



Ride for Alzheimer's
P.O. Box 574
Gales Ferry, CT 06335
act.alz.org/JohnClarkRide

Dear Friends,

For nineteen 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 and advocate
Fred Allyn III, Ledyard Mayor



2017 Cyclists

The Vision for 2018

Goal: \$18,000

The 2018 ride will mark the fourth 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, "A World without Alzheimer's".

This year there will be two options, a longer 42 miles (66 km) and a shorter 27 mile ride. Both rides will take place in Southeast CT on Saturday, August 20.
Ride start: 9:00am Mystic Cycle Centre, 25 Stonington Rd, (aka 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 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 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 nineteen-year fundraising journey of the John Clark Ride is chronicled at www.rideforalzheimers.com. Visit the website to view photos, blogs and videos from previous rides. I would welcome registered cyclists to join me on my 41-mile ride.

Best Regards,

John Clark

Since 1999, The John Clark Ride has raised \$319,100 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.