



Ride for Alzheimer's  
P.O. Box 574  
Gales Ferry, CT 06335  
[act.alz.org/JohnClarkRide](http://act.alz.org/JohnClarkRide)

Dear Friends,

For eighteen years, I have been doing long distance cycling rides to raise funds for the Alzheimer's Association Connecticut Chapter. This effort is in memory of my mother, Ruth Vivian Clark, who died from Alzheimer's disease in 2004. My rides have taken place for thousands of miles cross country and locally. Thanks to the generosity of donors such as you, all donations to the John Clark Ride for Alzheimer's support the Alzheimer's Association's mission to provide caregiver support, education, awareness and research.



John with supporter Cathy Osten,  
Advocate and CT State Senator



2016 Cyclists

### The Vision for 2017

**Goal: \$18,000**

The 2017 ride will mark the third year that I have transitioned from the role of lead rider to that of rider/mentor. The legacy of this event has expanded to enlist cyclists throughout the state to ride locally and collect donations to raise critically needed funds for the goal of "A World without Alzheimer's."

Again this year I am riding 41 miles (66 km) in Southeast CT on Saturday, August 19. Ride start: 9:00 a.m. Mystic Cycle Centre, 25 Stonington Rd (Route 1), Mystic, CT.  
*Every 66 seconds a person is diagnosed with Alzheimer's disease.*

### Please continue to support my fundraising efforts in any of the following ways:

- **Make a tax-deductible donation.** Make a donation online at [act.alz.org/JohnClarkRide](http://act.alz.org/JohnClarkRide) or make a check payable to the Alzheimer's Association and mail it to me at: **Ride for Alzheimer's, P.O. Box 574, Gales Ferry, CT 06335**
- **Raise funds by organizing a ride.** Choose a location in Connecticut and ride at least 25 miles. Set a goal and collect donations by reaching out to friends, family, co-workers and neighbors. Go to [act.alz.org/JohnClarkRide](http://act.alz.org/JohnClarkRide) to sign up and to view fundraising tips and templates to help you meet your goal. Unable to ride? Consider recruiting a cyclist to participate.

The eighteen-year fundraising journey of the John Clark Ride is chronicled at [www.rideforalzheimers.com](http://www.rideforalzheimers.com). Visit the website to view photos, blogs and videos from previous rides, over 14,000 miles across our beautiful country. I would welcome registered cyclists to join me on my 41-mile ride this year.

Best Regards,

John Clark

**Since 1999, The John Clark Ride has raised nearly 300,000 dollars as a commitment to help families whose lives have been touched by Alzheimer's disease. Proceeds from the Ride will benefit the Alzheimer's Association Connecticut Chapter.**