even more difficult in countries where the defense industry weighs heavily in the national economy. The return on international markets will at best be uncertain. In the long term, it will pay off, in the short term, it poses major challenges to politicians, companies and people involved, he said. Egeland drew regional cooperation according to the pattern of what has begun between Rogaland and the Russian cities, as a forward-looking solution in a new world.

We have seen that regional international cooperation evolves across Europe; Egeland said and pointed out the Baltic States and the Barents region in the north as a framework for local initiatives. He pointed out to the Maastricht agreement that decisions in the community should be taken closest to it and said that the importance of decentralizing decisions has probably never been greater. The enormous environmental threat from both civil and military nuclear industry in the former Soviet Union has led to increased concern from the Norwegians. Egeland again used the opportunity to urge Russia to refrain from new test blasts on Novaja Semlja and reminded them of the Norwegian desire to inspect the test field. The statement must be perceived as a direct invitation to the leader of the Russian delegation, nuclear minister Viktor Mikhailov. Egeland said Norway wants to visit the Kola nuclear power plant to increase safety at the plant. Already, Norwegian experts have been invited to the facilities on the same peninsula that handle nuclear waste.

-Per Fjeld, Stavanger Aftenblad, May 18th 1992.

Forge swords to plows.

Successful individuals and local authorities rarely succeed with diplomatic initiatives that should be the work of the government and the ministry of foreign affairs. The international conference on the closed atomic cities, which opened yesterday in Stavanger, is one such thing. From several competent teams it is claimed that the danger of civilian military nuclear facilities in the former Soviet Union represents a greater threat to our country than the purely military threat posed during the Cold War.

"We therefore do not hesitate to give our recognition to Rogaland County municipality and a number of individuals who now put this most burning problem on the case plan: How to forge cannons to be plow shears? "We are amazed that none of our responsible ministers can see the obvious political opportunities in this conference. Russia's nuclear minister Viktor Mikhailov is present with around 50 Russian specialists. Similarly, high-ranking representatives from our allies in NATO participate. It is mildly strange that neither Norway's foreign minister, defence minister nor environmental minister can find time for a half-hour flight to discuss these vital issues. Mikhailov, however, comes the government to the rescue by visiting Oslo on his way home, where he meets Thorvald Stoltenberg. Russia's problems in this area are dramatic and acute. "Dagbladet" newspaper reported yesterday that the mayor of Tomsk warned that the world market could soon be flooded with enriched Russian uranium unless the West immediately provided adequate assistance for the conversion of production to civilian and profitable purposes. "It is in our own interest to ensure that such assistance is provided."

-Leader, in "Dagbladet", May 18th 1992.

A Norwegian iron curtain?

I thought when I read about the plans for the nuclear conference in Stavanger that there is finally a real cooperation between the idealistic pioneers and organizations and our authorities on basic civilian production was on the agenda. For how many decades had not the peace organizations have suggested this? Now it is happening. This time it is Russia. Next time, I am thinking it might be the United States. Now there is a thunderstorm in the West, so that on grass roots we will be recognized in the big effort to save the earth for future generations, I thought. The county councillor hosted the recently concluded

conference. He invited the participants from Russia's secret nuclear cities.

"Stavanger Aftenblad" newspaper writes May 18th, "The conference would never have come true without the initiative of individuals." So true! The new organization Norway-Russia, with Reidar Kydland, Ganddal, who has had a lot of exchange with Russia, and Tore Naerland as a newly elected leader, deserves a lot of credit for the conference. Torgrim Titlestad at "Høgskolesenteret"/the University of Stavanger is by "Stavanger Aftenblad" mentioned in particular as initiator of the first contacts of Gorbachov's counsellors and later to Yeltsin's advisors. The politicians came hesitantly into the picture. Forty scientists, politicians and independent atomist Viktor Mikhailov from Russia were present. The foreign minister's counsellor Jan Egeland from the FM attended. "Stavanger Aftenblad" has followed up with international reports, but where are the TV-cameras form Norwegian Broadcasting?

A remnant of the *ice age*, was it why the management group for the conference decided to keep Bellona, Greenpeace and Norway's Conservation Association outside the conference? I noticed, it was not the Russians who demanded this. Furthermore, the round table part was kept from the press. Why would one on the Norwegian side keep the iron curtain and ice age when it comes to the relationship between government organizations?

It is hard to believe that the Steering Group, with Tom Vraalsen as a spokesperson, closes conferences for organizations for the sake of Russians, as long as it is not those who have demanded it. The fact that peace organizations are not mentioned with a word in this context is also puzzling.



1992 Moscow: Terje Horpestad, Russian Nuclear Minister Viktor Mikhailov, Tore Naerland and Dagfinn Skogøy.

Campaigning for the injured by the Chernobyl disaster, 1996

With blue lights to the "Red square".

A very special experience, Tore says, after the appeal he held on the "Red Square" against nuclear weapons and nuclear power on Sunday, September 1st, 1996. Naerland has this summer helped promote one of the first Russian grassroots movements against nuclear power, "Chernobyl 2000".

A group of Russian cyclists started from the disastrous city on April 26th, the 10th anniversary of the fatal leakage of the old nuclear power plant.

The ride has been going the whole summer, with more than 13,000 km covered in thirteen European countries. Naerland was responsible for the arrangement in Norway and was subsequently invited to attend Helsinki-Moscow along with five other Norwegians. Eleven hundred kilometres were covered in nine days.

Police cars with blue lights followed the ride all the way, every day with crowds, speeches and cultural insights in a new city. The highlight was of course biking into Moscow and the "Red Square", where a large crowd waited with senior politicians and a virtual army of newspaper and television reporters.

After being introduced as a Peace Prize candidate, Naerland advocated to accelerate the destruction of nuclear weapons and a reduction of nuclear power plants. "Europe as a whole should commit to helping those who have suffered permanent damage and have become homeless after the Chernobyl-disaster. We should shut down the poor standard power plants to avoid similar disasters", the Norwegian said.

Naerland brought the Muscovites a greeting from Oslo city council leader Rune Gerhardsen, and he praised Sergei Uimanov, the 'converted' KGB-general heading 'Chernobyl 2000'.

In conclusion, he handed over a "Lillehammer Bell" to sports minister Shamil Tarpisev, a close friend of Boris Yeltsin. Some of the press at *The Red Square* said they play tennis together almost daily.

Among the cyclists were people given different tasks following the Chernobyl disaster ten years previously, like scientist *Oleg*, who in a conversation with *Jærbladet* claimed there would come more accidents like the one in Chernobyl. Not only in Russia, but world-wide.

Of the half million people who had to move from the area, thirty thousand had returned home. Most of them older people who are not scared of high radioactivity or the risk of shortened life. "Several thousands have already died of damage after leakage in the power plant," says *Oleg*.

Hans Chr. Rygh, «Jærbladet» newspaper, Norway, September 6, 1996.

World ride Beijing-Almaty-Moscow-Bergen, 1999 March 18th-June 29th

Bike for Peace spent a long time planning this ride.



Bike for Peace had a test bike ride from Norway to China for the first time in 1996, but reched just Moscow due to poor planning.

In 1997, we arranged *Beijing to Xi'an* as our first bicycle ride in China. We collaborated with *Kinaspesialisten*, the China Travel Specialist in Oslo.

They planned our Beijing - Xi'an – Longxi – Rungzhe – Almaty trip.

We had a great guide in Darli, who organized the whole trip for us through China. He had many good contacts there. The start in Beijing was amazing. The core group consisted of four women and seven men.

The eleven were Magnhild Elise Fundingsrud, Kåre Jonasmo, Halvor Driveklepp, Bjørn Evanger, Galina Neuomova, Gaute Opstad, Reidun Gjerde, Jorun Haugland, Kjetil Ragde, Tore Naerland and Hans Christen Rygh.

Ten Norwegians and one Russian. In addition, we brought ten extra cyclists from Norway for the Beijing to Almaty leg. In Beijing, Dag Otto Lauritzen joined us for four days - till Xi'an.

In Beijing, we had a meeting with Deng Pufang, leader of the Disability Federation in China, and Norwegian environment minister Guro Fjellanger (V). The trip went to the ancient capital of Xi'an.

Along the way we had meetings where we showed our paroles:

- 1. To ride for peace, happiness and environment.
- 2. To ride for peace and disarmament.
- 3. Supporting the nuclear victims in Semipalatinsk, Nevada and Chernobyl.
- 4. Sports for the disabled.

This ride was supported by the United Nations General secretary Kofi Annan, who sent a letter of support to BFP. It was nice to be with Dag Otto Lauritzen, who cycled tandem with Tore Naerland from Bryne and Harald Vik from Drammen. In Xi'an, we visited the 8000 Terracotta warriors.

Then we went into a mountainous area, to Langzhou in the province of Gansu. We started at eight o'clock in the morning, since the distance was less than 150 km. Whenever the day's ride was more than that, we started at seven. We rode until 12, where we arranged a meeting at the current stop. We reached our goal around five or six.

We had meetings with schools, local politicians, organizations etc. Between Xi'an and Lanzhou, many of us contracted the flu. For such problems, doctor Jonasmo was an asset. He did a great job!

Some more people from Norway joined us from Xi'an to Langzhou. There are great biking roads in the Dengzhou area. The Silk Road was a trade route to Russia, Persia, etc. We arrived in small towns on the road where they previously never had met westerners, but were very well received.

Some stages were so long we had to ride a bus. From March 18th to April 28th the temperature varied between -7 to +25 °C. As we passed the border to Kazakhstan we were received by the bicycle federation and representatives of the authorities. We came to people who supported our mission. They liked that we supported the injured in Semipalatinsk, where the nuclear-testings occurred from 1949 to 1991.

In Almaty, we were received by Per Arne Rettedal from the Norwegian oil company *Statoil*. Ten of the riders left us there, among others Harald Vik, Torben Løkås, Øystein Fundingsrud, Kjell Mekiassen and Edvard Benjaminsen. The latter was occasionally captain on the road whenever Halvor Driveklepp did not feel like being captain.

In Almaty, we met Vladimir Smirnov on Medeo skating rink. From there we went to Astana, where the Minister of Culture and Social Affairs welcomed us. In Kokshetau, we received the biggest reception in Kazakhstan yet, when we were welcomed by twenty thousand.

In Kazakhstan, we had five persons from the Kazakhstan bicycle federation join us from April 28th to May 17th, when we crossed the border to Russia. In Russia, we were welcomed by Ada Kosynkina from St. Petersburg's Peace Committee. She met us with a bus and two drivers. They were with us through all of Russia to Bergen.

Chelyabinsk is a city that has nuclear power plants and in 1956 there was an accident nearby it and the air is highly contaminated even today. The trip then went to the Ural Mountains and Yekaterinburg. Then to Novgorod and Vladimir before we reached Moscow. From there we went to St. Petersburg, to Helsinki, hopped on a boat to Stockholm and then biked to the Norwegian border.

There we were met by county governor Edvard Grimstad, a former member of "Stortinget"/parliament from Senterpartiet, and Asbjorn Skjørshammer. My wife Bjørg joined me there, as did my youngest son Martin Johan. In Mysen/Eidsberg we had a nice celebratory dinner on the farm of Øystein and Magnhild Fundingsrud.

In Oslo, we were met by mayor Per Ditlev-Simonsen and foreign minister Knut Vollebæk. The latter has co-operated with Naerland since 1978. From there to Notodden, where Dag Otto Lauritzen and his friends followed us to Dalen in Telemark. From Dalen onwards to Evje, Sirdal and Egersund.

In Egersund, we got a warm welcome from mayor Marit Myklebust. This due to Kåre Jonasmo being an Egersund local. Then to Haarr along the coast of Jæren. At Haarr my eldest son Fred and my brother Magne came along with others for cycling into Bryne in Time municipality.

Along the way, we had been greeted by hundreds of mayors, but in my hometown, the mayor nor the deputy mayor could meet us. The Bible says that you do not become a prophet in your own country. County governor of Rogaland, Tora Aasland welcomed us and held a speech outside the town hall, along with Knut Nordahl from Venstre - the Liberals. The municipality arranged a dinner at the Sivdam Center. Thanks for that!

The trip went on to Randaberg, on boat to Skudenes, where Terje Garvik and Ole Leirvåg met us and rode on bikes to Etne. In Etne we were received by mayor and *man of culture* Gisle Sellevold. We got to spend the night in a chapel.

We had many Russians linked to the Chernobyl-organization and St. Petersburg Peace Committee join in along the route from St. Petersburg to Bergen. Alexander Velikine, an engineer who got the task of stopping the nuclear accident in Chernobyl after 26.04.1986, accompanied us from St. Petersburg to Bergen. He said he was 40 years old, but inside he was physically much older.

From Etne we went on to Odda, the hometown of Kjetil Hagevik Ragde. Mayor Mikkelsen gave us a great reception. Then on to Jondalen and Bergen. I rode with Bjørn Evanger from Bergen into Torgalmenningen. Mayor Knut Joner received us and invited us to dinner.

It was a demanding trip with over 300 meetings along the way. Our struggle for a nuclear weapon-free world got attention everywhere we went. After the trip, Bjorg, along with Tore, Fred, Tom and Martin went to NY to convince the UN that the UN had to work harder to remove the nuclear weapons. We were received by the deputy secretary general, Martin Gillian Sørensen. The stretch was 11 400 km and we cycled 10 000 of them. We had to ride a bus sometimes, to allow time to keep our arrangements.

There are many we wish to thank. Everyone who cycled the whole stretch, those who participated on part of the stretch and everyone we met on our way. Especially Bjorg Naerland must be thanked. She volunteered to make the organization of the tour work, and she did it superbly! This ride is one of the most amazing I've been on! I hope it can be repeated. Full of history, culture and hospitality along the way.

When we arrived at Bryne municipality, Heidi Strand Harbo had written a poem that suited us well. The ride took place as NATO bombed Yugoslavia, March-April 1999. This poem describes what it is like to ride for peace:

Talking the biking language

Just getting forward using the bicycle pedals

Through spouting rain puddles

Over steaming hot asphalt

Passing unknown montain passes

Riding monotonous fleets

Getting transformed into rhytm and balance

Like heartbeats in your soul

Through the smells

Through all the words all the way in to the wordless silence

Biking a song made of hope through the days while the silent iron-birds where carrying eggs of death in their claws.

The tearing of the dark sky during the nights

To wonder and to understand

To still be biking

Always biking on

Aiming for new goals

For meeting new people

For new goodbyes

Biking on

Bringing new impressions

like swirling anthems

in your bicycle spokes

Riding through the seconds

like tiny little playing peaces

in the big game

Riding through snow and heat

sunburned and freezing

Riding without force of arms

Riding with open minds and hearts without armor

While the bicycle wheels are singing and singing

For all that are willing to hear

A song about responsibility

A song in the biking language

It is our earth, our lives, our children.

It is about time now

Shouting and whispering to men and women to the young and to the old

It has been about time for a long time

Listen to our prayer

Heidi Strand Harbo



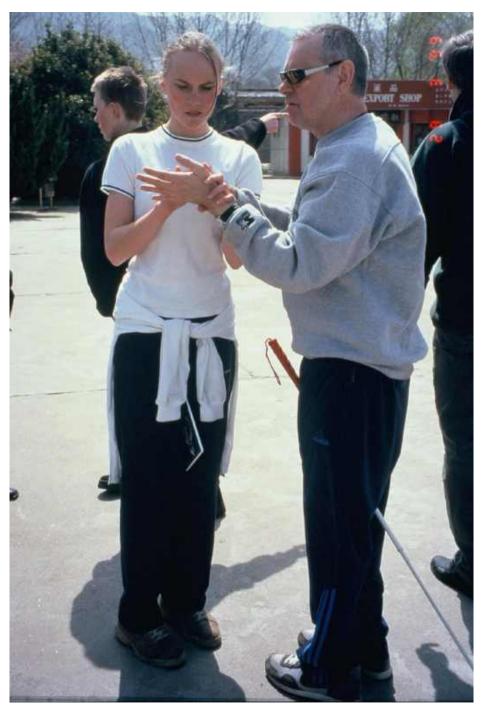
1999 Oslo, Norway: Dag Otto Lauritzen, Magnhild Elise Fundingsrud and Tore Naerland interviewed by Norwegian TV before the world race Beijing-Bergen.



1999 China: Meeting with the head of the Federation of the disabled in China, Deng Pufang, son of former chairman Deng Xiaoping, March.



Beijing, world race 1999



1999 Xian: Magnhild Fundingsrud interprets for the deafblind Harald Vik from Drammen, Norway.



Along the Silk Road, 1999.



Torben Løkaas and Harald Vik on the Silk Road, 1999.



Doctor Kåre Jonasmo and Tore visiting a private home in Northern China, 1999.



Halvor Driveklepp was the captain on the road between Beijing and Bergen



1999 Almaty, Kazakhstan: Cross-country-skier Vladimir Smirnov at the Medeo Ice Rink.



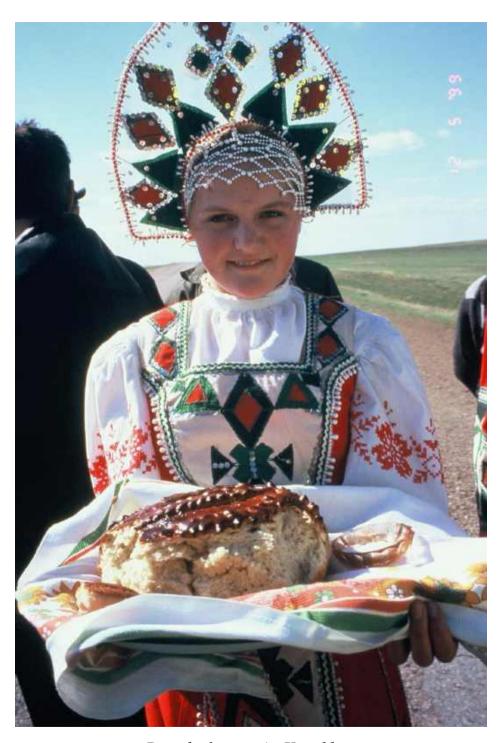
1999: Visiting a school in Kazakhstan.



Folk dance, Kazakhstan.



Peace rally in Kazakhstan.



Bread of peace in Kazakhstan.



Kjetil Ragde, Odda, and Ada Kosynkina from St. Petersburg, Russia, on a tandem bicycle in the Ural Mountains.



1999 Yekaterinburg, Russia: Reception in the Urals.



1996 Moscow: Tore Naerland with the Minister of Culture, Schamil Tarpischjev at the Red Square.



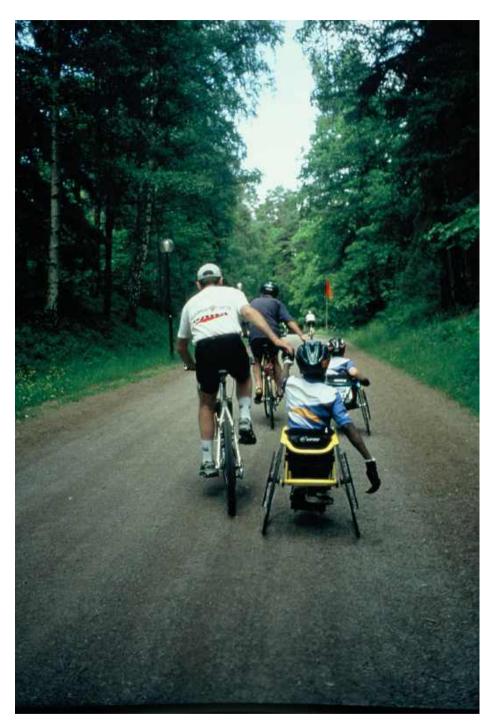
1999: Elena Kozhyr, secretary of the Russian Peace Committee, which organized meetings during the rally in 1999.



Cycling in Finland, 1999.



Tore Naerland with the Norwegian Minister of Foreign Affairs, Knut Vollebæk, 1999.



1999 Stockholm, Sweden: Aleksander Velikine, Russia, with Lily Persson on her hand bike.



En route to Bryne in 1999. Tore Naerland and Kjetil Ragde on a tandem bicycle. Magne Naerland on the right.



We meet Rogaland county governor Tora Aasland, 1999.



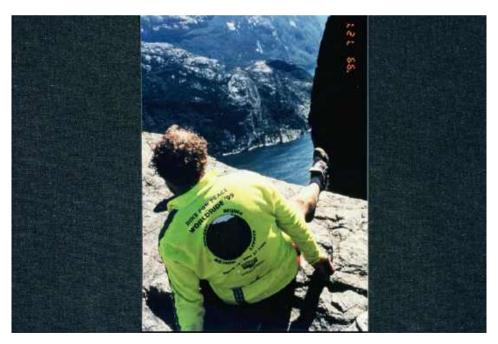
On the way to Odda, 1999.



1999 Bergen. Tore Naerland and Bjørn Evanger on a tandem bicycle at the end of the Beijing-Bergen ride.



1999 Bergen, Norway: Galina Neuomova, St. Petersburg, Russia, with the mayor of Bergen, Ingmar Ljones, at the farewell dinner at the Town Hall.



Tore Naerland at Pulpit Rock, Rogaland, 1999.

Canada from coast to coast, 2001

Snertingdøl* cycled across Canada

* person from Snertingdalen in Gjøvik municipality

Hallgeir Haug from Snertingdal has cycled 4,400 km across Canada this summer. The organizer "Bike for Peace" announces daily stages between 120 and 240 km for the 12 Norwegian participants.

The trip started in Vancouver

For the first half of the trip, the roads were good. However, the terrain was most demanding at the start, as the cyclists first had to cross the mountains of Coquihalla, and then meet the Rocky Mountains. In the latter mountain area, a couple of cyclists and a companion car also had contact with bears.

- The western part of Canada, with the Rocky Mountains, was the best part of the trip, says Haug.

He and the rest of the gang met mayors, teams, and associations, such as Sons of Norway and cyclist organisations along the way. The purpose of the trip was peace, sport for all and a world free of nuclear weapons. Because the trip covered such a large area and in such varied terrain, the weather was a challenge. In the mountains, it was up to 38 degrees Celsius, while on the prairie there was both headwind and rain.

- What I remember best are perhaps the distances I cycled in tandem with deaf-blind Harald Vik from Drammen, says Haug.

Apart from Haug, Rolf Johansen from Ballangen, Kåre Jonasmoe from Egersund, Tore Naerland's companion on the tandem for most of the trip, and Ruth Elgvin from Oslo, an incredibly strong female cyclist, were on the trip.

- Linda Johansen, Oppland Arbeiderblad, August 7, 2001

Berlin, 2006

May 28, 2006, the Green League organized the *Umwelt Festival* (Environment Festival) in Berlin, Germany. This festival addressed environmental issues, organic agricultural products, nature conservation, city park preservation, cycling to work and peace aspects.

One hundred and fifty exhibitors were present at the *Brandenburger Tor*. Around fifty thousand people cycled from various parts of the city of Berlin to the Brandenburger Tor.

In 2004, two hundred thousand people cycled into Berlin to participate in the Umwelt Festival. It is the largest environmental event in Germany and puts the spotlight on "green" values. The Green League, which was banned during the communist era, was founded in former East Germany. This 2006 Umwelt Festival was the eleventh in a row.

Tore Naerland, Bryne (founder of "Bike for Peace") gave a speech at the Brandenburger Tor where he congratulated the Green League on the big environmental day. He referred to the peaceful unification of West and East Germany. In his speech, Tore Naerland appealed to remove all nuclear weapons by 2020, and that a convention must be drawn up to ban all nuclear weapons.

Tore Naerland had cycled from Copenhagen via Rostock on an old decommissioned railway line, with Hans Chr. Rygh from Stavanger and Erling Dahle from Horten. It was a quiet road to cycle on, says Tore Naerland.

Poul Henning Friborg, Denmark, who is active in the Danish Cyclists' Association, will work to achieve a similar environment day in Copenhagen in 2007.

- Yulia Chernykh, «Bike for Peace" secretary, May 30, 2006

Biking in North Korea, 2006

We arrived on October day, in an Iljushin 52 from the Soviet era into a "different world", without the usual hectic airport activity or noisy arrivals halls. An airport with just three weekly departures, to neighboring China and Russia, is bound to be quiet. A strict security check awaited, among other things to uncover whether we had mobile phones, which this closed country has deemed undesirable.

Tourists mean foreign currencies. Being tourists, we were treated like kings. We stayed at the largest hotel in Pyongyang, with over five hundred beds, a swimming pool, sauna, massage parlors and the country's first gambling casino.

We were shuttled between places of interest – gigantic monuments in honour of the great, late leader Kim II Sung. We got to see schools, hospitals and old temples. Anything and everything that could show how the country had demeaned the US and Japan.

As tourists, we were allowed to take pictures. As long as the camera lenses pointed in the right direction. A general photo ban was in place, but after asking the guides we were allowed take pictures - although not of people, landscape or military personnel.

The few inhabitants we met, were at institutions and schools. Their interest in being photographed was great, and the contact between us spontaneous and exciting.

The propaganda was apparent everywhere. The streetscape was strange. A flow of pedestrians, no advertising and hidden shops, but liberatingly clean and nice. Clean air could be enjoyed even in the city centre.

Our trip was organized by the organization «Biker for Peace», which has hundreds of cycling events behind him around the world. To cycle for peace in North Korea is controversial. So our group of sixteen Norwegians cycled a whole week under the name «Norwegian biking group».

Cycling is not widespread, and the country does not produce bicycles either. They must be imported from China and are too expensive for most residents. What good is a bike then? In this country one cannot move freely. All movements are controlled, and one must apply to leave one's district. The locals walk, or get on a bus or subway. In the countryside there were almost no cars to be seen. Private motoring is non-existent.

ACCORDING TO OUR EXPERT and «super-guide», Jean-Baptiste Kim, allowing the residents to move freely poses a security risk. With so many South Korean spies around, the authorities have to know where people are at all times.

Jean-Baptiste Kim was the North Korean representative in the EU countries. Originally South Korean, he has changed citizenship. With an office in London and living in Paris, he often travels to his fellow believers in North Korea.

He accompanied us on the whole journey, giving us advice and recomendations. Altogether, we cycled perhaps 50 kilometres. There were too many areas the authorities did not want us to see. Poverty-stricken areas, flooded areas and not to mention military installations.

We therefore did not come into contact with the local population on the journey, and were deliberately kept away from such contact. We were only allowed to talk with our guides. People were sceptical of foreigners. To them, we could very well be their enemy, Americans.

OTHERWISE, we were only 150 kilometres away from the blast site as North Korea conducted its controversial nuclear bomb test. Inside the gift palace of father and son Kim, its marble and polished granite building probably very expensive. As the bomb went off, we inspected gifts given by various Norwegian communist parties, including Østfold*Communist Party, which had given a beautiful crystal vase. Unfortunately, taking photos were banned here as well.

(*Østfold is a former county and a current electoral district in southeastern Norway)

The schoolchildren must learn to love The Great Leader at an early age, both the former Kim Il Sung, and his son, current leader Kim Jong Il. As a teacher, one of the biggest impressions were seeing the schools

and how the school children behaved. Of course the schools and the children were chosen to represent this visit. But a match for *that* perfect performance and enthusiasm is not easily found. Standing at attention like tin soldiers, reciting their homework and official slogans. The singing was intense and perfect. The dancing, the music and acrobatics likewise. Elite worship has been developed to the fingertips, and they would naturally hand-pick the best to show them off.

CHILDREN LEARN to think collectively early on. All individual thoughts are sort of purged from of the population when they are young. Thus making advertising, motoring and useless private consumption immaterial, as it does not benefit the community.

The children are also trained in the *Juche ideology*, Kim Il Sung's version of socialism, which, among other things, means that the country should be self-sufficient. Also, at primary- and secondary school level, one hour every week was set aside for "The Great leader". His picture adorns corridors, hallways and classrooms, always smiling and loving. The pictures painted directly on the brick walls. Sometimes on his own, but also pictured with his son, "The Loving leader".

The rooms are covered in slogans and catchphrases in large characters. Outdoors, he is also everywhere. Apparently, there are more than thirty thousand statues and hand-painted pictures around the country.

WHAT ABOUT RELIGION, art, literature and intellectual enterprise? Jean-Baptiste Kim claimed it is free to express in in North Korea – as long as it is cultivated in the people's interest. Singing, music and films seen on the government's TV channel, all showed stories of heroic struggle and willingness to sacrifice towards "The Great leader". The same goes for music and other arts. The position of dissidents and other oppositionists, if any exist, was never discussed.

Ninety-three percent of the population are atheists. There is no state religion, and it is by definition a country with freedom of religion. Buddhism, Shintoism, Catholicism and Christianity is practised.

- The great leaders are immortal, said Jean-Baptiste Kim. - They live within the people for eternity.

We saw this immortality in full during our visit to the Palace, or the mausoleum of Kim Il Sung. Here the visitors stood patiently, waiting to catch a brief glimpse of the soulless, wax-like leader in his glass coffin. Under heavy, pompous music, and soft blue and pink colors, we passed the glass sarcophagus, reverently bowed three times, and followed the flow of people outside. The palace was ten times larger than the Ho Chi Ming mausoleum in Vietnam or Lenin's in Moscow."

Einar Korbøl, Stavanger Aftenblad newspaper, November 25, 2006.

"Bike for Peace" organized a trip to North Korea for sixteen Norwegian participants. I met and talked to many people on the trip, both on the streets, in schools and in restaurants and I held an appeal in the center of the city, where two thousand young people had gathered.

«Bike for Peace" believes in building connections, not isolation. "Bike for Peace» works to remove all nuclear weapons in countries such as North Korea, Pakistan, India, Israel, China, France, England, Russia and the USA. I don't understand why you develop nuclear weapons that you wouldn't even wish to use on your worst enemy.

«Bike for Peace" hopes to arrange more bike tours in North Korea in the future.

- Tore Naerland for "Bike for Peace"



2006 North Korea: Egil Meihack and Tore Naerland.



Tore Naerland, Egil Meihack and Aase Simonsen at the South Korean border.

The bells of Nidaros* chime for a peace ride, 2008

* Nidaros Cathedral is a Church of Norway cathedral located in the city of Trondheim in Trøndelag county. It is built over the burial site of King Olav II, who became the patron saint of the nation, and is the traditional location for the consecration of new kings of Norway.

By 2008, BFP had held campaigns for peace on bicycle for 30 years. The first in 1978, involving both Catholics and Protestants in Northern Ireland. To mark this we had to make a Norwegian-celebration. This in our very own Nidarosdomen, the most beautiful dome in the country. I contacted Rolf Synnes, the pilgrimage priest there. He was very positive about my event. We contacted several youth schools in Trondheim and they were positive to the event.

Nidarosdomen was on May 9 almost full. The young people participated with song, and read poems from BFP's books. One of them read from "Before the Iron Curtain Crumbled" about Kameno Fujiwara. Another read a peace poem by Heidi Strand Harboe. The appeal was held by Ole Kopreitan, friend of BFP since 1982. When BFP planned the peace ride Oslo-Moscow in 1983, he said it was important that we fought abroad, while he and "No to nuclear weapons" fought in Norway.

Later, Kopreitan became very committed to the worldwide ban of nuclear weapons. Kopreitan became a great inspiration for me in the work for disarmament. We held campaigns together in Japan, Belgium, Iceland, and USA, where at the White House, we met Clinton's top advisor concerning environmental issues. We also met congress representatives like Martin Olav Sæbø, who hailed from Sandnes and Hjelmeland. At the UN, we met the head of the disarmament department Vladimir Petrovsky.

Kopreitan held a wonderful speech in Nidarosdomen about how the youth had to take responsibility and work against nuclear weapons. The deafblind Harald Vik also spoke, about his deafblindness and how he worked to activate other disabled people around the world.

Thwin spoke about democracy and peace in Burma and about the great suffering under the military regime. He told about the mistreatment he endured when he was imprisoned. It made a strong impression on the youngsters.

Ernst Baasland, bishop of Stavanger, took care of the liturgy and blessed the trip to Oslo. He rode with us to Heimdal on a tandem with Arne Storli.

The sermon was held by Bishop Tor B. Jørgensen, telling about *The Sermon on the Mount*, saying that one should work for peace between humans. He surprised everyone when he took off the clerical dress and underneath was wearing a BFP T-shirt. He also rode with us out of Trondheim.

The ride was via Oppdal, Gudbrandsdalen, Lillehammer, Gran, Nittedal and to the Parliament. There we were received by the Vice President of the Parliament and by the Department of Education Minister, Tora Aasland. They held talks with BFP and Fredrik Heffermehl.

BFP has had bicycle campaigns in Norway for peace and understanding, but has concentrated on bringing people abroad to ride for peace and an nuclear free world. It was a great celebration of BFP's 30th anniversary.

Thanks to Rolf Synnes and Ernst Baasland! Baasland was a great bishop, and his successor Erling Pettersen, is also a good friend of BFP.

BFP cooperates with churches everywhere. We have received good advice from priest Jens Olav Mæland. In Nidarosdomen, the humanist

Kopreitan and the Buddhist Thwin held speeches. Jesus said: *I am the way, the truth, and the life*. He also said that we must love each other. We in BFP do not exclude those who disagree with us politically or religiously.

- Tore Naerland, June 2008.

Peace ride across Kazakhstan, 2011

In 2011, Kazakhstan celebrated its 20th anniversary as an independent nation. After seventy years under Soviet rule, in 1991 the time had finally come to become the proud independent nation of Kazakhstan.

During the years under the Soviet Union, Kazakhstan became the main test region for nuclear weapons. Over a period of less than 40 years, the Soviets carried out nearly 500 nuclear bombings in the Semipalatinsk region of the eastern part of the country.

Of these tests, both ground and atmospheric tests were performed, with little or no consideration for the environment or those living near the test area. Of course, the entire area was fenced and well protected by military guards, but there are no guards and no fences that can stop radioactive radiation from spreading their deadly wings across the country.

It has been estimated that more than 1.5 million people were directly affected by radiation from these tests, and today there are still large polluted areas as well as a large number of people still suffering from these nuclear bombs. After becoming an independent nation in 1989, Kazakhstan found itself to be the world's fourth largest atomic nation,

with more than 2,000 nuclear bombs and having a greater nuclear capacity than France and the United Kingdom in total. The people of Kazakhstan and their president, Nursultan Nazarbayev, could have chosen to keep all these weapons of death and destruction, but instead they decided to get rid of them.

This was a courageous decision and a decision we still can applaud today and the main reason we say "Look to Kazakhstan." Kazakhstan has proven that it is possible to make a brave decision for the sake of humanity. They have proven that security is not dependent on the country's nuclear arena. They have proven that peace is far more valuable than the ability to destroy our planet.

The anti-nuclear movement in Kazakhstan, "Nevada Semipalatinsk", was formed in 1989 and was one of the first major anti-nuclear movements in the former Soviet Union. It was led by author Olzhas Suleimenov and attracted thousands of people in protests and campaigns that eventually led to the closure of the nuclear test area in Semipalatinsk in 1991.

According to UNESCO, "Nevada-Semipalatinsk" played a positive role in promoting the public's understanding of the need to fight against nuclear threats. The movement gained global support and became a true historical factor in finding solutions to global ecological problems.

August 29th, 2010, Kazakhstan and the rest of the world marked the first international day against nuclear bombings. President Nursultan Nazarbayev suggested that the UN resolution set the day - and the General Assembly embraced it unanimously.

"When we mark the first international day against atomic bombardments, I look forward to working with all partners to tangle in nuclear weapon spendings, and free the world of nuclear threats. A key pillar in this strategy is the test ban-deal/Trial Agreement (CTBT). We

can not pass on these challenges to future generations. We must all do our part to build a safer and more secure world today. "

As part of the 20th anniversary, Bike for Peace, in cooperation with the Kazakhstani Embassy in Oslo and local authorities in Kazakhstan, organized a peace trip through Kazakhstan. We started at Semey (former Semipalatinsk) on August 6th (the day of the Hiroshima bomb) and ended the race more than 3 weeks and 2500 kilometers later, in Astana, on the international day against nuclear bombings, August 29th.

Two days before the start in Semey, Tore and Frank had a meeting with foreign minister Kanat Saudabayev in the presidential-palace in Astana. In this meeting was also the Norwegian ambassador, Dag Halvorsen. The state secretary operates immediately under the leadership of the president of Kazakhstan, and is directly placed under the president. The secretary of state develops proposals for main dimensions of domestic and foreign rules for the president. At the request of the president, the secretary of state represents his interests in international affairs, in relation to the parliament of the Republic of Kazakhstan, government agencies, political parties and other public organizations.

In this meeting, we discussed the importance of learning from our history of nuclear tests to show the world how completely meaningless and deadly atomic bombs really are. Given his long story, Saudabayev thanked us sincerely for our dedication and courage to bring the world leaders into the continuous fight against nuclear weapons. The meeting was followed by a press conference where we informed the Kazakhstani media about our coming weekend so everyone would know about it.

In Semey there were hundreds of spectators gathering around the square to see us leave. In addition to Tore and Frank, there were also 10 other cyclists from Norway and 6 from Kazakhstan. Among them were Astana Pro Cycling and Andrey Zeits.

The trip around Kazakhstan in 2011 has become one of the great highlights of Bike for Peace. Wherever we came, whether small villages or just a group of houses or farms, the locals would meet us with their food and culture program and offer us the best from Kazakhstan. At the airport in Vienna, on the way to Astana, Tore and Frank wrote a press release stating that Kazakhstan's president should receive the Nobel Peace Prize for his efforts to remove the Kazakhstani nuclear weapons. By doing this, he and his country could set an example for the rest of us to follow, which is why we still say "Look to Kazakhstan" when we talk about nuclear disarmament.

In Almaty, Tore and Frank had a meeting with a parliamentary member to whom we gave the official draft letter to the Nobel Peace Prize, and later he handed it to the Kazakh Parliament where it was signed and then sent to the Nobel Committee in Oslo. Kazakhstan is the world's ninth largest country and the world's largest inland state.

Riding through such a country offers many different challenges. In Kazakhstan we rode through the desert, we climbed the mountains and crossed the vast endless steppe landscape. When our journey started in August, we had maximum temperatures up to over 40° C during some of the days. We got a great reception in Astana. Vladimir Smirnov rode on tandem with us into town. Downtown the press was present. Kazakhstan is close to our heart: the beautiful nature, the sociable people and the effort for disarmament.



Kazakhstan, 2011: Tore Naerland, Kanat Saudabayev (Secretary of State in Kazakhstan), Dag Halvorsen (Norway's ambassador to Kazakhstan) and Frank Tomlinson.



From the start of the peace in Kazakhstan, March 2011. The streets of Semey were full of enthusiastic people.



Lunch in a yurt in East Kazakhstan. From left: Kuat Tumbayev, Frank Tomlinson, Saule Kudaibergenova and Tore Naerland.



The cyclists arrive in Astana and the Baitirek Tower after finishing their 4-week trip through Kazakhstan, 2011.



2011 East Kazakhstan: Frank Tomlinson and Tore Naerland on a tandem.



Vladimir Smirnov and Kuat Tumbayev on a tandem bicycle in Kazakhstan, 2011.

Peace event in Hiroshima, August 6, 2013

Tore Naerland's speech at the peace event in Hiroshima, August 6

"Dear friend of Hiroshima and the world. It's a touching day for me to be here with you. The city has taught me how we should not treat people.

In 1979, I came to Hiroshima for a first time as a young man and got known with their sufferings. Kameno Fujiwara, a lady paralyzed from the shoulder and down, which I met at a hospital here, had been bedridden for 34 years.

She saw a flash in the sky and six weeks later, she woke up in a hospital. I talked to her for 20 minutes. When I got home to Norway, I received a letter from her that she was so encouraged to meet me.

After that meeting, I and Bike for Peace have cycled for peace and against nuclear weapons in more than 110 countries.

My friends, we can fight for a world without nuclear weapons! Write letters to politicians and join protest groups! I am now 59 years old, but feel more like 30.

Please join our bike tours in different countries. Together we can make an effort to make the world a better place for all! This tour is for nuclear weapons disarmament.

Today, I appeal to the Nobel Committee in Norway to give the peace prize to the victims of Hiroshima, Nagasaski, Semipalatinsk, Marshall Islands and Chernobyl! "

-Tore Naerland, August 6th, 2013

Around the world in 72 days, 2014

Our purpose is to cycle for peace, disarmament and for a world without nuclear weapons.

March 2013, I attended an international conference at Chateau Neuf *. The topic was *Humanitarian consequences of the use of nuclear weapons and the progress plan for disarmament.*

(*Building in Oslo, Norway that houses the Norwegian Students' Society (Det Norske Studentersamfund) including cafes, bars, performance centres, and other facilities for student assembly)

The lecturer and organizer ICAN, who told that there were eighty thousand nuclear weapons in the world in the 1980s, was a great inspiration to me. Now, the number had reduced to nineteen thousand, but the lecturer said it was up to you and me to destroy them all.

Then, BFP took the initiative for a 72-day ride around the world. Our excellent administrator Frank Tomlinson set up the route. After meeting secretary of "Mayors for Peace UK", Sean Morris, we agreed to start from Manchester and go to London, Paris, Nice, Genoa, Rome, Islamabad, Lahore, New Delhi, Beijing, Chengde, Tokyo, Hiroshima, Kansas City, Washington D.C., New York, Oppegård, Drøbak, Oslo, Hokksund, Tønsberg and Skien.

BFP set up a secretariat for this and staffed people to coordinate meetings over a three-month period. They arranged two hundred meetings - in Norway, Great Britain, France, Italy, China, Japan and the USA, in towns and cities, in parliament, city halls, municipal halls, squares, and bicycle clubs etc.

The start from Manchester was March 15. To make this happen, we collaborated with "Mayors for Peace" and Thore Vestby, their Norwegian vice-president and mayor of Frogn municipality, and Sean

Morris, secretary of the mayor in Manchester. We also collaborated with Ingrid Stange of "Partnership for Change".

Our paroles:

- Ban nuclear weapons now!
- Human dignity
- Integration of people with disabilities
- Bike for a better environment!

This project was budgeted at NOK 600,000. We applied for support from the Ministry of Foreign Affairs, department of peace and disarmament, but the application was refused.

Along the way, Bike for Peace borrowed NOK 400,000 from Time Sparebank (*Savings bank*), for which I had to put my apartment in Bryne as collateral. When you believe in something, you must also think it is going to end well. The money went for hotels, airlines, secretariat etc. Some had to pay to join; others Bike for Peace sponsored.

The start in Manchester was quite an experience. Sean Morris had set up a great itinerary in the old, venerable town hall there. The mayor of Manchester Naeem Ul Hassan and former PM of Norway Kjell Magne Bondevik spoke about working against nuclear weapons.

Excerpt from my speech:

"I'm so happy to be here today. Very touched and moved. About thirty-five years ago, I went to Hiroshima on my first trip to Japan. There I met Kameno Fujiwara in a hospital, a woman who was blind and lame

from the shoulder down. I spoke with her for twenty minutes with the aid of an interpreter.

On return to Norway, I received a letter from her and she wrote:

"Your travel to enable disabled people to make peace motivates me to continue living."

When you receive such a message, what do you do? Then you only have keep on fighting nuclear weapons. No more disabled people due to nukes!

Later, I had the opportunity to meet the disabled and injured from nuclear testing on the Marshall Islands and two people from Semipalatinsk, Kazakhstan.

Frank Tomlinson, one of the organizers of this world tour, cycled with me from Semipalatinsk in 2011. He said that 1.5 million were affected by nuclear bombing during the Soviet era from 1949 to 1991. We in BFP appeal, as a grassroots movement, to people changing the world and getting rid of nuclear weapons. This way, one has to look at Manchester, a city not only about football, but also about wishing to work against nuclear weapons. We want to see what Manchester has done. I dream that all cities should be like Manchester regarding the message on nuclear weapons.

This world tour is not just under the auspices of BFP, but we work together with "Mayors for Peace" and other peace organizations. We get good receptions everywhere we travel.

This morning, the plan is to go to Pakistan. Unfortunately, we have some issues. We are so pleased to have met the mayor from Lahore and the Pakistani ambassador. The vice-president of "Mayors for Peace" says that next time we come to Pakistan, he will help us by organizing the trip and we may be able to ride with different groups in the country. I am pleased that this morning gave good results.

Dear friends, we are not just cycling against nuclear weapons, but to make more people ride more and to enjoy their life on the bike. We try to reduce pollution on the planet so that people's health is improved.

After London, we continue to Paris, where we meet in parliament and talk with peace organizations across France. I hope to come to Rome and see the Pope on a tandem bike. I do not hope his robe is stuck ... It is good to have a Pope who is so active for peace and building bridges between religions. He said himself that he wanted to be more involved in this work. Tore and Anita Valen met with the Pope.

As a grassroots movement, we can cooperate with the established society, such as in Manchester, mayors in other countries and with the public to reach people. After visiting Pakistan and India, we go to China to create a dialogue about peace. In China, we work not only for peace but also for the disabled. We have previously met Deng Pufang, son of Deng Xiaoping. During the Cultural Revolution in the country, someone threw him down from the fourth floor and he is now in a wheelchair. We hope to meet him. He is the leader of the Disability federation in China.

Then we go to Japan and it is an honour to get there on my 60th birthday on April 28th. I want to talk to students and the victims after Hiroshima, the second generation after the bombing. Then we travel from Kansas City to Washington DC in U.S.A. Kansas City is a city that likes to develop nuclear weapons. Today, the world, like the US and Russia, is spending too much money on nuclear weapons development.

My message is that we must spend money on social welfare.

Dear friends, you are welcome to ride with us! Can you not travel today; join us in China or from Semipalatinsk to Astana in August or elsewhere.

Thank you, mayor, for hosting us today and thank you for letting us be here in this great town hall.

We rode out of Manchester joined by Kjell Magne Bondevik, Thore Vestby of Mayors for Peace, Mayor of Kvinesdal Svein Arne Jerstad, Mayor of Forsand Ole Tom Guse, Mayor of Øvre Eiker Ann Sire Fjerdingstad and Mayor of Kragerø Kåre Preben Hegland.

Anita Valen and Naerland on tandem, Frank Tomlinson, Jon Lund and Terje Garvik along with locals, the three last ones from BFP.

In Coventry, Mayor Gary Crookes and the Rotary Club received us. Bondevik and Tomlinson joined in the chorus as "Let it be", "We shall overcome" and football songs reverberated through the premises.

We cycled to the British parliament and to a reception with Scottish representative Angus Robertson. The campaign continued with Anita Valen on tandem along with Tore Naerland. Inge Klepsvik drove the companion car towards Paris.

We had meetings with politicians, media and peace organizations all over France. The French Peace Movement had done a great job for us. In France, Gorden Ommen from Minneapolis, Minnesota, USA joined us. In Nice, we met with our new Italy team who would assist us with Mayor for Peace, with Lisa Clark as secretary. Through Italy, there were many meetings and there were excellent appeals by Lisa Clark and Anita Valen. They were not easy to keep up with.

In Rome, we met the deputy mayor and representatives from parliament. We had an audience with Pope Francis, where we appealed to him to support our paroles against nuclear weapons. He received a book about the work of BFP, "50 years on wheels of peace" and a BFP bicycle shirt.

We should have cycled in Pakistan from Islamabad to Dehli, but had to postpone it due to the troubled situation in Pakistan. After a break in Norway, we went to China. We rode Beijing-Chengde. In Beijing, we met the deputy leader of the Chinese People's Association for peace and friendship, Li Jianping.

Our Norwegian group consisted of Thore Vestby, Torkel Bryne, Gorden Ommen, USA, Tore Naerland, and Svein A. Jerstad.

We rode with six Chinese persons to Chengde and visited schools along the way. Then Tore went to Tokyo and Hiroshima, where he held a lecture at high schools.

Then we went to Kansas City in the United States. There Tore met Paal Thorkildsen and Torstein Torbjørnsen from Karmøy, Norway. Vestby was with us in Kansas City. In the city we were received by a representative of the Mayor's office, who arranged a special *BFP Day*. One of USA's largest nuclear weapon factories is situated outside Kansas. Here, Thore Vestby was nearly arrested for crossing the line outside the factory.

The trip proceeded without Tore due to his slightly elevated blood pressure. Fortunately, it turned out he did not have heart problems, this according to the hospital in Arendal, Norway. Thorkildsen and Torbjørnsen continued and had several meetings along the way. They were in the Senate to meet with Edward Markey.

May 14th, Tore received a telephone from the Norwegian UN delegation. Secretary General Ban Ki-moon wanted to meet us. I informed Thorkildsen and Torbjørnsen that they should go to New York. It was a great honour for BFP to meet Ban Ki-moon, and I was ready to travel to NY from Stavanger, Norway.

I have travelled to 114 countries; this was the first time I did not get to the airport, because there were worries about my heart condition. The people in New York did a great job without me. Tone T. Barstad conveyed my greetings to Ban Ki-moon. Thorkildsen and Torbjørnsen were very good at BFP's philosophy. The trio acted well on the organization's behalf.

Thorkildsen said to the newspaper "Haugesunds Avis";

"Ban Ki-moon thought cycling and work for peace was an excellent combination. On the bike, you get well in touch with people. This creates a foundation for peace between people. He also believes that NGOs are central to the work on the elimination of nuclear weapons and the reduction of global warming. He said BFP had done a great job since 1978 and he respected our work".

From New York, the trip went back to Norway and Oppegård. Then to Drøbak, Frogn, where we were received by Mayor Vestby. BFP had invited all the embassies in Oslo and thirteen ambassadors came. Afterwards, BFP rode to Stortinget (*The Parliament*) and met the vice-president Marit Nybakk. Then to Øvre Eiker and mayor Ann Sire Fjerdingstad. Further to Tønsberg and Skien. In Norway, we had Paal Thorkildsen, Ole Tom Guse, Svein Arne Jerstad and Kåre Jonasmoe from Tønsberg join.

From Porsgrunn to Skien we were 350 cyclists - most of them youngsters. Even Jone Samuelsen from Odd Grenland FK, who had played for Norway's national football team.

From Porsgrunn to Skien, Anita Valen rode a tandem with former Prime Minister Bondevik. Skien is Valen's home city. She competed in the Olympic Games in Athens 2004 and Beijing 2008. Anita Valen spoke about engaging for peace. In Skien, Mayor Hedda Foss Five spoke before handing the lectern to Bondevik and Tore.

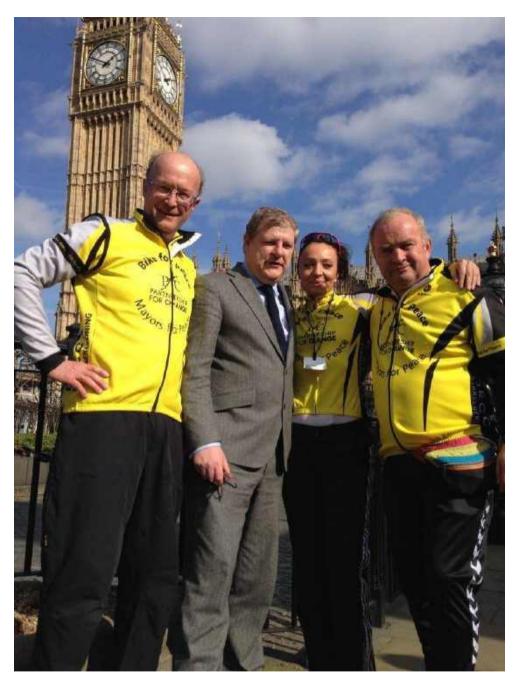
We received a huge response in Skien. We hope to lay a foundation for no more nuclear weapons on earth by 2025!

Thank you to all who contributed to this ride.

-Tore Naerland, June 2014.



Jeremy Corbyn and Tore Naerland in London, 2014



Thore Vestby, Angus Robertson, Anita Valen and Tore Naerland in front of the Parliament and Big Ben in London, 2014



Kjell Magne Bondevik, Lord Mayor of Manchester Naeem ul Hassan and Tore Naerland in Manchester Town Hall at the start of "Around the World in 72 Days", 2014



Tore Naerland and Anita Valen meet Pope Francis in Peter's Square as part of "Around the world in 72 days", 2014



Representatives from "Bike for Peace" in a meeting with Ban Kimoon in New York. 2014

Global Tour "Mayors for Peace" and "Bike for Peace", 2014

In Hiroshima, August 2013, Tore Naerland met Mark Hackett and Sean Morris of the Manchester City Council during the "Mayors for Peace" conference. While in Hiroshima, "Bike for Peace" pledged to support "Mayors for Peace" in their campaign to promote a world free of nuclear weapons.

During a short meeting at Hiroshima Airport, it was agreed that the planned 2014 "Bike for Peace" Global Tour should start in Manchester.

The tour would include receptions in Manchester and Coventry, and the reception of representatives from Parliament, where the group was encouraged to consider returning later this year.

Former Prime Minister of Norway Kjell Magne Bondevik and former Norwegian world cycling champion Anita Valen participated in the English leg of the trip, along with seven Norwegian mayors.

The trip continued to France and Italy, where we had meetings with French and Italian mayors, and an unforgettable reception with Pope Francis.

The group then traveled to China and Japan and visited Mayors for Peace's international secretariat in Hiroshima. For the group that had crossed the United States, it culminated in a meeting with UN Secretary-General Ban Ki-moon. The tour ended in Oslo and Drøbak, Norway with special events at the Norwegian Parliament and with a large number of international ambassadors to Norway.

Following the the global tour success, "Bike for Peace" has continued to work with "Mayors for Peace" with tours in Turkey and Vietnam.

In mid-July, after good cooperation between Tore Naerland and Sean Morris, a detailed and varied itinerary for cycling through Scotland was agreed upon. The trip would take place while the Scottish independence referendum debate was at its peak and nuclear weapons were a major issue.

They would promote the need for the British government to be more proactive in international discussions on nuclear disarmament, and would celebrate the upcoming 20th Commonwealth Games in Glasgow, in which cycling is one of the sports. Six Scottish members of "Mayors for Peace" agreed to host "Bike for Peace" from Norway in Edinburgh, Dundee, Perth and Kinross, Stirling, Renfrewshire and Glasgow, July 16-19.

Mayors for Peace, Glasgow Civic meeting, July 19, 2014

(Speech by Svein Arne Jerstad, mayor of Kvinesdal)

Honourable Mayor Provost, advisers, Ambassador Choudry, peace cyclists and peace workers.

It is an honour to be here in Glasgow, and we thank you very much for this brilliant reception and for the municipal meeting.

Since we started the tour "Around the world in 72 days" in Manchester in March, this follow-up tour in Scotland is an important occasion for me and "Bike for Peace".

As the mayor of Kvinesdal, I am proud and happy to be given the opportunity to contribute my energy and enthusiasm to promote our common call for a world free of nuclear weapons.

The conversation focused on working to remove all nuclear weapons in the world as soon as possible. The mayors of the "Peace Vision Campaign 2020" aim to have a process to remove nuclear weapons during this period, and it will not happen on its own. You, me, each one of us must take action and put nuclear disarmament on the agenda of all governments that have nuclear weapons in their arsenal. All countries in the world, Norway included, must support and put pressure on them to complete this task.

The belief that nuclear weapons keep their possessors safe, though it may be a widespread notion, is neither true nor grounded in lessons learned. The fact is that nuclear weapons are far too dangerous for any country to possess - let alone use - and that the US, UK and other nuclear weapon states have been playing nuclear roulette with them for nearly seven decades.

We hope Britain will come to its senses and lead from the front as a guiding star in the worldwide effort to get rid of nuclear bombs which I call the Devil's work.

How do we achieve this? That question needs the most important answer in this world. The challenge is there, every day that submarines, planes, trucks and trains carry the nuclear threat around us.

Nuclear deterrence is just a hypothesis about human behaviour. It is a hypothesis that requires all managers playing the lethality/severity nuclear game to behave rationally at all times, while knowing that not all managers act rationally under all circumstances. We know that Boris Yeltsin walked around with the briefcase containing the launch codes for nuclear missiles in one hand and a bag of fine beverages, such as vodka, in the other. I get sick just thinking about the risks that have existed, and continue to exist, from the possession of nuclear weapons.

We, as mayors, work every day to develop good municipal services such as kindergartens, schools, social housing, roads and many other local services. We understand the daily needs of the local community.

As a former decontamination officer in the Norwegian army, I know a lot about the behaviour and effects of nuclear radiation, heat and the shock waves from a detonation. Japan has shown that it is possible to recover from a modest nuclear attack. I call it a modest attack, although it was a disaster for the two cities, compared to what we could expect from a nuclear war today. And, what would that be? Total annihilation, nuclear winter, no new food production, not enough food storage for the people. Total destruction and Armageddon. Maybe actual Hell would be a good alternative compared to this new hell on earth.

What use would nurseries, schools and retirement homes have if that happened to us?

I'm just asking. Do you agree? Do you understand and share my concern? It is simply not possible to understand how insane it would be.

I am proud of the active opposition that peace groups, CND and others, have shown around Faslane in relation to the transport of Trident nuclear warheads through Glasgow and surrounding districts in Scotland and England. Earlier today, we met some of those who were recently arrested after stopping one of last week's convoys. I admire them.

We will also soon be meeting Bill Kidd, MSP. (Member of the Scottish Parliament) He has also actively shown his concern over nuclear weapons convoys and actively called for the transports to be stopped. These nuclear weapon transports in themselves represent a major security challenge in the event of an accident or malicious attack on them.

"Mayors for Peace" and "Bike for Peace" are fighting well. They both have one focus – to get rid of this evil, and to let the world be blessed with peace.

We have learned that with a simple uniform, a yellow cycling jersey and a bicycle, we can open many doors all over the world. We help to build and support networks, and we help to bring people together. We need to get the whole world to take part.

We cannot continue to pretend, day after day, that someone, somewhere, will soon make a change! We are all part of God's great family. We must all take part in this great question.

Now, we are here to support you to open new doors. Joining you, we will become even stronger. This is how I imagine the forces in our work. Every voice is important and makes the world wake up and dream that our earth will be free of nuclear weapons.

We look forward to getting to know this beautiful landscape of Scotland, and being informed about what it is like to have a naval base for nuclear weapons close to their homes!

Thank you for the nice reception here in Glasgow, like we have been received everywhere we have visited in Scotland.

- Report written by Sean Morris, Secretary to the Mayor of Manchester and Secretary of "Mayors for Peace" in Great Britain

"Non-Proliferation of Nuclear Weapons" conference, 2015

«Bike Away the Atomic Bomb» cries out for progress, written by Yerbolat Uatkhanov. Published in Astana Times, April 22nd, 2015.

WASHINGTON, D.C. – April 21, the *Bike Away the Atomic Bomb* riders began their journey from Washington, D.C. to New York in another push for a global drive to rid the planet of nuclear weapons.

The project, coordinated by Bike for Peace, Mayors for Peace and The ATOM (*Abolish Testing Our Mission*) Project, the global online petition against nuclear testing, is a call for real action to be taken at the UN Nonproliferation Treaty Review Conference in New York that begins April 27th.

Bike for Peace and The ATOM Project, have joined Global Wave 2015 in its schedule of coordinated public actions taking place this month as the UN prepares for the conference. Global Wave 2015 is urging humanity – and particularly the decision-makers at the UN conference – to wave goodbye to nuclear weapons.

Activists from around the world gathered in Washington, D.C., to kick off the Bike Away the Atomic Bomb ride.

Tore Naerland, co-founder of Bike for Peace, and Thore Vestby, mayor of Frogn, Norway, who is also vice president of Mayors for Peace and a member of Parliamentarians for Nuclear Nonproliferation and Disarmament (PNND), will ride from Washington through Baltimore, MD, Wilmington, DE, and Princeton, NJ over four days before arriving in New York on April 24, just ahead of the beginning of the month-long conference.

Vice president of «Bike for Peace" Frank Tomlinson, mayor of Kvinesdal, Norway, Svein Arne Jerstad, and American anti-nuclear weapons activist Ann Suellentrop, as well as Kazakhstan's first Olympic gold medalist Vladimir Smirnov and members of Potomac Pedallers Touring Club also joins the trip. They will have meetings with Karipbek Kuyukov on the trip. Karipbek Kuyukov is a famous artist and honorary ambassador of the ATOM Project.

A *Bike Away the Atomic Bomb* press release reported that the riders started from Capitol Hill on April 21st, following a ceremony which included speeches by Kazakh Ambassador to the U.S., Kairat Umarov.

Bike for Peace representatives have crossed more than 100 countries since the founding of the organization in 1977, and Vestby has joined Naerland and Tomlinson on rides through most of the world's nuclear-armed states.

During the tour in the USA, Thore Vestby said he had a specific message which implies that "Nuclear weapons cannot be used because of their enormous humanitarian and environmental consequences, and are therefore useless".

Thore Vestby said that he takes this message from Colin Powell's introduction to the film "Nuclear Tipping Point", about how he came to realize nuclear weapons must never be used.

"The one thing that I convinced myself of after all these years of exposure to the use of nuclear weapons is that they were useless. They could not be used. If you can have deterrence with an even lower number of weapons, why stop there? Why not continue on, why not get rid of them altogether?" Powell says in the film.

Vestby is hoping to meet decision-makers on this trip – particularly those not yet committed to disarmament. "I really hope to meet a lot of mayors along the route, but also senators and members of the House of Representatives in D.C. I also want to meet Republicans who are not on the nuclear disarmament path. I want to hear their arguments. Those are the ones that are important to talk to. You know, the peace and disarmament people are also important, but they are already 'in place,' they do not need to be convinced," he told The Astana Times on April 17th.

Karipbek Kuyukov, a Kazakh painter born without arms as a result of exposure to radiation from the now-closed Semipalatinsk Nuclear Test Site, has spent decades campaigning against the use and testing of nuclear weapons. Nuclear testing cost him his health even before he was born and devastated the community he grew up in.

In a December 2014 editorial for *The Diplomat*, Kuyukov called for China, Egypt, India, Iran, Israel, North Korea, Pakistan and the United States to finally sign and ratify the Comprehensive Nuclear Test Ban Treaty (CTBT). "These countries must send a clear message to the world that nuclear weapons are part of our past, and have no place in our future. … I weep when I hear those calling for a return of nuclear

weapons. I fear for our planet when I read news stories about countries re-building their nuclear arsenals. After all the horror, all the fear, and all the danger, have we learnt nothing? How many more, like me, must suffer?"

The United Nations' Nuclear Non-Proliferation Treaty Review Conference, the ninth since 1975, also marks 20 years since it was agreed to indefinitely extend the treaty in 1995."

We also had a meeting at the Senate with the adviser to Senator Ed Markey. Aftewards, Karipbek Kuyukov gave a speech outside the Senate. Tore Naerland and Vladimir Smirnov also spoke. For two days, Vladimir Smirnov rode a tandem bicycle with Tore Naerland, before Frank Tomlinson took his place.

We visited five schools. The students asked questions and we talked about our goals. In addition, we gave lectures to fifteen thousand people at a basketball stadium. In New York, we were received by the Kazakh ambassador and several journalists at the United Nations. The embassy of Kazakhstan had organized a great reception for us where many peace advocates were present. Everyone liked the appeal and the art of the unique Karipbek Kuyukov. «Bike for Peace" hope to have further projects with him in the future.

- Tore Naerland



The participants in front of the Congress building, Washington, D.C., before the start from Washington, D.C., to New York in 2015.



Meeting the Kazakhstan UN ambassador Kairat Abdrakhmanov in New York, 2015. Kairat was appointed Minister of Foreign Affairs of Kazakhstan in 2016



Thore Vestby, Tore Naerland and Frank Tomlinson are received at a baseball game in the USA, 2015.

Gandhi International Peace Award, 2015

"Bike for Peace" and its president Tore Naerland and vice-president Frank Tomlinson have received an international award for their work against nuclear weapons.

The peace organization was awarded "The 2015 Gandhi Foundation International Peace Award" for the work against Nuclear Weapons and to find non-violent solutions to conflicts worldwide. The award ceremony took place in London.

Former winners of the prize include the former leader of Labour Jeremy Corbyn. He received the award in 2013 for his work against war and for non-violent solutions. Since its inception in 1977, BFP has organized many bicycle rides for peace. They have met with politicians, heads of state, schools, universities and peace organizations and held open-air meetings in one hundred and ten countries. The organization has also been involved in the democratization process in Burma.

In November and December, BFP will travel to Thailand, the Philippines, Indonesia and India to have meetings with political leaders, schools and universities to continue their campaign against nuclear weapons. BFP cooperates with "Mayors for Peace" and "The Atom Project" to put further pressure on the world's nine atomic powers so that everyone will experience a world free from the nuclear threat.

Brit Romsbotn, Jærbladet newspaper, November 11,2015



Thore Vestby, Tore Naerland and Frank Tomlinson after receiving the Gandhi foundation international peace award, 2015.

Letter to UN Secretary General Ban Ki-moon, 2016

Ban Ki-moon, Secretary General, United Nations, New York, USA

Honourable Secretary General:

We are a group of 24 people from Canada, the UK, Italy, Norway, Russia, Serbia, Singapore, South Korea and the United States. We ride

for peace, friendship and environmental protection. We participated in a bicycle tour from Moscow to St. Petersburg which took place between August 13th and August 21st, 2016, organized by "Russian Cycle Touring Club" and the NGO "Bike for Peace", Norway.

We are very concerned about the war in Syria. This conflict has been going on for more than five years, and hundreds of thousands of people have been killed or injured, and millions have been affected and have fled from the country. We appeal to the UN to immediately find a peaceful solution. The countries that can stop this war are the United States, Russia, France, Saudi Arabia, Turkey and Iran, and therefore they are most responsible for ending this conflict.

We are also concerned with the war in Yemen, where 13 million people have been made refugees in their own country. We appeal to the Secretary-General to find a peaceful solution there.

We have cycled in the beautiful landscape of Russia, where the culture and language are very similar to that in Ukraine. Over the past two years, ten thousand people have been killed in East-Ukraine. We appeal to the two conflicting parties in Ukraine to follow the Minskagreement and the cease fire.

On behalf of the group:

Tore Naerland, Bike for Peace, Norway, Maria Bilyk, Russia / Ukraine, Elena Shifrin, USA / Russia, Sonja Kotlica, USA, Aleksandr Kutishchev, Russia, Manuela Vismara, Italy, Vladimir Filippov, Russia.

The Reichstag in Berlin, 2016

Leader of "Bike for Peace", Tore Naerland, Norway, participated between September 30 to October 3 at the International Peace Bureau's congress in Berlin. Tore Naerland spoke outside The Reichstag about a world without nuclear weapons and that the great powers had to disarm and about an international law banning nuclear weapons, like chemical and biological weapons are today.

During the conference, Naerland met Syrian refugees and encouraged them to hold visible actions in their current countries of residence, using non-violent methods, to encourage the US and Russia to find a peaceful solution to the war in Syria. Yemen's 2011 Nobel Peace Prize laureate, Tawakkol Karman, urged Tore Naerland and "Bike for Peace" to find peace mediators for Yemen, either from Norway or another country.

German parliamentarian Dr. Ute Elisabeth Finckh-Krämer wanted to support Bike for Peace's initiative to create peace in Donetsk and Lugansk in Ukraine. She cycled to The Reichstag, which is in the spirit of "Bike for Peace". Ban Ki-moon said in his document to Congress: "The world is overarmed and peace is underfunded." "Bike for Peace" is also affected by this. We get little official support. In 2017, it is 40 years since "Bike for Peace" started its campaigns for peace, disarmament and a world without nuclear weapons.

On behalf of "Bike for Peace", Vice President Frank Tomlinson

Yemen wants peace mediators from Norway

The Yemeni civil war has been going on since March 2015 and over 10,000 people have been killed, including 3,799 civilians.

Some say that up to 12 million out of 25 million are refugees in their own country. According to own sources, there are 200,000 refugees from Yemen in Jordan. Saudi Arabia and Iran are strongly involved here, on their respective sides.

During the World Congress of the International Peace Bureau in Berlin, from September 30 to October 2, the president of "Bike for Peace", Tore Naerland, met with Tawakkol Karman, the 2011 Nobel Peace Prize recipient.

Maria Bilyk, vice-president of "Bike for Peace", was also present at the meeting. In addition, Tawakkol Karman had a meeting with the head of Yemen's embassy in Germany, Walid Alethary. These two urged "Bike for Peace" to find mediators in Norway or in other countries to mediate in the war in Yemen.

Karman believed there were three parties to the conflict: Saudi Arabia, Iran and her people's movement.

"Bike for Peace" will request various mediators to take the initiative in the near future

On behalf of "Bike for Peace", Vice President Frank Tomlinson

Worthy work by "Bike for Peace"

As a prophet of PEACE, he travels the world bringing his clan and holding appeals facing statesmen, the Pope and most politicians it is the people he meets who hear his message

The turmoil in the world torments Tore's psyche the worst as his thoughts drive him ahead for the cause of peace a strong mobilization against nukes and the horrors of war is the fearless jærbu Tore squeezing every hand

With a powerful voice about world peace for the people is the power of the message from the most driven man a force, a will that pushes him towards his task to the leaders of the world with with a message of peace

All the years so far with "No to nuclear weapons" for the cause of peace with aid from all who have been on the travels

America and Russia, by train through China and more is it the suggestion for peace that started the journeys with Tore

A call for peace through his message it is the doctrine of consideration for the world's population that counts lay down your guns and give each other your hand in friendship is the moral of the words Tore says at his good appeals

- The initiative never ends for the task of working for peace Tore's work from his youth, a spark that took him With friends and courage, the irrepressible interest in the work is kept up opposition to ill will and freedom to the people is his drive

Written by Oddbjørn Tunheim, poet from Bryne, October 16th, 2016

Nominated for the Nobel Peace Prize, 2017

Den Norske Nobel Komite Henrik Ibsens gate 51 0255 OSLO postmaster@nobel.no

Nomination to the Nobel Peace Prize 2017

I, Sergiy Matvieiev, Head of the Professional, Non-Olympic and Adaptive Sport Faculty of National University of Physical Education and Sport of Ukraine, Candidate of pedagogic sciences, Professor, Honoured Figure of Ukrainian Higher Education, Master of Sport, would like to nominate Tore Naerland, President of Bike for Peace for the Nobel Peace Prize 2017.

Tore Naerland was inspired to work for peace by Mahatma Gandhi, Martin Luther King and ordinary people all over the world.

Among his peace-initiatives all over the world during the last 40 years is Moscow-Oslo-New York-Washington DC in 1983, becoming the first International Bicycle ride against nuclear weapons between the two superpowers, Soviet Union and the USA. On this occasion, Tore made people from The Soviet Union and the USA to bike together to show the world that cooperation and peaceful solutions are the keys for the future. Around the world in 80 days in 1994, and Beijing-Almaty-Moscow-Bergen by bicycle with the slogan "Support the victims of Semipalatinsk, Nevada and Chernobyl" in 1999 are also two of Tore's past events promoting a world free from nuclear weapons.

Around the world in 72 days in 2014 was organized to support the campaign to abolish nuclear weapons by 2020. On this event, Tore Naerland and Bike for Peace together with Mayors for Peace, held hundreds of lectures in public schools, universities and different organizations across the world in the United Kingdom, France, Italy, China, Japan, The United States and Norway to raise awareness about the humanitarian consequences of Nuclear Weapons.

In the spring of 2015, Tore Naerland and Bike for Peace together with Mayor for Peace and the Atom Project of Kazakhstan organized the Washington DC to New York peace ride. During this event, Tore Naerland gave lectures about the humanitarian consequences of Nuclear Weapons at different locations including school, universities, baseball matches, the United Nations and at peace-rallies in New York.

Later in 2015, Tore Naerland organized a peace ride on the Golden Ring in Russia to appeal for a World without nuclear weapons and to advocate a peaceful, non-violent solution to the Ukrainian conflict.

During November/December 2015, Tore Naerland and Bike for Peace travelled through southeast -Asia and India to continue their work against Nuclear Weapons. They gave lectures at universities and schools in Thailand, Indonesia, The Philippines and India to raise the awareness about the dangers of Nuclear Weapons among the next generation of the young Asian population.

In April 2016 BFP organized a peace-ride from Kiev to Lviv in Ukraine. The participants were from Norway, Russia and Ukraine.

Since his start in 1978, Tore Naerland and Bike for Peace have organized projects for peace and democracy and nuclear disarmament in more than 100 countries all over the whole world. You can read more about Tore Naerland and Bike for Peace in the book he published together with Frank Tomlinson and Thore Vestby in 2015. The title of

the book is "Bike Away the Nuclear Bombs" and under titled "Bike for Peace across the World".

What are the BFP and the undersigned matters?

- 1. For peace and disarmament.
- 2. The world free of nuclear weapons.
- 3. Justice for people and especially for the disabled.
- 4. Peace and democracy in Burma.
- 5. Stopping the war in eastern Ukraine.

When they started in the early 1980s there were 80,000 nuclear weapons in the world. Now there are only 16,000 left. These are too many! Bike for Peace has been a part of the work to reduce the number of weapons.

What have they achieved these years of cycling?

- 1. In 1983, they organized the first international Peace Race between the United States and the Soviet Union where people at the grassroots level participated. Moscow-Washington DC. 40 people in total. For a nuclear-free world. The first international ride between the two superpowers.
- 2. Peace ship to Poland would be in danger of being shot at in Gdansk Naerland looked at it as frightening. The way the authorities handled the ship, (see was one of many reasons why Jaroschelsky had to leave his post as president. As head of Rogaland District Committee, Naerland was the first western European to visit the secret nuclear cities, Arsamas-16 and Tomsk-7. He was taking the initiative for the first international conference on nuclear weapons in Russia. In 1999, they organized the first Peace Race from Beijing to Xián and the Silk Road in China to Kazakhstan against nuclear weapons. They got good contacts in China. In 2008, they organized the first cycling in Burma/Myanmar for peace and democracy. Later "Bike for Peace"

experienced that NATIONAL LEAGUE FOR DEMOCRACY returned to power.

Tore Naerland was inspired to work for peace in the spirit of Mahatma Gandhi and Martin Luther King. I am confident that Mr. Tore Naerland is a worthy candidate for the Nobel Peace Prize 2017, and I hope you will consider his candidature.

October 20th, 2016, Kyiv

Sergiy Matvieiev

Tel: +380 xxx xxx xxxx

The King's Medal of Merit, 2017

I was nominated for the Merit Medal by Oddbjørn Tunheim from Bryne and it was supported by county governor of Rogaland, Magnhild Meltveit Kleppa. That I should be awarded the King's Merit Medal came as both a pleasure and surprise!

Jan Rosland from Bryne arranged a great program in Bryne Church on September 29th, when the medal was pinned on by the mayor of Time, Reinert Kverneland.

Jæren Gospel Choir performed amongst other songs "He has got the whole world in his hands" and Freddie Helgesen of Orre sang opera, "O sole mio". Wenche B Haugland from Stavanger sang "Amazing Grace". Glenn Rugland played his trumpet and Oddny Underhaug played the piano.

Frank Tomlinson gave a speech on the history and goals of BFP and Oddbjørn Tunheim read the poem he had written for Tore. Former mayor of Kvinesdal, Svein Arne Jerstad talked about Mayors for Peace with which BfP has cooperated for years.

Pastor Kjell B. Tjemsland held a nice talk on how the church supports peace work. About three hundred people attended. My heart was moved by the people and music, and with all who contributed to make this an unforgettable, wonderful evening!

November 7th, 2017, I was invited to bring a companion to the palace in Oslo, to visit King Harald V and Queen Sonja for an opportunity to thank them for the medal. After a while of consideration, I chose to bring vice president of BfP Maria Bilyk, who grew up in Ukraine and works in Moscow. She has a special calm behavior in social settings, which I already had noticed during my time with her in Norway, Moscow, Dehli, Berlin and Ukraine in 2015-2016.

We arrived at the Palace at 1 PM and got a tour along with 25 other visitors. We visited the room of King Olav and Queen Maud and at 2:15 we greeted His and Her Majesties. They showed a unique warmth to Maria Bilyk and myself. Then we had lunch in the ballroom, where seventy people sat at the many tables. The King and Queen sat with some medal recipients. Bilyk and I and sat with others, from Northwest Norway, Trøndelag and Northern Norway.

The first Norwegian, (and European for that matter), *female* Marshal of the Royal Household, Gry Mølleskog, sat at our table. His Majesty King Harald V told us how important our work is nationally and internationally. Her Majesty Queen Sonja spoke of how pleasant it was to travel the country and meet most previous medal recipients. It was inspiring to listen to the Queen, and I was touched!

Bilyk felt that Her Majesty seemed significantly younger than her 80 years. After one and half an hour, Mølleskog left the table because she would guide His and Her Majesty from the hall. I am proud of our royals and they have given me new zest for peace, social justice and the world without nuclear weapons.

Thanks to Oddbjørn Tunheim who suggested me, and to county governor Magnhild Meltveit Kleppa for the support for the royal medal!

Today was Maria Bilyk's birthday, and she thought this was the best way to celebrate. She said it felt unique to her. She inspires me to continue working even harder for world peace. Later the same day, my friend doctor Johann Stanghelle and his wife Turid, took us to dinner at Theatercafeen, one of the finest restaurants in Oslo. We celebrated the medal and Bilyk's birthday.

Stanghelle has worked with me since 1972, on both social- and peace related projects all over the world.

Thanks to His and Her Majesty for a great experience at the palace! This day was one of the greatest of my life!

I want to continue my work for many more years in the non-violence spirit-peace and social justice- of Gandhi and Luther King!

-Tore Naerland, Bryne, November 30th, 2017



Tore Naerland and Maria Bilyk in audience with King Harald V and Queen Sonja at the Castle in Oslo, November 7th, 2017. In the picture, Tore Naerland thanks King Harald V for the King's Medal of Merit.



Tore Naerland with Oddbjørn Tunheim from Bryne, who nominated him for the Merit Medal.

Peace Ride in England

Manchester - Liverpool, England, 2018

The cycling trip from Manchester to Liverpool, arranged by "Bike for Peace" went from May 11 to 15, 2018. Former mayor of Kvinesdal (2013-2015) Svein Arne Jerstad represents "Mayors for Peace" in Norway, and was well received in both Manchester and Liverpool.

The Norwegian group cycled with the objective of the removal of all nuclear weapons. Britain is known to be a nuclear power and "Bike for Peace" will therefore keep up the pressure on Britain and the other eight nuclear states to remove their nuclear weapons.

The ride started in Manchester with an opening by Mayor Edward Newman, vice-president of "Mayors for Peace" which consists of 7,500 municipalities worldwide. Newman praised "Bike for Peace" and "Mayors for Peace" for their appeal to reduce the number of nuclear weapons in his speech.

In his speech in Manchester library, Jerstad pointed out how it is important to ban nuclear weapons worldwide. He also looked forward that North Korea removed its nuclear weapons and said that he was disappointed of President Donald Trump's cancellation of the Iran nuclear deal.

We visited Warrington and the peace center in the town. The Provisional IRA was behind the bombing in Warrington, on March 20th 1993, the day before Mother's Day and at a time when more people than usual were visiting the shops. The attack was aimed at the shoppers in Warrington town centre.

There were two deaths from this attack: A three-year-old boy named Jonathan Ball, brought to Warrington by his babysitter to buy a Mother's Day card, and a twelve-year-old boy named Tim Parry who was sitting on one of the bins when the bomb exploded, dying from his injuries five days later. Today, the center tries to prevent terrorism. There are many young people who visit the center for training.

Furthermore, the group cycled for "Bike for Peace" along Merseyside to Liverpool. The trip was organized by MollyDooCycling, led by its keen organizer Paul Middleton. In the evening, the group was received at the Quakers' House in Liverpool, where they met people from different peace organizations, such as the Quakers themselves, CND campaign for nuclear disarmament, scientists and Catholics.

In Liverpool, we were well received by Mayor Malcolm Kennedy and his wife, who were very positive about "Bike for Peace" and "Mayors for Peace". Svein Arne Jerstad handed over a pen from Kvinesdal municipality to the mayor and his wife. Tore Naerland presented his latest book "Pedal on for World Peace" and appealed to the nine nuclear powers, especially the United States and Russia, to create an international law to ban nuclear weapons.

The Norwegian group was made up of:

- Svein Arne Jerstad from Kvinesdal, "Mayors for Peace"
- Tore Naerland, Bryne, leader of "Bike for Peace"
- Åse Simonsen, Bergen, "Bike for Peace" ambassador
- Tordis Landvik, Fyresdal/Arendal, "Bike for Peace" ambassador
- Hanne Kristin Kroknes, Hønefoss, photographer for "Bike for Peace"
- Torunn Haldis Berge, Varhaug.

-Tore Naerland, "Bike for Peace"



Mayor of Manchester Edward Newman, with Svein Arne Jerstad.



Svein Arne Jerstad and Tore Naerland on a tandem bicycle.

Around the world in 40 days, 2019

Sean Morris, the secretary of Mayors for Peace, inspired "Bike for Peace" from Norway to cycle around the world in 40 days.

April 3rd 2019, at our last meeting during the cycle tour around the world, "Bike for Peace" met with United Nations President Kwabena Osei-

Dansqueh. President Maria Fernanda Espinoza was away when we visited. "Bike for Peace" arranged a trip around the World in 40 days, half of Fogg's eighty.

Bike for Peace's slogans contains several major points;

- Eliminate nuclear weapons.
- *Incorporate the disabled people into society.*
- Cycle for the environment and stop global warming.
- Create an international law against plastic dumping in seas and rivers.

"Bike for Peace" traveled to London on February 26th, 2019. On the 27th, they were received in the parliament by parliamentary representative Fabian Hamilton. He sent "Bike for Peace" off along with Mayors for Peace's Sean Morris, to bike Dover - Calais - Paris.

In Delhi, "Bike for Peace" met Suman Khanna Aggarwal, who is a professor in Gandhi's theories and runs schools in the slums of Delhi. She was a great inspiration for the group. Aggarwal believes that more countries should teach Gandhi's theories. BfP visited schools for blind children and religious institutions. Due to the heavy traffic, there was no cycling in Delhi.

Bike for Peace then traveled to Beijing, where they met the "Association of Friendship with Foreign Nations". They gave lectures in a church and at a school, and they cycled from the Great Wall of China into Beijing.

The trip continued by flying to Sydney and cycling around Sydney. "Bike for Peace" held talks in churches and for peace organisations.

In New Zealand, "Bike for Peace" met Alyn Ware from PNND (Parliamentarians for Nuclear Non-proliferation and Disarmament) and cycled in the Rotorua-Tauranga areas where they met with mayors of each town. They met with students and peace organizations and attended a public meeting in downtown Auckland.

In Hawaii and Honolulu, BfP visited various churches to talk about their work.

Then, they went to Washington, D.C., meeting Ashley Baker, advisor to New Mexico congressional Democrats representative Deb Haaland. BfP cycled

from Georgia, Washington, D.C. to the residence of George Washington in Virginia.

In Washington, D.C. they met representatives from the Green party and held talks in a church where a jazz concert was performed. The program in Washington, D.C. was organized by Sonja Kotlica, who in 2016 rode along with BfP from Moscow to St. Petersburg.

In New York, they were received by the President of the United Nations and discussed eight important issues:

- 1. INF Treaty on Nuclear Weapons.
- 2. New start treaty.
- 3. Nuclear weapons risk reduction.
- 4. Achieve a world free of nuclear weapons.
- 5. Encourage cycling, a mode of transport without pollution.
- 6. Encourage to move away from plastic production.
- 7. Inclusion of the disabled.
- 8. Democratic reform of the United Nations.

President of the United Nations Kwabena Osei-Dansqueh was very happy about Bike for Peace's work over the past 40 years and to hear them speak. He thought it should be important for Bike for Peace to convey this message to schools and the society in general. BfP must not only work for disarmament, but for a total ban of the production and use of nuclear weapons. That is also what the United Nations is currently working for.

Osei-Dansqueh was very keen about our slogan to ban the dumping of plastic in rivers, lakes and oceans. The United Nations gave good feedback to how Norway fund this work.

A major conference concerning plastic pollution was held in Antigua, Caribbean, on June 1st, 2019. The United Nations is happy that "Bike for Peace" is continuing its projects all over the world.

Around the world in 40 days participants:

- Åse Simonsen, Bergen
- Tordis Landvik, Arendal
- Kåre Jonasmo, Tønsberg
- Wenche Kleppe Ravndal, Kleppe

- Ståle Ravndal, Kleppe
- Jostein Jåthun, Stavanger
- Velaug Håland Jåthun, Stavanger
- Else Sauge Torpe, Stavanger
- Siggeir Torpe, Stavanger
- Tore Naerland, Bryne

The next trip was to Belfast in May 2019, this time not for cycling, but for a marathon. There they run for peace and also hold peace meetings together with 1976 Nobel Peace Prize Winner Mairead Corrigan from Northern Ireland. After Northern Ireland, the tour went to Bosnia, July 7-14, 2019.

- Tore Naerland



The whole group on the Great Wall of China



Tordis Landvik meets a nice Chinese man on her way from the Great Wall to downtown Beijing.



Åse Simonsen, Stephanie Anne Chadwick (Mayor of Rotorua, New Zealand), Tore Naerland and Alyn Ware.

Bosnia and Herzegovina, 2019

"Bike for Peace" from Norway in collaboration with "Mayors for Peace" arranged the trip to Bosnia-Herzegovina, July 7-14, 2019. The tour guide was the enthusiastic, Bosnia-Herzegovina born and Kvinesdal raised *Ahmed Lindov*.

Ahmed Lindov is a municipal council representative in Kvinesdal and possesses a unique knowledge of Bosnia and Herzegovina. It wouldn't surprise me if he joins the government sometime in the future, either in Norway or in Bosnia and

Herzegovina. Lindov has great people skills and also with small talk, not just regarding politics. In addition, he is a good listener.



Mayor Abdulah Skaka in Sarajevo with Ahmed Lindov.

This is the article of August 8, 2019, where *Agder Tidene* newspaper writes about Svein Arne Gjerstad, Ahmed Lindov and Sigbjørn Risnes. (We have been given permission to quote the article)

Cycled through recent history

Since Svein Arne Jerstad became mayor of Kvinesdal municipality, it has been a member of "Mayors for Peace". There are almost eight thousand member municipalities from all over the world in this organization. Large and small groups cycle around the world to promote peace and understanding between nations, via the organizations "Mayors for Peace" and "Bike for Peace".

When Jerstad this year wanted to represent Kvinesdal's mayor with a group to cycle in Bosnia-Herzegovina, mayor Per Sverre Kvinlaug was positive from the get-go. With him on the trip, he got Ahmed Lindov, who is from Bosnia and Herzegovina and former dentist Sigbjørn Risnes. Jerstad says that Lindov had done a thorough investigation into the preparations ahead of the trip. He had obtained agreements to meet with mayors and other high-ranking politicians in the cities they were to visit.

- In Bosnia and Herzegovina, it is unfortunately the case that most politicians are almost nobility. There is big differences between them and the rest of the population, Lindov tells while he, Jerstad and Risnes sit looking at pictures and reminiscing about the trip.. Jerstad wanted to visit Bosnia because Lindov has a good knowledge of the country and its history. He also has good contacts there.
- I am impressed by Lindov's knowledge and commitment to the country. That's why the trip was particularly interesting and educational, says Jerstad. Lindov and Jerstad drove, while Risnes flew to Sarajevo to meet the rest of the Norwegian group of eight.
- It was an experience of a lifetime, Risnes chimes in. Risnes is an 81 years old retired dentist and keen exerciser. He is probably fitter than most of us and was the fittest in the group.
- It was almost dramatic when Sigbjørn got lost on his bike, says Lindov and laughs a lot. Jerstad and Risnes had stopped at a petrol station for provisions, after which, for incomprehensible reasons, they cycled separate ways. Risnes went the wrong way.
- The police were contacted after we saw the surveillance video and were told that Sigbjørn was missing, continues Lindov. Fortunately, it ended well.

- In Sarajevo, the group was received by the mayor, which all three consider a great honour. They were presented with the gift of a medallion normally reserved for only the most prominent.
- I don't have it here. Mum has taken it and it will probably be a long time before I see it again. I suspect she has put it under her pillow, jokes Lindov.

To meet the minister of transport in person was no less of an honour. He had introduced the group as "serious" politicians from Norway. Jerstad spoke fluent Bosnian on national television when he was interviewed by the network. It was as much a surprise to him as to the others, since Bosnian TV usually will dub foreigners.

Horrible story.

The terrible genocide in Srebrenica in 1995 is commemorated every July 11th. The worst genocide in European history since World War II where 8000 Bosnian Muslims were murdered. A day of remembrance that has left a mark on every participant for the rest of their lives.

- Some places, they still dig up body parts. No funeral will be held until at least a third of the body has been found, said Lindov. On July 11th every year, 100,000 people gather in Srebrenica to remember this horrific event.
- It made a strong impression on all of us. Remember, it's not that long ago and only a day's drive from where we live in peaceful Norway, says Jerstad.

Lindov, Jerstad and Risnes could certainly have written a whole book about the journey. Lindov has made a booklet for the municipal council.

- I really hope the municipality will continue its participation in the project and not drop it. Perhaps we in Kvinesdal can contribute for Bosnia in a special way. We sometimes need to look beyond Kvinesdal, said Jerstad.

Faith in the future.

Although the trip was in many ways an educational journey for Norwegian politicians, where they got an insight into some of Europe's darkest history; Lindov and the other two point out that they also saw a lot of positive things that gave them faith for the future. It is quite possible that they will also manage to bring a soccer team to Norway Cup next year. They had a lot of fun and can't help but laugh at several episodes that have stuck in their memory.

The initiator of the organisation, Tore Naerland, uses the bicycle as a platform for peace. Although he can barely see, he has cycled around the world in the service of peace.

- Someone pulled me aside and asked what kind of people we were, going on a bike ride with an 80-year-old and a practically blind man, said Lindov.

Advisor to the Vice President.

Jerstad hopes that "Bike for Peace" can be seen as one of the drops (of peace) that eventually fill a whole bucket, which in turn can be of great importance for peace and understanding between people and nations.

- Bosnia and Herzegovina still has a long way to go, but they are on their way, said Lindov.

Ahmed Lindov is very committed to the country he and his family had to flee from. The Serbian Republic vice president even uses Lindov as an advisor. The group also had a cinematographer with them, with plans to make a film about Bosnia and Herzegovina for educational purposes.

- I dream of the "White buses" making trips to Bosnia. This history is just as important to convey, much closer in time and just as horrific, albeit on a smaller scale than World War II, Lindov concludes.

- Agder Tidene newspaper.

International peace conference and lecture at Greenwich University, London, 2019

"Bike for Peace Norway" has been a member of the International Peace Bureau for many years. In 2016, "Bike for Peace" and Tore Naerland were elected to the board of the International Peace Bureau in Berlin where one attends meetings and conferences. -"I have participated whenever I had the opportunity, including at the 2018 conference on Cyprus", said Tore.

In regards to London 2019, I was excited about whether I was re-elected on behalf of "Bike for Peace". The then secretary of "Bike for Peace" had proposed me, but at the election I was not on the list. They said it was too late even though there was a bench proposal for me at the congress, but said they would want to have a Scandinavian representative on the board, as they did not have one yet.

I tried explaining that Norway is part of Scandinavia, but to no avail. Hopefully, I can be elected in 2022. It is important for "Bike for Peace" to be part of the International Peace Bureau. As a member, we work internationally with our campaigns.

Wikipedia's entry about the International Peace Bureau:

The International Peace Bureau (IPB) was founded in 1891 in Bern and is one of the world's oldest peace organisations. The international peace agency was established in connection with the third international peace congress, which was held in 1891 in Rome. It came about following a proposal from the Danish pacifist Fredrik Bajer in the Second International Peace Congress in 1890, and Bajer became the organization's first president. In 1907, Henri La Fontaine took over the seat.

The organization was awarded the Nobel Peace Prize in 1910 for acting "as a link between the peace societies". In 1913 Henri La Fontaine also became awarded the prize "For his work as the head of the International Peace Bureau". Since 2012, eleven other Nobel Peace Prize winners have been members of the International Peace Bureau.

Today, IPB/BIP has over 300 member organizations from more than 70 countries. The headquarters are located in Berlin. They also have offices in Geneva and Barcelona. Until 2017, the headquarters were in Geneva. Their main programs are the Global Campaign on Military Spending (GCOMS) and Disarmament for Development, which has a spotlight on nuclear and conventional weapons, as well as biological weapons, landmines and small arms.

PB/BIP has consultative status at the UN's Economic and Social Council (ECOSOC) and links status to the United Nation's Department for Global Communications.

The Global Campaign on Military Spending (GCOMS) is a permanent, global, all-encompassing campaign created in December 2014 by the IPB for dealing with the worldwide issue of excess military spending. The aim of the campaign is to pressure the world's governments to invest money in the sectors of health, education, employment and climate change rather than military issues. It also requires an annual minimum allocation of 10% from the military budgets of all states. In the end, it is in favor of the reduction of weapons production and international weapons trade.

The campaign organizes the Global Day of Action on Military Spending (GDAMS) to bring public, media and political attention to the cost of military

expenditure and the need to invest in new ones priorities. GDAMS actions in Halifax, Canada.

GCOMS is managed from the decentralized Barcelona, Spain office of the IPB in coordination with the Center Delàs of Peace Studies. More than 100 organizations from 35 countries have signed on to the campaign.

The Seán MacBride Peace Prize was established in 1992 and is awarded by the international peace agency to people or organizations that "have done outstanding work for peace, disarmament and/or human rights." It was named in honor of Seán MacBride, winner of the Nobel Peace Prize, who was chairman of IPB from 1968–74 and president from 1974-1985.

- Source: Wikipedia

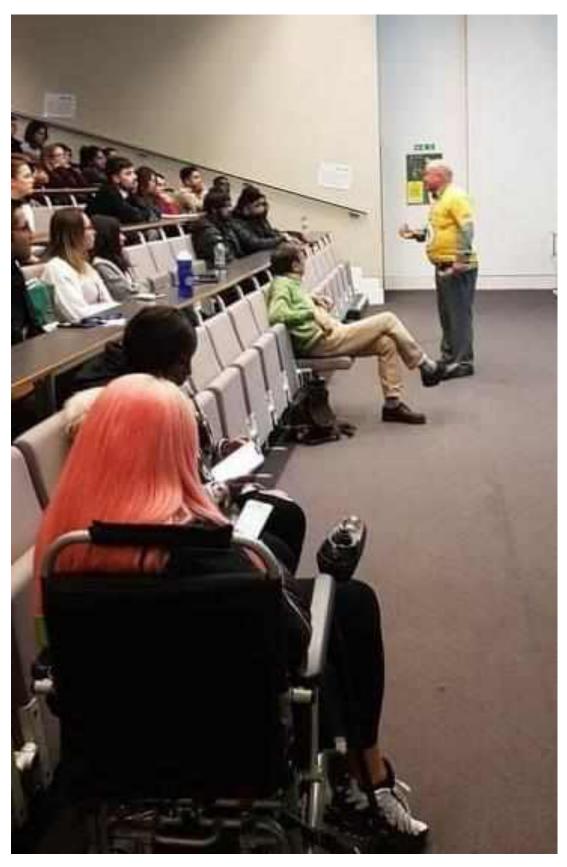
There were many good lectures during the congress, including from Sean Morris, representing "Mayors for Peace" in Great Britain. I also met a lot of other good people from London to Rome at the conference.

My greatest experience was giving a lecture at Greenwich University to 150 students of political science, law and other subjects. In it, I also showed a video "Bike for Peace" and "Mayors for Peace" made in 2015 titled *Bike away the Nuclear Bomb*.

I spoke about the work of "Bike for Peace" both nationally and internationally. The students were between 18 and 23, from all over the world and I received 20 questions from students from Russia, Pakistan, India, USA, Mexico, the Middle East and Africa.

"Bike for Peace" has had several thousand lectures at universities and high schools all over the world. It was very inspiring to meet students from different countries. Although the management of IPB didn't want me on the board, at least the young people at Greenwich University wanted to join "Bike for Peace" around the world.

- Tore Naerland.



Tore Naerland speaks at Greenwich University in London.

Peace Ride in Norway

Akershus and Oslo, 2020

Welcome to a cycle tour in Akershus and Oslo for peace, disarmament and the fight against nuclear weapons.

PROGRAM:

Day 1, Wednesday August 5th:

Arrival in Lillestrøm, Thon Hotell

Day 2, Thursday August 6th:

The cycle tour started at 9 AM from the Thon Hotel in downtown Lillestrøm. We cycled to Lillestrøm church, where there was a large reception committee led by the former mayor of Skedsmo, Ole Johan Flæten. We had a meeting, where former bishop of Nordland Tor B. Jørgensen spoke about what happened in Hiroshima on August 6th, 75 years ago. He had previously worked for the church in Japan and had visited Hiroshima many times. He had attended peace conferences there, including in collaboration with Ole Kopreitan in "No to nuclear weapons".

Tor B. Jørgensen spoke about the fact that nuclear weapons must never be used again and that we must get an international law banning their use. Talgat Zhumagulov from the Kazakhstan embassy talked about what had happened in Kazakhstan with the test explosions in Semipalatinsk from 1949 to 1991.

Tore Naerland gave a speech on behalf of "Bike for Peace", where he among other things spoke about his meeting with Kameno Fujiwara, a victim of the first atomic bomb on August 6th, 1945. She had urged "Bike for Peace" both in meetings and in letters how we had to work for disarmament and a world without nuclear weapons. We have done so ever since.

The Peace Tree in Lillestrøm was planted 5 years ago on the initiative of then vice-president of "Mayors for Peace", Thore Vestby.

After a great commemoration outside Lillestrøm church, the cycle trip went to Lillestrøm Town Hall, where we were met by mayor Jørgen Vik. He warmly welcomed us and was happy that we started from Lillestrøm on our four-day campaign of Akershus and Oslo.

Appeals were given by the active peace campaigner from Bergen, Åse Simonsen, parliamentary representative from Akershus, Himanshu Gulati, president of "Bike for Peace" Tore Naerland, and Talgat Zhumagulov from the Kazakhstan Embassy in Norway.

Talgat Zhumagulov`s appeal, held on August 6th in Lillestrøm:

I think "Bike for Peace" is a very important movement against a nuclear threat. Thanks to Tore Naerland and Frank Tomlinson!

Biking for Peace is not an endurance race. It is a walk of wisdom, good will, and an open mind. You leave a town, with the support and blessings of the people of that place. Slowly move to another city, enjoy the beauty of the road. Then you arrive in another town, meet the people there, get their endorsement, elaborate your ideas further, get new inspiration. It is like meditation, but more active and with pedals.

I represent Kazakhstan. My parents were born near the nuclear test site in Semipalatinsk. Semipalatinsk was the world's largest nuclear test site. The Soviet Union tested four hundred and fifty-six atomic bombs there. Almost one and a half million people suffered from the consequences of nuclear tests. A large area in Kazakhstan, about the size of Germany, was exposed to radioactive contamination.

When Kazakhstan became independent in 1991, it inherited a large nuclear weapons potential. The world's fourth largest nuclear weapons potential. Kazakhstan's first President Nursultan Nazarbayev did two important things for people and worldwide. He closed the test site and got rid of the nuclear the potential. Voluntary!

Today we have with us the Norwegian version of the book "Epicenter of Peace". This book gives a picture of the history of Kazakhstan as it relates test explosion and removal of nuclear weapons from the country. The urgency of nuclear disarmament is apparent for Kazakhstan. A great medieval philosopher and scientist used to teach that science without morality bring evil. A nuclear weapon is a perverse science with no virtue at all. People must think about this before it is too late.

A group met up to cycle with us to Oslo. The cycling guide that day was Knut Erling Wedul, who previously has cycled from the North Cape to Cape Town in 2010 to participate in the World Cup in football. Including Storting representative Himanshu Gulati, we were sixteen in the cycling group from Lillestrøm to Oslo.

It was difficult to keep the group together in the traffic towards Oslo. On this day I had the pleasure of riding tandem with Frank Tomlinson, my cycling partner in many countries around the world. He does a good job as vice-president of "Bike for Peace". Before joining us, he had cycled from Oslo to Jordan, through Europe and through parts of the Middle East. Frank has also cycled in India, Morocco and other countries.

In a such a large group it is not always easy to keep your distance.

There is a lot of beautiful nature to see all around, and because of the Corona virus, we must keep a distance of 1 meter. Tordis Landvik cycled straight into Azat Matenov, the representative from the Kazakh Embassy. Tordis suffered an injury which she has had for quite some time, but she is a tough lady who can withstand a lot. Talgat Zhumagulov also kept up the speed on the bike. Unfortunately he fell off the bike and hurt himself, causing him to do the August 8 leg of the tour as a passenger in the service car.

Chotika Kruawan, from Bangkok and Bryne, was our photographer. She fell as she was riding in a tram track, resulting in a small injury. She then urged the mayor of Oslo to build better cycle paths into the city centre.

We were well received by the mayor of Oslo, Marianne Borgen, who held an inspiring speech and gave her full support in our fight for the disarmament of nuclear weapons worldwide. Oslo is one of the more active cities of "Mayors for Peace", and Mariann Borgen often gives presentations at various events conferences about this topic. On Hiroshima Day, August 6, Mayor Marianne Borgen held an excellent speech. Among other things, she said the world must disarm, and how we must create an international law to prohibit the use of nuclear weapons.



Mayor of Oslo, Marianne Borgen outside Oslo City Hall with Talgat Zhumagulov from the Kazakhstan Embassy, August 6th.

Tuva Krogh Widskjold made a speech on behalf of the organisation "International Campaign to Abolish Nuclear weapons" (ICAN).

She talked about getting an international law banning the use of nuclear weapons. The organization ICAN received the Nobel Peace Prize in 2017 for its work against nuclear weapons.

Tuva Krogh Widskjold said:

Dear everyone in "Bike for Peace",

Thank you very much for your continued efforts in the fight against nuclear weapons. Thank you for all the municipalities you have visited, all the mayors you have visited and all the miles you have ridden. Your voice is important.

"Bike for Peace" reaches new people and challenges local politicians and others on how they and we contribute to abolishing the world's worst weapons of mass destruction.

Some of the world's most powerful people dispute their right to have these weapons. We can win the battle against nuclear weapons before it is too late, but then we have to stand up together. Then the grassroots must stand up and demand change! That you spread the message, is a very important contribution to just that.

Thank you very much for joining the team.

Dear Mayor Marianne Borgen,

Thank you very much for your strong voice in the work for a world free of nuclear weapons and for Norway to support the United Nations nuclear weapons ban. It helps and is noticed!

I am proud to live in a city with a mayor who dares to stand up to the nuclear weapon states. A mayor who does not accept that any head of state sits with the possibility of wiping out the world as we know it. A mayor who takes mine, yours and our common security seriously.

Nuclear weapons are not about a theoretical game or about consequences on one abstract place. It is about terrible humanitarian suffering and environmental destruction in places where people live.

Thank you very much Mayor Marianne Borgen for standing with those who survived the atomic bombings of Hiroshima and Nagasaki, and demand that no one else should have to experience what they experienced. We must stigmatize, ban and abolish nuclear weapons.

Never again Hiroshima! Never again Nagasaki!

We also had input from Talgat Zhumagulov (Embassy of Kazakhstan), Ilyas Somaro, Åse Simonsen, Thomas Eriksen from Ringsaker municipality, and Tore Naerland talked about that fourteen thousand nuclear weapons must be destroyed on mother earth.

From Oslo City Hall, we went to the Storting, where Himanshu Gulati received us and gave a speech. He had nominated "Bike for Peace" for the Nobel Peace Prize in 2020. "Bike for Peace" thought the nomination by a representative of the Storting for the Nobel Peace Prize was a great honour.

Tore Naerland and Himanshu Gulati said that they had plans to fly to Pakistan and cycling from Pakistan to India. It is important to build trust between Pakistan and India, as there have been a number of conflicts between these countries since 1948.

Then we cycled on to the Ministry of Foreign Affairs, where Jørn Osmundsen, the advisor for disarmament at the Ministry greeted us. After the meeting in the Ministry of Foreign Affairs, we cycled to a cafe near the central railway station in Oslo for lunch. Afterwards, we cycled back to Lillestrøm. By the way, Tore Naerland had a video interview with Indian TV, there he told about what "Bike for Peace" had done that day.

- Tore Naerland



The group outside the Storting, August 6th. Meeting with Himanshu Gulati (parliamentary representative from the Progress Party).

Peace Ride in South Rogaland, 2020

Peace ride between «Bike for Peace" and the Israeli ambassador, Stavanger-Tananger-Sola, November 6th, 2020.

«Bike for Peace Norway" invited the ambassador of Israel, Alon Roth-Snir, to cycle with us from Hotel Atlantic in Stavanger to Tananger in Sola municipality. In Tananger we were met by the mayor of Sola, Tom Henning Sletthei, who welcomed us outside his residence in Tananger and gave us a short insight into the workings of Sola municipality.

The leader of "Bike for Peace" Tore Naerland, gave a speech about *Bike for Peace's* activities. After the meeting in Sola, the group cycled on to Tananger and visited Professor Ove Tobias Gudmestad. There the ambassador, Alon Roth-Snir, had a conversation with Gudmestad about how to better utilize offshore gas fields.

"Bike for Peace" had the pleasure of riding with the fit Israelian ambassador Roth-Snir, who is fond of cycling. Roth-Snir told that previously this summer he had cycled on Rallarveien.

The day before the bike race, "Bike for Peace" organized a meeting with mayor Andreas Vollsund in Time municipality. After the meeting with the mayor, the ambassador had a dialogue meeting with author and priest Jens Olav Mæland.

Ambassador Alon Roth-Snir and Jens Olav Mæland had different views on several things. The ambassador is very interested in building good relations with Norway and he encouraged "Bike for Peace" to have more cycling tours in the Middle East.

"Bike for Peace" is very concerned about how to build better relationships between the Jews and the Palestinians. Previously, "Bike for Peace" has cycled in Iran, Turkey, Egypt and Tunisia.

"Bike for Peace" cycled from Hotel Atlantic, Eiganesveien, on to Madla to the Three Swords Monument in Hafrsfjord. This is where the battle of Hafrsfjord took place in 872 AD, when Harald Fairhair united Norway into one kingdom, and became the first King of Norway. These swords symbolize peace - and that swords will never be used again.

This is in line with *Bike for Peace's* philosophy and how we work for peace and disarmament. Currently, far too much money is spent on weapons and armaments.

"Bike for Peace" uses the bicycle as a lectern. Cycling from Stavanger to Tananger created a great opportunity for having a productive conversation with the Israeli ambassador at the same time.

Our bicycle guide from Stavanger to Sola was Ståle Ravndal from Klepp, who has cycled in many countries. Israel fielded a good cycling team in the 2020 Tour De France, with Team Israel Start Up Nation.

"Bike for Peace" cycled in Israel and Palestine in 2011 and 2013. Israel is a fantastic country for cycling considering its grand history, both religious and political. We have had good dialogues with different groups. "Bike for Peace" hopes to get involved in several good projects to build trust between Jews and Palestinians in the future.

- Tore Naerland



Ambassador Alon Roth-Snir meets Professor Ove Tobias Gudmestad and his wife Ruth Oddrun Gudmestad in Tananger, Sola on November 6th. The group was served coffee and cakes.



"Bike for Peace" had a pause with a little information meeting at «Sverd i Fjell» (Swords in Stone) at Hafrsfjord, Stavanger, November 6th, 2020.



Tore Naerland and Israel's ambassador Alon Roth-Snir.

Nominated for the Nobel Peace Prize, 2021



Fabian Hamilton MP House of Commons London SWIA 0AA

Telephone 020 7219 3493 Constituency 0113 249 6600 Email fabian.hamilton.mp@parliament.uk

4th February 2021

To Whom it May Concern

Nomination for the Nobel Peace Prize 2021

I would like to nominate Tore Naerland, of Bryne, Norway and Bike for Peace, Norway for the Nobel Peace Prize 2021.

Tore Naerland was born in Nærbø in Rogaland county, on April 28th, 1954. In July 1969, when he was just 15 years old, he lost 95% of his eyesight.

In his youth, Tore Naerland was inspired to work for peace by Mahatma Gandhi, Martin Luther King Junior and Kameno Fujiwara, from Hiroshima. Kameno was disabled owing to the nuclear bomb.

Bike for Peace works in the spirit of the non-violence methods of Mahatma Gandhi.

The organisation was established by Tore Naerland in 1977. In 1978, the first peace ride was organised with participants from the Catholic and Protestant communities in Belfast, Northern Ireland.

Bike for Peace led by Tore Naerland has organised campaigns for peace and democracy and nuclear disarmament in more than 110 countries. One of its major campaigns - the first international peace ride between the Soviet Union and the United States in 1983 - was initiated by Bike for Peace, Norway. There were 32 participants from the Soviet Union, Finland, Sweden, Norway and the USA. These peace rides took place from July 6th to August 9th, 1983.

Thousands of lectures have been given at high schools, universities and at public meetings around the world. Bike for Peace has arranged many peace conferences and uses the bicycle as a lectern.

The two slogans of Bike for Peace are:

- · No to nuclear weapons in East, West, North and South; and
- · Yes to peace and disarmament.

When Bike for Peace began its work, there were 80,000 nuclear weapons in the world. Now that number has been reduced to 14,000. Bike for Peace has helped to reduce the number of nuclear warheads.

Tore Naerland is passionate about peace. He is an enthusiastic and dedicated man and for over 40 years he has stood up for a world without violence and free from nuclear weapons. In 2019, the organisation held a peace ride around the world in 40 days for a world without nuclear weapons. In February 2020, it organised bike tours in Kenya and Ethiopia.

www.leedsne.co.uk

A number of books have been written by Tore Naerland. Amongst them are: "Peace, Disarmament and a World Without Nuclear Weapons, Bike for Peace and Mayors for Peace 2019 and 2020"; "Pedal on for World Peace" which was published in 2018 and "Before the Iron Curtain crumbled" written in 1991.

Bike for Peace will continue the work for peace and disarmament and a world without nuclear weapons.

I hope that you will be able to give my nomination serious consideration.

Yours faithfully,

Fabian Hamilton

Labour Member of Parliament for Leeds North East Shadow Minister for Peace and Disarmament

Julian Kamilton

Biking in Geneva, Switzerland, 2021

PRESS RELEASE (facsimile translated from Norwegian)

Tore Naerland / "Bike for Peace" inspired the UN in Geneva.

"Bike for Peace" Norway had a bike tour and meetings in Geneva, August 28th to September 1st 2021.

The Kazakhstan Embassy in Geneva organized a peace conference in the UN building, August 31st 2021.

Permanent representative of Kazakhstan, Zhanar Aitzhanova opened the meeting. Then Tatiana Valovaya, the director of the UN office in Geneva, spoke. She was happy that Kazakhstan had stepped forward in the fight against the test explosion of nuclear weapons 30 years ago.

Tore Naerland, leader of "Bike for Peace", said that there were 80,000 nuclear weapons in the 1980s and today this number is reduced to 13,000. "Bike for Peace Norway" organized the first peace ride with participants from both the Soviet Union and the United States in 1983.

Tore Naerland also spoke about the fact that the 13,000 nuclear weapons the nine nuclear powers still have, *must* be removed by 2030. To achieve this, interpersonal contact must be built between the various nuclear states.

"Bike for Peace" had a meeting with Aud-Frances McKernan, deputy representative of the US delegation to the Conference on Disarmament in Geneva, on August 30th, 2021. "Bike for Peace" presented her with the signatures Alyn Ware had collected at the meeting between President Joe Biden and Vladimir Putin in Geneva June 16th 2021.

Alyn Ware is secretary of PNND and he rode with "Bike for Peace" in Geneva, August 28 to September 1, 2021.

Tore Naerland, president of «Bike for Peace" told Aud-Frances McKernan that "Bike for Peace" is planning a peace ride from Moscow to Oslo, flying to New York and Washington, DC in 2023. Tore Naerland asked for her help to set up a meeting with representatives from Joe Biden's cabinet.

"Bike for Peace" also had a meeting with Andrey Belousov at the Russian Embassy. He will also try to help get meetings in Moscow for «Bike for Peace" in 2023.

"Bike for Peace" will ride under the slogan "Peace, disarmament and a world without nuclear weapons".

Speech at the UN, August 31st, 2021

Dear friend, dear Tatiana Valovaya, Director of the UN office in Geneva, and dear ambassadors and dear honoured guests.

My name is Tore Naerland and I am the president of "Bike for Peace", a humanitarian peace-organization in Norway. "Bike for Peace" work for peace, disarmament and for a world without nuclear weapons.

We have had peace campaigns and rallies on bike since 1978, and we have had meetings with Mayors, Parliamentarians, members of governments, leaders of religious communities, Presidents and former General-Secretaries of the UN.

"Bike for Peace" is a grass root organization and we have had peace campaigns in over 114 countries. "Bike for Peace" have met victims of the atomic bombs dropped over Hiroshima and Nagasaki, and victims of the Nuclear Testing Sites in Semipalatinsk, Kazakhstan, and the Marshall Islands. The people who were injured by the atomic bombings have also participated with "Bike for Peace" on our peace rides.

It is horrible to see how many people have suffered because of atomic bombings. We refer to Kazakhstan, which closed the country's nuclear test area in Semipalatinsk 30 years ago. Kazakhstan have also worked for an international law to ban Nuclear Testing.

Thank you very much to the former President of Kazakhstan, Nursultan Nazarbajev, who decided to terminate all of the 1500 nuclear weapons that existed in Kazakhstan after they gained independence from the Soviet Union. Kazakhstan is an example for the other Nuclear States to do the same.

The 16th of June, President Vladimir Putin and President Joe Biden agreed here in Geneva, that nuclear weapons cannot be used in a conflict. This has been the message from "Bike for Peace", and as former Vice-President of "Mayors for Peace" Thore Vestby said, as we biked from Washington, D.C. to New York, "Nuclear weapons can simply not be used!".

When "Bike for Peace" started campaigning for peace, disarmament and a world without nuclear weapons in the 1980s, there were 80 000 nuclear weapons in the world. Our first international peace ride was between Soviet Union and the USA, in 1983, during the Cold War. There were 40 people in the core group,

twenty from the East, and twenty from the West. There are still 13 000 nuclear weapons in the world, but we will continue our work until there are none.

This week, we have been biking in Switzerland. I believe that Geneva is a mecca for all those who work for peace, disarmament and a world without nuclear weapons.

"Bike for Peace" appeal to the nine nuclear countries, to sign an agreement that nuclear weapons must never be used in a conflict/war and that they will work to remove the 13,000 nuclear weapons that still exist today.

Thank you for your attention and I wish you all the best in the work for peace, disarmament and a world without nuclear weapons. Our goal must be "never again nuclear tests".



Geneva, August 31st, 2021. Alyn Ware, Åse Simonsen, Ole Folkvord, Thore Vestby, Heidi Reisvold, Jan Eskeland, Tore Naerland

Peace ride in Middle England, 2022

Leeds to Bradford, August 27th - September 1st

(Press release written by Richard Outram, Bike for Peace secretary in UK & Ireland.)

NFLA / Mayors for Peace media release, 2 September 2022,

Tore and Tim ride a tandem: Bike for Peace rides in to see Mayor of Rochdale

The Mayor of Rochdale, Councillor Ali Ahmed, was able to meet with some special international guests yesterday (1 September), riders from Bike for Peace, a campaign organisation that has been cycling to promote peace since 1978.

Bike for Peace is a non-governmental organization in Norway that works for a world without nuclear weapons, for peace and disarmament, to improve the lives of disabled people and for measures to combat climate change (http://www.bikeforpeace.no/).

The riders, mostly from Norway, were led by Tore Naerland, President of Bike for Peace, who is almost totally blind but is a keen cyclist and has organised similar tours all over the world. Tore was joined on a tandem by Leeds resident Tim Devereux and there were two further women riders in the main party from Norway. Other British cyclists have been joining them on the various stages of their journey, including Leeds Labour MP and Shadow Minister for Peace and Disarmament Fabian Hamilton on the first leg.

Since Sunday 28 August, they have been cycling across the North of England, starting with a send-off from the Friends' Quaker Meeting House in Leeds and meeting Mayors enroute in Skipton, Carnforth, and Preston, before last night's stopover in Rochdale and yesterday morning's meeting at the offices of Rochdale Council in Riverside.

Also present at Riverside were Mayor's Consort, and former Mayor, Sultan Ali; Rae Street and other members of Rochdale and Littleborough Peace Group; Maria Ellis from Peace Talks Oldham, and Richard Outram, Secretary of the UK/Ireland Nuclear Free Local Authorities and UK/Ireland Mayors for Peace Chapter.

Commenting, Richard Outram said:

"I was delighted to be able to attend yesterday's event representing the Nuclear Free Local Authorities and Mayors for Peace. Rochdale is a Mayors for Peace member authority in our UK and Ireland Chapter. And, as Rochdale is the birthplace of Co-operation, what better place is there to meet with international partners to share our vision that only if humankind works collaboratively, rather than in conflict, can we achieve for everyone a future based on peace and prosperity, and also successfully address the common threats that we all face, such as pandemics, poverty and the climate emergency?"

After the meeting, the intrepid cyclists set off for Bradford, home of the Peace Museum and the internationally renowned Bradford University Peace Studies Department, for a final meeting and civic reception with Councillor Martin Love, Lord Mayor of Bradford at Bradford City Hall later that day.



August 27^{th,} 2022: Tore Naerland, Colin Archer, Tim Devereux, Lord Mayor of Leeds Bob Gettings, Lady Mayoress Councillor Lesley Gettings, Åse Simonsen, Tordis Landsvik and David Dowden.



Member of Parliament Fabian Hamilton, Tore Naerland and Tim Devereux.

Biking out of Leeds, August 28th 2022



September 1st, 2022; Bike for Peace meeting with the Mayor of Rochdale, Councillor Ali Ahmed and the peace organisation in Rochdale.

Peace by peaceful means

International Summit for Peace in Ukraine

Vienna, Austria – June 10-11, 2023

"Bike for Peace" took part with its leader Tore Naerland at the International Summit for Peace.

At the conference were participants from all over the world, including representatives from NGOs in Ukraine and Russia.



Tore Naerland with Oleg Bodrov (Public Council of the Southern Coast of the Gulf of Finland, Russia). He was one of the speakers at the peace conference in Vienna. He has been organizing cycling trips from St. Petersburg to Helsinki for many years.

(Facsimile from the International Summit declaration:)



Peace by peaceful means. Ceasefire and negotiations now!

We, the organizers of the International Summit for Peace in Ukraine, call on leaders in all countries to act in support of an immediate ceasefire and negotiations to end the war in Ukraine.

We are a broad and politically diverse coalition that represents peace movements and civil society, including people of faith in many countries. We are firmly united in our belief that war is a crime against humanity and there is no military solution to the current crisis.

We are deeply alarmed and saddened by the war. Hundreds of thousands have been killed and wounded and millions have been displaced and traumatized. Cities and villages across Ukraine and the natural environment have been shattered.

Far greater death and suffering may yet ensue if the conflict escalates to the use of nuclear weapons, a risk that is higher today than at any point since the Cuban missile crisis.

We condemn Russia's illegal invasion of Ukraine. The institutions established to ensure peace and security in Europe fell short, and the failure of diplomacy led to war. Now, diplomacy is urgently needed to end the war before it destroys Ukraine and endangers humanity.

The path to peace must be based on the principles of common security, respect for international human rights and self-determination of all communities.

We support all negotiations that stand for the logic of peace instead of the illogic of war.

We affirm our support for Ukrainian civil society who are defending their rights. We commit ourselves to strengthening the dialogue with those in Russia

and Belarus who are putting their lives at risk opposing war and protecting democracy.

We call on civil society in all countries to join us in a week of global mobilization (Saturday September 30 – Sunday October 8, 2023) for an immediate ceasefire and peace negotiations to end this war.

Vienna, June 11 2023

"We must all do our share, that we may be equal to the task of peace." - Albert Einstein



Tore with retired Colonel Mary Ann Wright, one of the speakers at the IPB Summit in Vienna



Speakers at the conference: Sophie Selby from London, Silvia Schwarz from Germany and Ernest Gibson Kpordotsi, the leader of International Peace Bureau Africa. (Picture from the Peace Conference in Brussels)

The 2023 Seán MacBride Peace Prize

(Excerpts from **ipb.org** about the awardees)

The winners of the 2023 Seán MacBride Peace Prize are champions of the right to conscientious objection, represented by a joint prize for three remarkable movements, and an individual peace advocate. At the heart of this esteemed award are three remarkable movements that have not only made significant strides in advocating for the right to conscientious objection but have also symbolized the enduring spirit of peace in the face of adversity. These awardees include "Our House" from Belarus, the "Movement of Conscientious Objectors" from Russia, the "Ukrainian Pacifist Movement" from Ukraine, and Tore Nærland, a passionate advocate for peace through his initiative, "Bike for Peace."



The winners of the 2023 Seán MacBride Peace Prize are champions of the right to conscientious objection, represented by a joint prize for three remarkable movements, and an individual peace advocate. At the heart of this esteemed award are three remarkable movements that have not only made significant strides in advocating for the right to conscientious objection but have also symbolized the enduring spirit of peace in the face of adversity. These awardees include "Our House" from Belarus, the "Movement of Conscientious Objectors" from Russia,

the "Ukrainian Pacifist Movement" from Ukraine, and Tore Nærland, a passionate advocate for peace through his initiative, "Bike for Peace."

Ukraine and Russia are entangled in a complex and protracted conflict that has left scars on the hearts and souls of countless individuals and communities. This conflict, marked by territorial disputes, political turmoil, and humanitarian crises, has exacted a heavy toll, with civilians often caught in the crossfire and subjected to unimaginable suffering. It is in this context that the 2023 Seán MacBride Peace Prize recognizes the exceptional efforts of those who have chosen the path of peace and conscientious objection.

The first award is a shared prize for Our House, the Movement of Conscientious Objectors in Russia, and the Ukrainian Pacifist Movement.

Our House (https://news.house/), a Belarusian civil society organization registered in Vilnius since 2014, is dedicated to defending human rights, particularly focusing on vulnerable groups, such as women and children. They also support Belarusian and Ukrainian refugees in Lithuania and other EU countries. Founded two decades ago as a small initiative, Our House is now active in 15 Lithuanian cities. Their current campaigns, "NO means NO" and "Non-Children Play," aim to help Belarusian conscientious objectors, prevent children from being taken from their families for economic and political reasons, and respond to Belarusian army service issues.

In Russia, Movement of Conscientious Objectors (MCO) от Движение Сознательных Отказчиков, Russia (https://stoparmy.org/), a non-profit organization established in 2014, aids young individuals in legally avoiding conscription into the military. MCO offers guidance, resources, and collects conscription-related information. The right to conscientious objection to military service is a fundamental component of the freedom of thought, conscience, and religion, as enshrined in Article 18 of the International Covenant on Civil and Political Rights (ICCPR). This right remains inviolable even during public emergencies, as stipulated in Article 4(2) of the ICCPR. Conscientious objection actively contributes to peace, making the protection and promotion of this human right more vital during wartime.

Despite being labelled as Foreign Agents and facing increased threats, the Russian Movement of Conscientious Objectors unwaveringly supports those opposing war and military mobilization, especially individuals subjected to persecution, torture,

and imprisonment. Their commitment extends to all cases of forced and even violent recruitment into participating armies, as well as the persecution of conscientious objectors, deserters, and non-violent anti-war protesters.

The "Ukrainian Pacifist Movement" (http://pacifism.org.ua/) from Ukraine established in 2019 by activists involved in peaceful protests against conscription in Kyiv, is a non-governmental, non-profit, and nonpartisan organization. Its mission revolves around promoting the right to peace, disarmament, conscription abolition, nonviolent conflict resolution, and civilian oversight of military affairs. The organization primarily focuses on advocating for the legal right to conscientious objection in accordance with international human rights standards, supporting the right to refuse participation in war, ending the conflict in Ukraine, and striving for global peace. The Ukrainian Pacifist Movement is an active participant in various international networks, including the European Bureau for Conscientious Objection, World BEYOND War, War Resisters' International, International Peace Bureau, and the Eastern European Network for Citizenship Education.

The second award is for **Tore Nærland**, an individual advocate for peace through his initiative "Bike for Peace," embodies the transformative power of personal dedication to peace. Through his tireless efforts and determination, he has inspired countless individuals to embrace the idea that peace can be pursued actively, one pedal stroke at a time. His commitment to spreading a message of peace and understanding transcends national boundaries and resonates with people from all walks of life.

In honouring these remarkable recipients, the 2023 Seán MacBride Peace Prize acknowledges the enduring importance of the right to conscientious objection and individual efforts to promote peace in the times that peace is being challenged. Their collective work reminds us that peace is not merely the absence of war, but a deliberate and courageous choice that can shape a better future for us all.

About the Seán MacBride Peace Prize

Every year the IPB awards a special prize to a person or organisation that has done outstanding work for peace, disarmament and/or human rights. These were the principal concerns of Sean MacBride, the distinguished Irish statesman who was Chairman of IPB from 1968-74 and President from 1974-1985. MacBride began his career as a fighter against British colonial rule, studied law and rose to high office in the independent Irish Republic. He was a winner of the

Lenin Peace Prize, and also the Nobel Peace Prize (1974) – awarded for his wideranging work, which included roles such as co-founder of Amnesty International, Secretary-General of the International Commission of Jurists, and UN Commissioner for Namibia. While at IPB he launched the Bradford Proposals on World Disarmament, which laid the ground for the first UN Special Session on Disarmament, held in 1978.

He also launched the MacBride Appeal against Nuclear Weapons, which gathered the names of over 11,000 international lawyers from all parts of the world, many of them at the very highest level. This effort paved the way for the World Court Project on nuclear weapons, in which IPB played a major role. This resulted in the historic 1996 Advisory Opinion of the International Court of Justice on the Use and Threat of Nuclear Weapons. MacBride died in 1988, but the Prize was not established until 1992, IPB's centenary year.

The award is decided by the IPB Steering Committee. IPB members are welcome to make suggestions and provide background documentation on potential candidates.

Peace Campaign in Manchester and Sheffield, 2023

Press release by Richard Outram, Mayors for Peace:

Bike for Peace President Tore Naerland was delighted to meet the Lord Mayor of Manchester Cllr Jasmine Dar earlier today. Tore was accompanied to the meeting by Tordis Landvik and Ase Simonsen also from Bike for Peace and Richard Outram, UK/Ireland Mayors for Peace Chapter Secretary. Also present was the Lord Mayors Consort, Majid Dar.

The Lord Mayor was clearly passionate in her support for the promotion of Peace and keen to work on Peace initiatives with Bike for Peace in the future. She strongly believes that as we are all part of one human family, it is vitally important to build a peaceful society based upon mutual respect and a recognition that all have value as human beings.

Tore spoke especially with the Lord Mayor about the fragile political relationship that exists between Pakistan and India, and the Lord Mayor was keen to assist any efforts to secure Peace in the region, especially in the disputed state of Kashmir. The terrible conflict in Ukraine was also an issue of mutual concern,

with a recognition that ultimately the warring nations must come to a negotiated settlement to secure peace.

Tore updated the Lord Mayor on the efforts made by the Government of Kazakhstan to achieve nuclear disarmament and end nuclear weapon tests in that country. Tore presented the Lord Mayor with a book on that subject.



Yaan Yan from China studies for a doctorate in Spanish literature in Madrid. We met at the Luther King House in Manchester.



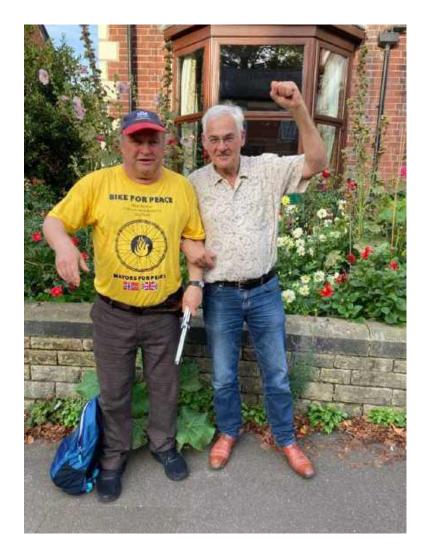
Richard Outram, Majid Dar, Tore Naerland, Lord Mayor Yasmine Dar, Tordis Landvik, Åse Simonsen

At the library in Manchester. We had a great talk with the Lord Mayor, and she is a supporter of Bike for Peace.



Tordis, Janet Paske and her partner Greg with Tore

Our great host family in Sheffield, Janet and Greg, did a marvelous job for us!



Tore with Martin Meyer, the former union leader for UK bus drivers. I stayed at his home.

Press release by Janet Paske:

Bike for Peace Visit with Sheffield Lord Mayor

On Friday 6th October Bike for Peace were hosted by Sheffield Lord Mayor Colin Ross and Lady Mayoress Sue Ross at Sheffield Town Hall. Bike for Peace founder Tore Naerland along with Tordis Landvik and Aase Simonsen were on a visit to Sheffield hosted by Sheffield Quakers.

Lord Mayor Colin Ross described Sheffield as a diverse city with a history of welcoming refugees and migrants from round the world, which, while not perfect, celebrates a noticeable community cohesion within this diverse population. He pointed out that Sheffield was the first city in the UK to declare itself a City of Sanctuary. He gave an account of Sheffield's traditional industries in cutlery and

steel making, with this still being represented by Sheffield firms such as Swann Morton who produce surgical instruments for use around the world.

He outlined the current move towards precision engineering with the University of Sheffield engineering department being world renowned for research and innovation, alongside the work of Sheffield Hallam University in technological skills development. He described Sheffield's history in seeking reconciliation in twinning arrangements with Bochum in Germany, which was initiated soon after the end of the Second World War.

Tore spoke inspiringly about the work of Bike for Peace, describing the ways the organisation has over the years brought together people in areas of conflict through cycling. He described in particular events such as a cycle ride in the late 1970s during the Troubles in Northern Ireland, when Catholics and Protestants were brought together in friendship on a tandem bicycle.

He also gave a moving account of meeting with 'Hibakusha', or survivors of nuclear bombs, in Hiroshima. He described the ways in which the organisation has had a focus on supporting Disabled people, particularly arising from war and conflict. As a man living with near total blindness, Tore was able to explain his personal understanding of the impact of living with this condition, while also recalling meeting with fellow blind man, Lord Blunkett, in the House of Lords.

He outlined the work of Bike for Peace in promoting the end of nuclear weapons, focusing particularly on Mayors for Peace as an international movement to encourage this. Tore, Aase and Tordis have, over the years, met with people and mayors all over the world, using cycling as a means of promoting friendship between those in conflict zones from Israel-Palestine, to Myanmar, to the contested region of Kashmir between India and Pakistan, in little visited countries such as North Korea, to Russia, Kenya and Kazakhstan.

Lord Mayor Colin Ross and Tore described friendship achieved through football with light-hearted reference to the popularity and success of Norwegian footballers such as Erling Haaland in the UK, with sport, like cycling, being a means of bringing peoples together in friendship.

Photos were taken of Tore, Tordis and Aase with Lord Mayor Colin Ross and Lady Mayoress Sue Ross, in the Lord Mayor's Parlour, with the regalia of office worn by the Lord and Lady Mayoress, matched by Tore's Medal for Peace, awarded by King Harald of Norway. Discussion then followed with Friends from Sheffield Quaker Meeting who were able to outline the importance Quakers have historically assigned to working for peace, alongside their experience of working for peace, through involvement with organisations such as SCRAP (Sheffield

Creative Action for Peace), through CRESST (Conflict Resolution Education in Sheffield Schools Training) and through involvement in working together with others to respond to the Climate and Ecological Emergency in ways that are inclusive and prioritize justice.

-Janet Paske

Peace Ride in Japan

From the north of Japan to Hiroshima, 2024

In 2024, we participated at the peace memorial event in Hiroshima. Mayors for Peace invited us there. It is an annual event, commemorating the victims and survivors of the First nuclear bomb used against civilians on August 6th, 1945.

Frank Tomlinson decided to use the opportunity to bike through Japan, from North to South as part of this event. This gave us an excellent chance to meet with the people of Japan and to learn more about its people, history and culture.

Wakkanai is the northernmost city of Japan, located on the island of Hokkaido. Wakkanai was originally home to the Indigenous Ainu who once lived in northern Japan and the Russian Far East. The name Wakkanai comes from the Ainu words wakka (drinking water) and nai (river).

Given its proximity to Russia, the road signs in Wakkanai are in both Japanese and Russian!

Frank stayed two nights at a private home, hosted by Kiki and Yoji. A great couple showing the wonderful Japanese hospitality.



Frank and his hosts Kiki and Yoji in Wakkanai

Wakkanai is only 20km from Cape Soya, the northernmost point of Japan. From Cape Soya, you can see across the sea to Russia. The island of Sakhalin is only 42km from Cape Soya. Here Frank met with many local Japanese tourists who travel to Cape Soya to experience Hokkaido and the northernmost point of Japan on their motorcycles.



Frank at Cape Soya

Hokkaido is a tropical island, filled with natural beauty. High mountains covered in snow during the winter, huge lavender fields, and a beautiful coastline where fishing and collecting of scallops are two of the main sources of income. Hokkaido is home to much of the Japanese milk production, as it does not have a climate suitable for rice farming, so instead it has huge dairy farms.

There are many wild brown bears in Hokkaido, so that is always something to pay attention to when bicycling through the forests.

In Sapporo Frank visited the venues of the 1972 winter Olympics, with both ski jumping arena and ice-skating rinks close to the city centre.

Hokkaido is connected to the main island of Honshu with many daily ferry crossings from Hakodate.



Frank together with Michi, a motorcyclist from Nagoya

The Japanese cuisine is unique, with lots of fresh (often raw) seafood in many variations, in addition to the traditional sushi. The Japanese soup Ramen is a delicious meal, often reflecting its region of origin.

When travelling in Japan, we recommend staying at local Japanese hotels called Ryokan. Here you will experience the finest within Japanese cuisine and traditions. The rooms often furnished quite minimalistic, with a futon to sleep on, and a small table.

Geologically, Japan is a very active country, with active volcanoes and frequent earthquakes. Because of this, Japan also has many natural hot springs, and the public baths known as *Onsen* are found everywhere. These baths offer hot and cold pools to relax, private rooms to wash, some of them also have a sauna. For a bicycle tourist these are great places to visit, as it gives a good place to wash and relax.



Frank with two ladies at a ryokan



Frank has a break on the west coast

The Japanese coastline to the west has many beautiful beaches, but very few of them are developed for touristic purposes, so it is always easy to get down to the sea for a swim.



Traditional Japanese breakfast

Takayama in the Hida region is a beautiful and well-preserved old town. Takayama and the surrounding area boast traditional architecture, festivals and a range of the best mountains and *Onsen* in Japan.

Widely considered Gifu's crown jewel, Takayama is a fantastic destination surrounded by the scenic alpine countryside of the Japan Alps. A destination in itself, Takayama is also an excellent base from which to explore the Japan Alps and the surrounding Hida area. Here you will also be able to try the local Hida beef, often considered to be at the same level as the more famous Kobe Wagyu beef.



From the streets of Takayama

Close to Takayama lies the beautiful old town of Shirakawa.



Shirakawa

Shirakawa is a beautiful mountain village where you can enjoy the good old Japanese countryside view. It is registered as a World Heritage Site and is one of the most popular places to visit in Japan both for international as well as Japanese tourists. Once you step into this beautiful fairy tale world, you will completely lose track of time.

Heading south towards Hiroshima in the summer means biking towards a warmer climate each day. The last two weeks of biking, Frank encountered temperatures around 40-45 degrees every day. Luckily, Japan is full with vending machines where you can buy iced coffee, soft drinks and even energy drinks!

On his arrival to Hiroshima, Frank met with his wife and two sons who had travelled to Japan to participate at the peace memorial.

The city of Hiroshima hosts the August 6 memorial, and there are thousands of invited guests from all over the world. It is a very emotional event to attend, starting at 8:15 AM, the exact time of the bomb, with a one-minute silence before the bells ring all over the city, and the release of white peace doves. The speakers at the ceremony are the Mayor of Hiroshima, The Prime Minister of Japan, and the Mayor of the Hiroshima prefecture and the General Secretary of the United Nations.

Wreaths of flowers are presented and laid down by the memorial, and after the official ceremony, there are many different activities in the peace park and the peace museum.



Frank and his Family at the Peace memorial

Frank and his family met with Keiko Ogura, who is one of the Hibakusha, survivors of the nuclear bomb. She gave her testimony of how she experienced the bomb as an 8-year-old girl in 1945.

Listening to the live testament of a Hibakusha is something a person will remember for the rest of his/her life. The horror of the nuclear bomb becomes even stronger and clearer to understand when you hear about it from people who survived it.

Keiko Ogura was in December 2024 part of the Nihon Hidankyo delegation that visited Oslo to receive the Nobel Peace Prize for their work.



Franks son Oliver meeting with Keiko Ogura

Bike for Peace in USA, 2024

Peace Walk in Maryland and Washington, D.C.



July 4. With Meghan Plotz

Plotz is senior legislative assistant for Michelle Fishback, at the Congress Office in Washington DC



July 6. Peace walk with Mary Ann Wright in North Tacoma Park



July 6. Nao Shibata from AKAHATA Daily & Weekly Newspaper
At Lafayette Square



July 7. Tore, Sean Conner, Joseph Gerson

The International Peace Bureau (IPB) is dedicated to the vision of a World without War. Sean Conner is the IPB's executive director, and Dr. Joseph Gerson is IPB's Vice-President.



John Bach on October 24th at a Friends Meeting in Cambridge

John Bach is a long-time social justice and anti-war activist. He spent 3 years in federal prison during the American war in Vietnam. He makes his living as a housepainter and is the Quaker chaplain at Harvard.



October 24. Paul Shannon, Mark Lanigan.

On Thursday, October 24, Tore Naerland (founder of Bike for Peace) and his wife, Chotika Kruawan, met with Mark Lanigan, aide to Senator Ed Markey in the senator's Boston Office.

Paul Shannon of Mass. Peace Action (MAPA), Massachusetts largest peace organization, accompanied them.

After providing Mark with some background of Bike for Peace, Tore gave him a copy for the senator of his book on the history of Bike for Peace. Some back and forth between Mark and Paul followed about the best bicycle trails in the state, as Mark is an avid biker.

Discussion then turned to the critical issues of war and peace facing the world. Tore started by thanking the Senator for his firm leadership in the effort to abolish nuclear weapons, emphasizing how critical was this work of ending the scourge of nuclear weapons.

The discussion then turned to Israel's war against Gaza. Tore emphasized that Senator Markey must take leadership in ending U.S. arms shipments to Israel. Paul emphasized that the Senator needed to support Senator Sanders' Joint Resolutions of Disapproval that would hold up the next batch of offensive weapons for Israel. Mark said he would communicate that urgent message to the Senator.

When the discussion turned to Ukraine, Tore urged Mark to communicate in the strongest way possible that the war must end and the Senator should push the president toward negotiations as the only way to end it. Paul told Mark that it was important to be clear that we have an enormous difference with the Senator on U.S. policy toward Ukraine and that his policy of shipping more advanced weapons to Ukraine and insisting that Ukraine become a NATO base was a very dangerous policy that could lead to a U.S.-Russia war which would become nuclear.

Overall it was an amiable discussion but with clear demands being made of the senator to change his positions on some key issues.

On all these issues Mark indicated he would take our positions seriously and communicate them to the Senator. The session ended with pictures being taken of our group with Mark.

- Paul Shannon

International Bike for Peace visits Boston & Cambridge

Featuring Tore Naerland and Chotika Kruawan

5pm Thursday, October 24

In Person at the Friends Meeting at Cambridge 5 Longfellow Park (off Brattle Street out of Harvard Square)

(Zoom also available. See instructions below)



Quakers' flyer



October 26. Sara Sofia Parra Gonzalez, Global Operations Coordinator at Bikes Not Bombs

From their website, "Bikes Not Bombs uses the bicycle as a vehicle for social change to achieve economic mobility for Black and other marginalized people in Boston and the Global South."

"Each year we collect roughly 5,000 used bicycles and tons of used parts from our supporters around Greater Boston and New England.

We ship most of these bikes overseas to economic development projects through our International Partnerships in Africa, Latin America, and the Caribbean.

Bikes that don't get shipped are distributed in Youth Pathways, where teens learn bicycle safety and mechanics skills in the process of earning bikes to keep for themselves. Staff and paid Youth Apprentices working in our retail Bike Shop & Training Center also recondition and sell some of the donated bikes that we receive.

Profits from bicycle sales, parts sales, and repairs go towards funding our youth and international work."



October 27. John Miksad and Tore Naerland spoke at the Quaker Meeting House in Wilton, Connecticut

We got great response and received many questions.

Press release

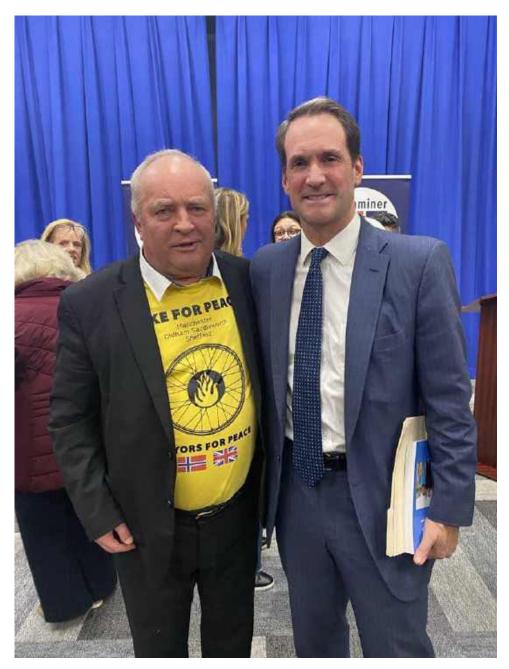
Appealed to congressmen and senators in the United States for peace in Ukraine and Gaza

Tore Nærland and *Bike for Peace* visited Michigan and Connecticut in the USA between October 23 and November 1. On October 29, he met with Congressman Jim Himes at Stamford's Ferguson Memorial Library.

We attended the debate between the candidates for Connecticut's fourth congressional district. Afterwards, I spoke with incumbent Representative Jim Himes. I gave him a copy of my book, and begged him to continue negotiations to end the horrific war that is killing thousands of Ukrainian and Russian soldiers every day. The war is destroying the beautiful country, costing billions of dollars that otherwise would be spent on education, poverty, housing,

healthcare and infrastructure, and increases the risk of nuclear war that will end human civilization.

We must end the current wars and follow the path towards world peace to face the real existential threats; climate collapse, nuclear annihilation and future pandemics.



Tore Nærland with Jim Himes. Jim Himes represents Connecticut's fourth District in the United States House of Representatives where he is serving his eighth term.

He serves as the Chair of the National Security, International Development and Monetary Policy Subcommittee of the House Financial Services Committee.

In addition, Nærland met spokespersons for Senator Edward Markey and Elizabeth Warren, with local peace organizations and at the Quaker's church. Nærland participated in demonstrations for peace in Ukraine and Gaza and for a world without nuclear weapons.

Paul Shannon, *American Friends Service Committee*, helped us organize the program in Boston and in Connecticut; we had good help from John Miksad, founder of *Fairfield for a World BEYOND War*. The American peace organizations are very active. American politicians are listening to them, but so far, little has happened.

Bike for Peace aims, together with local groups, to organize bicycle tours in the USA in autumn 2025, from Boston, to New York and Washington, D.C.

Bike for Peace also had meetings with Sara Sofia Parra Gonzales from the exciting organization *Bikes Not Bombs* in Massachusetts, which collects bicycles and sends them to countries in the 3rd world.

- Tore Nærland

Peace Conference in Astana, Kazakhstan, 2024

We travelled to Astana with a group of six from Norway. We took part in many meetings in Astana, Semey and Almaty. Kazakhstan is a great country to visit. Very friendly people and nice culture.

When Kazakhstan became independent in 1991, they got rid of their 1410 nuclear weapons.



August 27. Deputy Minister of Foreign affairs, Mr. Roman Vassilenko

Press release

Bike for Peace Norway met today with Kazakhstan Deputy Foreign Minister Roman Vassilenko in a meeting at the Ministry of Foreign Affairs in Astana.

They discussed various topics,

1 We support Kazakhstan's goal of a world without nuclear weapons by 2045,

- 2 The path to peace in Ukraine, what can Kazakhstan do, what can BfP do, we agree that negotiations are the only path to peace.
- 3 Peace in Gaza, the solution must be a two-state solution.
- 4 Kazakhstan would like to look at cooperation with Norway in agriculture and agricultural equipment and machinery in agriculture.

The Norwegian delegation consisted of Odd Erik Salvesen, business developer from Haugesund, Lars Birkelund, author from Oslo, Frank Tomlinson, and Tore Nærland.

The Norwegian delegation will be in Kazakhstan for two weeks, we will participate in an international conference against nuclear testing, we will visit the former areas before testing in Kazakhstan and we will go to Almaty to give lectures at several schools and universities.



August 28. Frank, Karipbek and Tore

Karipbek Kuyukov is a Kazakh painter born without arms due to exposure to nuclear radiation from Soviet nuclear testing in Eastern Kazakhstan.



August 29. Chie Sunada from Soka Gakkai International. Her organization works for disarmament and human rights.



August 29. Frank, Nagasaki survivor Sueichi Kido and Tore.

Speaking at Farabi University in Almaty, Kazakhstan, 2024



September 4. Farabi Library



September 4. With some students we met at the university café



September 4. Farabi University in Almaty. Student asking many questions

Nobel Peace Prize in Oslo, 2024

The Nobel Peace Prize 2024 was awarded to Nihon Hidankyo "for its efforts to achieve a world free of nuclear weapons and for demonstrating through witness testimony that nuclear weapons must never be used again"

Presentation speech by Jørgen Watne Frydnes, Chair of the Norwegian Nobel Committee, 10 December 2024.

Your Majesties,

Your Royal Highnesses,

Esteemed laureates.

Excellencies,

Distinguished guests,

Ladies and gentlemen,

"There lies before us, if we choose, continual progress in happiness, knowledge, and wisdom. Shall we, instead, choose death, because we cannot forget our quarrels? We appeal, as human beings, to human beings: Remember your humanity, and forget the rest. If you can do so, the way lies open to a new Paradise; if you cannot, there lies before you the risk of universal death."

Bertrand Russell, Albert Einstein and other prominent intellectuals from around the world posed these questions to humanity in 1955. Their famous manifesto highlighted the dangers of nuclear war and urged global leaders to seek peaceful ways of resolving international conflicts. Today we must ask ourselves once more: Have we remembered our humanity? Have we chosen a path towards the light, or are we still on the road to destruction and death?

Russell and Einstein composed their manifesto 10 years after two American atomic bombs had killed an estimated 120 000 inhabitants of Hiroshima and Nagasaki. A comparable number died of burn and radiation injuries in the ensuing months and years. The Japanese cities were almost entirely destroyed, resulting in social and economic collapse. Many of the nearly 650 000 survivors have struggled with psychological trauma and physical suffering. They have been silenced, neglected and stigmatised. They have had to fight not only for their economic rights, but for simple acknowledgement of the hardships they have endured.

Nihon Hidankyo, a grassroots movement of atomic bomb survivors from Hiroshima and Nagasaki, is receiving the Nobel Peace Prize for 2024 for its efforts to achieve a world free of nuclear weapons and for demonstrating through witness testimony that nuclear weapons must never be used again. This year's prize to Nihon Hidankyo joins a distinguished list of Peace Prizes that the Norwegian Nobel Committee has previously awarded to champions of nuclear disarmament and arms control. These laureates have worked in different ways to reduce the threat posed by nuclear weapons. Thirteen Nobel Peace Prizes have been awarded, in full or in part, for peace efforts of this kind. On each occasion, the Norwegian Nobel Committee has warned against the menace of nuclear weapons. This year, that warning is more urgent than ever before.

As 2025 approaches, the world is entering what many analysts characterise as a new, more unstable nuclear age. The role of nuclear weapons in international affairs is changing. The nuclear powers are modernising and upgrading their arsenals. New countries appear to be preparing to obtain nuclear weapons. Key arms control agreements are expiring without being replaced. And threats to use nuclear arms in ongoing warfare have been made openly and repeatedly.

It is perhaps necessary to remind ourselves just what nuclear weapons are: the most destructive weapons the world has ever seen. Today's nuclear weapons — and there are more than 12 000 of them — have far greater destructive power than the two bombs used against Japan in 1945. They could kill millions of us in an instant, injure even more, and disrupt the climate catastrophically. A nuclear war could destroy our civilisation.

Although the shadow of nuclear weapons continues to loom over the world, we gather here today in a spirit of hope. For there is a point of light that we must recognise. It is the fact that no nuclear weapon has been used in war since 1945.

In response to the atomic bomb attacks of World War II, a global movement arose whose members have worked tirelessly to raise awareness about the catastrophic humanitarian consequences of using nuclear weapons. Gradually, an international norm developed that stigmatised the use of nuclear weapons as morally unacceptable. This norm is often referred to as "the nuclear taboo", a term coined by the political scientist Nina Tannenwald, who is present here today. Like other international norms, the nuclear taboo is maintained by collective agreement — by widespread moral outrage at the prospect of using nuclear weapons, and by a mutual fear of the abyss awaiting humanity if the norm is violated. But the taboo is fragile, and it becomes more so with the passage of time. We therefore need reminding.

Nihon Hidankyo and the Hibakusha – the survivors of the atomic bomb attacks on Hiroshima and Nagasaki – have never wavered in their efforts to erect a worldwide moral and legal bulwark against the use of nuclear weapons. Their role in establishing the taboo is unique. Their personal stories humanise history, lifting the veil of forgetfulness and drawing us out of our daily routines. They bridge the gap between "those who were there" and we others untouched by the violence of the past. They are living reminders of what is at stake.

To our dear guests from Nihon Hidankyo – to Terumi Tanaka, Toshiyuki Mimaki and Shigemitsu Tanaka – and to all the Hibakusha here today: It is an honour to be your hosts on this historic occasion, and we wish to express our deep gratitude for the outstanding and vital work you have performed in the course of your lives, and for all that you continue to do.

You did not resign yourselves to victimhood. You defined yourselves as survivors. You refused to sit in silent terror as the great powers led us through long periods of nuclear armament. You stood tall and shared your unique personal testimony with the entire world.

A light in the darkest night. A path forward. You give us hope.

Decade after decade, your stories, your educational work and your urgent warnings against the proliferation and use of nuclear arms have helped to promote and consolidate widespread opposition to these weapons around the world.

You help us to describe the indescribable, to think the unthinkable, and to somehow grasp the incomprehensible pain and suffering caused by nuclear weapons.

You have never given up.

You are a symbol of resilience.

You are the light the world needs.

I am 40 years old and belong to a generation in Norway with no direct experience of war. I grew up after the end of the Cold War, when democracy seemed unstoppable and nuclear disarmament realistic. My generation lived through an optimistic bubble in history. That time is over. For more than half of my working life, I have dealt with the consequences of terror and experienced the cruel aftermath of young lives being brutally torn away. Working with pain, sorrow and trauma, I have learned to recognise the power of stories and memories.

The way we remember violent or traumatic historical events — both individually and collectively — determines whether and how we move forward as a society or remain trapped in the past. Not just individuals but entire societies, current and future, are shaped by trauma. It is our duty not to forget. It is our responsibility to pass along stories and memories to future generations — including the painful, disturbing ones, which often yield to society's amnesia.

Governments and rulers often have a need to move on. In many cases, this is because somebody wants to avoid being held to account. For people not directly affected, forgetting may also be a matter of comfort. It spares us the distress of entering into the suffering of others, and thus, of needing to care.

Those who are directly swept up in violent events may find it hard to talk about their own suffering. After traumatic experiences, many survivors have both a fear of their own memories and a fear of forgetting.

As we are gathered here today, the Nobel Prizes in medicine, physics, chemistry and literature are being presented in Stockholm. While this year's Peace Prize laureate is Nihon Hidankyo, the recipient of the Nobel Prize in Literature is the South Korean novelist Han Kang. Her writings about trauma and memory are part of the reason she was selected for the award. She has said:

"I believe that trauma is something to be embraced rather than healed or recovered from. I believe that grief is something which situates the space of the dead within the living; and that, through repeatedly revisiting that place, through our pained and silent embrace of it over the course of a whole life, life is, perhaps paradoxically, made possible."

Memories can imprison us, cut us off, prevent us from moving on. But they can also be a catalyst for new life, a safeguard against forgetfulness, and a tool for honouring those who have suffered. Memory work can be an act of resistance, a force for change. For this, we need all of our institutions of memory: history writing, documentation and education as well as personal testimony, literature and art.

The Norwegian Nobel Committee today honours all survivors who, despite physical suffering and painful memories, have chosen to use their costly experience to cultivate hope and engagement for peace. Our tribute also extends to the half million Hibakusha who have died since 1945, and who for many years offered their first-hand testimony while helping to develop and uphold the critical international taboo against nuclear weapons.

One day, the Hibakusha will no longer be among us as witnesses to history. But with a strong culture of remembrance and a continuing commitment, younger

generations in Japan and elsewhere are carrying forward the experience and the message of the witnesses. They too have inspired and educated people around the world.

But they must not bear this responsibility alone. We all have a duty to fulfil the mission of the Hibakusha. Their moral compass is our inheritance. It is now our turn. Disarmament efforts require insistent public appeals and sustained pressure. A new generation of brave voices, interested students and willing teachers is needed.

Disarmament also requires courageous and visionary political leaders. None of the nine countries that possess nuclear weapons — the United States, Russia, China, France, the United Kingdom, India, Pakistan, Israel and North Korea — appear interested in nuclear disarmament and arms control at present. On the contrary, they are modernising and building up their nuclear arsenals. The Norwegian Nobel Committee calls upon the five nuclear-weapon states that have signed the Non-Proliferation Treaty to take seriously their obligations under this treaty. In addition, more countries must ratify the Treaty on the Prohibition of Nuclear Weapons. Political action is crucial.

The Nobel Peace Prize for 2024 validates the most fundamental human right, the right to live. This year's prize also fulfils Alfred Nobel's desire to recognise those who devote their lives to the work of benefitting humankind.

In the committee room of the Norwegian Nobel Institute, here in Oslo, hang the portraits of every Nobel Peace Prize laureate since 1901. Two of the portraits are of Ales Bialiatski and Narges Mohammadi, who received their prizes in 2022 and 2023, respectively. Both are serving long prison sentences for their peaceful advocacy of human rights – the very work that earned them the Nobel Peace Prize. The Norwegian Nobel Committee calls upon the Iranian and Belarusian authorities to release them immediately, permanently and unconditionally.

Their portraits, and those of the other laureates, serve as an important reminder that injustice, brutality and war are still with us – but also, that society can change for the better. The portraits tell a story of courageous people who never give up in the struggle to bring about positive change.

We are not doomed by some genetic code to repeat the mistakes of the past. We can learn. We can choose another path. We can raise our children to believe in a shared human destiny. We can listen to Russell and Einstein \neg — and remember our humanity.

The path towards a world free of nuclear weapons remains long. We will see progress and setbacks. But that does not mean the vision cannot eventually

become reality. Imagine a world in which 100 years have passed since nuclear weapons were used on the battlefield. Surely this is a vision we can all share. We could listen to those who claim it is pointless, or instead, take inspiration from the Hibakusha – from their stamina and persistence.

It is naive to believe our civilisation can survive a world order in which global security depends on nuclear weapons. The world is not meant to be a prison in which we await collective annihilation. No matter how long and difficult the path, we should learn from Nihon Hidankyo: We must never give up.

So let us listen to the testimony of the Hibakusha.

Let their courage be our inspiration.

Let their persistence drive us forward.

Let us all strive to keep the nuclear taboo intact.

Our survival depends on it.

Nobel Prize lecture given by Nobel Peace Prize laureate 2024 Nihon Hidankyo, Oslo, 10 December 2024.

Delivered by Terumi Tanaka.

Your Majesties, Your Royal Highnesses, Excellencies, Members of the Norwegian Nobel Committee, Ladies and Gentlemen,

And friends around the world striving to abolish nuclear weapons,

Thank you for your introduction. I am Terumi TANAKA, one of the three Co-Chairpersons of Nihon Hidankyo. I am honoured to speak on behalf of Nihon Hidankyo, the Nobel Peace laureate this year.

We established Nihon Hidankyo, the Japan Confederation of A- and H-Bomb Sufferers Organizations, in August 1956. Having ourselves survived the inhumane impacts of the atomic bombings, damage unprecedented in history, we launched this movement to ensure such suffering would never be repeated, with two basic

demands. The first demand is that the State which started and carried out the war should compensate victims for the damage caused by the atomic bombs, in opposition to the Japanese government's assertion that, "the sacrifice of war should be endured equally by the whole nation." The second is to demand the immediate abolition of nuclear weapons, as extremely inhumane weapons of mass killing, which must not be allowed to coexist with humanity.

Our movement has undoubtedly played a major role in creating the "nuclear taboo". However, there still remain 12,000 nuclear warheads on the Earth today, 4,000 of which are operationally deployed, ready for immediate launch. The nuclear superpower, Russia, threatens to use nuclear weapons in its war against Ukraine, and a cabinet member of Israel, in the midst of its unrelenting attacks on Gaza in Palestine, even spoke of the possible use of nuclear arms. In addition to the civilian casualties, I am infinitely saddened and angered that the "nuclear taboo" threatens to be broken.

I am one of the survivors of the atomic bombing of Nagasaki. At the time, I was 13 years old, at home, around 3 kilometers east of ground zero.

It was August 9, 1945. I suddenly heard the buzzing sound of a bomber jet, and was soon after engulfed in a bright, white light. Surprised, I ran downstairs and got down on the floor, covering my eyes and ears with my hands. The next moment, an intense shock wave passed through our entire house. I have no memory of that moment, but when I came to my senses, I found myself under a large, glass sliding door. It was a miracle that none of the glass was broken, and I was somehow spared injuries.

Three days later, I sought out the families of my two aunts who lived in the area near the hypocenter. It was then that I saw the full devastation of the bombing of Nagasaki. Walking with my mother, we went around a small mountain. Reaching a pass, we looked down in horror. Blackened ruins spread out as far as the port of Nagasaki, some three kilometers away. Urakami Cathedral, the largest brick church in the East, had collapsed to the ground, leaving no trace.

All the houses along the path, down to the foot of the mountain, were burnt to the ground and corpses lay scattered around them. Many people who were badly injured or burned, but still alive, were left unattended, with no help whatsoever. I became almost devoid of emotion, somehow closing off my sense of humanity, and simply headed intently for my destination.

I found the charred body of one aunt at the remains of her house, 400 meters from the hypocenter, along with the body of her grandson, a university student.

The other aunt's house had collapsed and become a pile of wood. My grandfather was crouched down, on the brink of death, with severe burns all over his body. My aunt had been severely burned, and died just before we arrived. We then cremated her remains with our own hands. My uncle, who was initially mostly unharmed, had left the area to seek help. Yet we later learned that he had collapsed at a rescue station, and died after suffering from a high fever for a week. Thus, one single atomic bomb transformed five of my relatives, so mercilessly, taking all of their lives in one fell swoop.

The deaths I witnessed at that time could hardly be described as human deaths. There were hundreds of people suffering in agony, unable to receive any kind of medical attention. I strongly felt that even in war, such killing and maining must never be allowed to happen.

The Nagasaki bomb exploded 600 meters above the city. Fifty percent of the energy released caused shock waves that crushed houses. Thirty-five percent caused heat rays that severely burned people who were outside, and ignited fires throughout the collapsed houses. Many people were crushed and burned to death inside their homes. The remaining fifteen percent penetrated the human body as neutron and gamma rays, destroying it from the inside, leading to death and causing atomic bomb sickness.

By the end of that year, 1945, the death toll in the two cities is thought to have been approximately 140,000 in Hiroshima and 70,000 in Nagasaki. 400,000 people are estimated to have been exposed to the atomic bombs, suffering injuries and surviving exposure to radiation.

The survivors, the Hibakusha, were forced into silence by the occupying forces for seven years. Furthermore, they were also abandoned by the Japanese government. Thus, they spent more than a decade after the bombings in isolation, suffering from illness and hardship in their lives, while also enduring prejudice and discrimination.

The United States hydrogen bomb test at Bikini Atoll on March 1, 1954 resulted in the exposure of Japanese fishing boats to deadly radioactive fallout, or the "ashes of death." Among others, all 23 crew members of the Daigo Fukuryu Maru were exposed to radiation and developed acute radiation sickness, and the tuna they caught were discarded. This incident triggered a nationwide petition calling for a total ban on atomic and hydrogen bombs and tests, which spread like wildfire throughout Japan. This gained over 30 million signatures and in August 1955, the first World Conference against Atomic and Hydrogen Bombs was held in Hiroshima, followed by the second in Nagasaki the following year. Encouraged by this movement, A-bomb survivors who participated in the World Conference

formed the Japan Confederation of A- and H-bomb Sufferers Organizations, Nihon Hidankyo, on August 10, 1956 in Nagasaki.

In our founding declaration, Nihon Hidankyo expressed our determination to "save humanity from its crisis through the lessons learned from our experiences, while at the same time saving ourselves." We launched a movement demanding both "the abolition of nuclear weapons, and State compensation for the atomic bomb damage suffered."

Our initial campaign resulted in the enactment of the "A-Bomb Sufferers' Medical Care Law" in 1957. However, the content of the law was limited: besides issuing "Atomic Bomb Survivor Certificates" and providing free medical examinations, medical expenses would be paid only for illnesses recognized as atomic bombrelated by the Minister of Health and Welfare.

In 1968, the "Law Concerning Special Measures for A-Bomb Sufferers" was enacted, providing several types of benefits. However, this was only as part of the social security system, and demands for State compensation remained refused.

In 1985, Nihon Hidankyo conducted a nationwide Survey of Atomic Bomb Victims. This revealed that the damage inflicted on the A-bomb victims had impacted their lives, bodies, minds, and livelihoods. Their lives had been stolen, they had suffered physical and psychological scars, and had struggled to work due to illness and prejudice. The results of the survey strongly supported the basic demands of the A-bomb survivors, reinforcing their determination that no one in the world should again be allowed to experience the horrific suffering they had gone through.

In December 1994, the "Law Concerning Relief to Atomic Bomb Survivors" (A-Bomb Survivors Relief Law) was enacted, combining the former two laws. However, no compensation was provided for the hundreds of thousands of deaths, and to this day the Japanese government has consistently refused to provide State compensation, limiting its measures to radiation damage only.

For many years, these laws did not apply to A-bomb survivors living abroad, regardless of their nationality. Korean Hibakusha who were exposed to the atomic bombings in Japan and returned to their home countries, as well as many Hibakusha who emigrated to the United States, Brazil, Mexico, Canada, and other countries after the war, suffered both from diseases unique to Hibakusha and from a lack of understanding by others of the damage caused by the A-bomb. Nihon Hidankyo worked in solidarity with the associations of A-bomb survivors formed in each country, and both in law courts and through joint actions, urged the government of Japan to act, which led to the provision of almost the same support for the A-bomb survivors abroad as those in Japan.

Our movement has continued to call for the immediate elimination of nuclear weapons, urging our own government, the nuclear weapon states, and all other states to take action.

In 1977, an international symposium on the "Damage and After-Effects of the Atomic Bombing of Hiroshima and Nagasaki" was held in Japan under the auspices of NGOs associated to the United Nations, clarifying the reality of the damage caused by the atomic bombings to human beings. Around this time, the threat of nuclear war was rising in Europe. Large rallies of hundreds of thousands of people took place in numerous countries, and Hibakusha were asked to give testimony at these rallies.

In 1978 and 1982, nearly 40 representatives of Nihon Hidankyo participated in the UN Special Sessions on Disarmament held at the United Nations Headquarters in New York. Our representatives spoke in the General Assembly Hall, and gave testimony at local schools and gatherings.

Representatives of Nihon Hidankyo have also secured opportunities to speak at the Review Conferences of the Treaty on the Non-Proliferation of Nuclear Weapons and its Preparatory Committee meetings. During the Review Conferences, they held A-bomb Exhibitions in the main lobby of the UN General Assembly Hall, to great acclaim.

In 2012, at the Preparatory Committee for the NPT Review Conference, the Norwegian government proposed holding a Conference on the Humanitarian Impact of Nuclear Weapons. Hibakusha testimonies given at the three Humanitarian Conferences, which started in 2013, were taken very seriously, and led to the negotiations toward the Treaty on the Prohibition of Nuclear Weapons.

In April 2016, A-bomb survivors around the world launched the "International Signature Campaign in Support of the Appeal of the Hibakusha for the Elimination of Nuclear Weapons," as proposed by Nihon Hidankyo. This campaign grew significantly, and over 13.7 million signatures were collected and submitted to the United Nations. We are overjoyed that on July 7, 2017, the Treaty on the Prohibition of Nuclear Weapons was adopted with the support of 122 countries.

It is the heartfelt desire of the Hibakusha that, rather than depending on the theory of nuclear deterrence, which assumes the possession and use of nuclear weapons, we must not allow the possession of a single nuclear weapon.

Please try to imagine — there are 4,000 nuclear warheads, ready to be launched immediately. This means that damage hundreds or thousands of times greater than that which happened in Hiroshima and Nagasaki could happen right away.

Any one of you could become either a victim or a perpetrator, at any time. I therefore plead for everyone around the world to discuss together what we must do to eliminate nuclear weapons, and demand action from governments to achieve this goal.

The average age of the A-bomb survivors is now 85. Ten years from now, there may only be a handful of us able to give testimony as firsthand survivors. From now on, I hope that the next generation will find ways to build on our efforts and develop the movement even further.

One thing that will serve as a great resource is the existence of the "No More Hibakusha Project – Inheriting Memories of the A- and H-Bomb Sufferers." This non-profit organization has worked closely with Nihon Hidankyo to preserve records of the Hibakusha movement, the testimonies of A-bomb survivors, and the activities of Hibakusha organizations in various parts of Japan. For nearly 15 years, since its formation, this organization has endeavored persistently to preserve and manage an archive of the grassroots movements of Hibakusha, their testimonies, and the activities of Hibakusha organizations in different localities. I hope that the association will take a major step forward in the movement to make use of these materials externally. I am hopeful that it will become an organization that takes action, devoting its efforts to the dissemination of the reality of the atomic bombings. Furthermore, I strongly hope that it will expand its activities not only within Japan, but also internationally.

To achieve further universalization of the Treaty on the Prohibition of Nuclear Weapons and the formulation of an international convention which will abolish nuclear weapons, I urge everyone around the world to create opportunities in your own countries to listen to the testimonies of A-bomb survivors, and to feel, with deep sensitivity, the true inhumanity of nuclear weapons. Particularly, I hope that the belief that nuclear weapons cannot — and must not — coexist with humanity will take firm hold among citizens of the nuclear weapon states and their allies, and that this will become a force for change in the nuclear policies of their governments.

Let not humanity destroy itself with nuclear weapons!

Let us work together for a human society, in a world free of nuclear weapons and of wars!



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Yours sincerely, Ulrika Magnusson

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Keiko Ogura from Nihon Hidankyo speaking at Bekkestua Middle School, 2024

Press release

Peace Prize winner visited Bekkestua Ungdomsskole.

Today, Bekkestua Ungdomsskole was visited by Keiko Ogura from Hiroshima. She is in Norway on the occasion of the awarding of the Nobel Peace Prize to the Japanese organization Nihon Hidankyo. Ogura is one of the *Hibakusha*, the survivors of the atomic bombings in Hiroshima on August 6, 1945.

She was invited to the school by Frank Tomlinson, who lives in Bekkestua. He is Vice President of the Norwegian peace organization Bike for Peace. The two met in Hiroshima in August this year.

Mrs. Ogura was received at the school gate by Principal Morten Rondan and several hundred students who shouted cheers and waved flags. The red carpet was also laid out for the occasion.

When the group entered the school, they were received by Bærum Mayor Lisbeth Hammer Krog and Japan's Ambassador Akira Sugiyama. Kazakhstan's Ambassador Adil Tursanov was also present.

Inside the school, the over 200 tenth graders sat ready in the auditorium and waited excitedly.

The meeting was started by Morten Rondan who welcomed everyone, and then a student from the school, Michelle, played a beautiful piano piece from the stage.

Then Frank Tomlinson introduced all the guests, but he emphasized that the most important guests were the students from the school. As he said in his speech: "the most important guests here today are YOU à

The children, the students of Bekkestua Ungdomsskole.

Today you will hear a story that I hope you will remember for the rest of your lives, a story that you will keep in your hearts and your minds forever. And my dream is that you will use this as a compass throughout your lives, to work for peace and humanity in this world. We all know we need it"

He then introduced Keiko Ogura who showed pictures and films from Hiroshima, and told heartbreaking stories about the human consequences that the use of

nuclear weapons brings. There were not many dry eyes in the hall as she described in her calm voice the details of people lying dead everywhere, and people and relatives who died in her arms.

After the presentation, Mayor Krog gave a moving speech in which she really managed to put into words the feelings felt by everyone in the hall. She then presented flowers and a gift from Bærum Municipality to Mrs. Ogura. The school also gave a gift for friendship. In return, the school received books and other information material that the students will be tasked with translating into Norwegian.

The meeting ended with a joint singing of the song "imagine" by John Lennon and Yoko Ono. Frank Tomlinson played the piano. Then, group photos were taken of all the students and guests to immortalize this unique moment.

After the meeting, Mrs. Ogura was invited to the staff room for a little more time to talk with teachers, the principal and other guests.

According to Mrs. Ogura, this was the best and most important meeting she had ever attended, and that is saying something. The importance of passing on the living testament of the Hibakusha to our next generation is priceless.

Next year marks the 80th anniversary of the atomic bombings of Hiroshima and Nagasaki. Bike for Peace is planning a cycling event there with children from as many countries as possible around the world.

Yours truly,
Frank Tomlinson
Vice President



Keiko Ogura of the Nobel Peace Prize 2024 winner NIHON HIDANKYO, with the Mayor of Bærum, Lisbeth Hammer Krog



Keiko Ogura of NIHON HIDANKYO at Bekkestua Ungdomsskole



Keiko Ogura holding a picture of herself and Frank Tomlinson's son Oliver

Ove Kvia frå Nærbø og Karl Ole Stornes frå Ålgård:

Fjelltur på Svalbard

STREET, SANDY

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Atombombeoffer på Bikini 1954

TOKKHOEN HISKAA

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Atomic bomb victim on Bikini 1954

By TORBJØRN FISKAA

When "Bravo" exploded over the island of Bikini in the Pacific Ocean, Norio Kebinli was eleven years old. He was completely unwillingly involved in an experiment, to find out how much radiation damage a human can withstand.

Norio was lucky; he was swimming when the grey and yellow ash settled as a two-inch thick layer over the neighbouring island of Rongelap. That is why he survived, and on Monday, he was at Bryne high school to "mark" the 40th anniversary.

The hydrogen bomb "Bravo" was the first of its kind tested by the United States.

Its explosive power was a thousand times stronger than the Hiroshima bomb, and much more powerful than the 66 atomic bombs that the United States tested over the Pacific islands in the period 1946-58.

Norio Kebinli remembers March 1, 1954 very well:

— I was outside and saw a bright light in the sky, then a cloud to the west like a big tree, and then the sound came like a powerful thunder.

He explained the event to the students at Bryne High School, as he has done for many other students in the country. In a low voice, he told about the airplane that circled the island a while after the explosion, about the people who became ill from radiation damage and burns, and about how the night was filled with screams of pain from children.

The island of Rongelap is located 120 kilometres from Bikini, where the explosion occurred, and what has emerged about the episode afterwards indicates that the islanders were part of an experiment.

They were evacuated 48 hours after the explosion, to the island of Kwajalein. There, they were received by doctors, primarily scientists, as it turned out. They also received the go-ahead to move back to Rongelap three years after the explosion, when the radiation still was far above the danger threshold.

As expected, those who moved back got both cancerous tumours and leukaemia. Those responsible for the experiment put it this way: "These people will give us the most valuable data on how radiation affects humans." The researchers got all the data they were interested in, but for Norio Kebinli and the islanders it was like hell. The USA has provided a form of compensation, amounting to about one USD

per day for each surviving inhabitant. The students at Bryne High School had some questions for Kebinli:

- Did the USA say why they exploded the bomb so close to the island?
- What do people in the USA think about the explosion today?
- Have you tried to get help from the UN?
- Does the USA own the archipelago?

Kebinli replied that it has been very difficult to find answers to these questions, and he thought it had to do with the fact that the United States, as a large country, does not need to bother much with a small island people.

He did not know whether the people of the United States are of a different opinion than the authorities. Taking the matter up at the UN had been tried, but he had not noticed any change afterwards. He confirmed that the United States has territorial sovereignty over the archipelago of the Marshall Islands.

In 1985, Greenpeace became involved in the matter. With the ship Rainbow Warrior, the organization visited the archipelago that year, and helped the people to move from Rongelap. Rainbow Warrior demonstrated against the American and French nuclear test explosions in the Pacific Ocean.

The ship put itself in the middle of the explosion area, to great annoyance of the American and French authorities. As soon as the ship docked in New Zealand, French intelligence officers searched it.

Epilogue

2045 – A world without nuclear weapons

Bike for Peace are inspired by the survivors of the nuclear bombs dropped over Hiroshima and Nagasaki, and by the people of Semipalatinsk (also known as The Polygon), the Soviet Union's primary testing venue for their nuclear weapons between 1949-1991.

We have great sympathy for the people of the Marshall Islands affected by the nuclear fallout from 67 nuclear tests conducted by the USA between 1946 and 1958.

In 1987, I met physicist Andrej Sakharov, the Soviet Union's primary nuclear expert. He oversaw the development of thermonuclear weapons for the Soviet atomic bomb project.

He told me that now is the time to work for nuclear disarmament and social justice.

Today, the nine nuclear states have collectively still nearly 4000 active nuclear warheads, and around 12,000 nuclear weapons exist in the world. Most of them owned by USA (5,044) and Russia (5,580). The other seven are China with 500, France with 290, the United Kingdom with 225, India with 172, Pakistan with 170, Israel with 90 and North Korea with 50 nuclear warheads.

How can we prevent a nuclear war?

We will have to first end the current conventional wars; in Ukraine, Gaza and Sudan. Our commitment has always been, and will always be, to end all wars.

The Treaty on the Prohibition of Nuclear Weapons (TPNW) bans the use, possession, testing, and transfer of nuclear weapons under international law.

In 2017, according to Wikipedia, the treaty passed with 122 in favour, 1 against (Netherlands) and one official abstention (Singapore). Among the sixty-nine nations that did not vote were all the nuclear weapons states, and all NATO members except the Netherlands.

So how can we achieve the goal of no nuclear weapons by 2045? Bike for Peace will continue this work, together with other peace organisations, religious groups, sports associations and politicians, to name a few.

At the core of this, regular people - such as you and I - must stand up and voice our concerns and opinions to the nine nuclear states — and it is time for our local governments and politicians to apply pressure on them to actually do something to rid the world of the nuclear threat.

Bike for Peace have planned several campaigns against nuclear weapons in the nuclear states, and in NATO member countries over the next decade.

So why 2045?

Because 2045 marks the 100th anniversary, to use a not-so-appropriate term, of the Hiroshima and Nagasaki bombs. It also marks 100 years of the United Nations.

Of course, the nuclear race may end before 2045. Alternatively, the nuclear weapons may be dismantled before then. If that happens, I will be very happy.

Vice president of Mayors for Peace, Thore Vestby said, during our bicycle tour from Washington, DC to New York in 2015, this about nuclear weapons: *They simply cannot be used*.

-Tore Nærland, Bryne January 2025



Lars Egeland, head of Nei til Atomvåpen (No to Nuclear Weapons) in Norway, representative of Nihon Hidankyo, Keiko Ogura and Tore Naerland, president of Bike for Peace Norway.

This book is about how the survivors of the Hiroshima and Nagasaki bombs, the people affected by the fallout from the nuclear testing over the Marshall Islands and the victims of the Semipalatinsk testing site in Kazakhstan have inspired us.

Bike for Peace has worked against nuclear weapons since we first visited Hiroshima in 1979.

We have cooperated with others in organising campaigns in 110 countries, always towards our end goal - peace and disarmament, and a world without nuclear weapons.

We hope this book will inspire you too to work for a nuclear weapons free world.