

Dear Friends,

Good News: Since 1999, I have been doing long distance cycling rides to raise funds for the Alzheimer's Association. This effort is in memory of my mother, Ruth Vivian Clark, who died from Alzheimer's disease in 2004. I have ridden over 14,000 miles across our country and have raised over \$184,000 to support the Association's efforts for caregiver support, educational programs, awareness and research. I continue to be grateful that so many sensitive people give so generously. However, this year's effort will be somewhat different.



my Mother and me

Bad News: *I have decided not to do a ride this year.* I was diagnosed with prostate cancer this past fall, and had robotic surgery in February at Hartford Hospital. The surgery's side effects and recovery period will last for several months. I realize that it is not in my best interest to get back into intense cycling too soon. I hope to do some low-key cycling this summer, but I need to postpone a long-distance ride for a year. I still have the passion to continue my cycling effort, and plan to be back on the road next summer for a ride around the Great Lakes. Even though I will not do a major ride this year, my special request to all of you is to...

Please continue to support my fundraising during this "off year".

Please make your tax-deductible donation online at my website: www.RideForAlzheimers.com or make your check **payable to Alzheimer's Association**, and mail it to me at:

Ride For Alzheimer's, P.O. Box 574, Gales Ferry, CT 06335

My goal this summer is to raise \$18,000.



Golden Gate Bridge, Ride 2005

Here are some recent facts, statistics and projections.

- An estimated 5.4 million Americans have Alzheimer's disease now.
- Another American develops Alzheimer's disease every 69 seconds.
- Deaths from Alzheimer's increased 66% from 2000 to 2008. Alzheimer's is the only cause of death of the top 10 in America without a way to prevent or cure.
- The cost of caring for those with Alzheimer's to American society will total \$183 billion in 2011.

A Thank You Gathering will be at Alice Acres Farm, Bud Crandall Pavilion in Gales Ferry on **Saturday, August 27, from 3-5 p.m.** *Thanks for your help!*

Best regards,