



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

Dear Friends,

For twenty 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  
Christine Conley, CT State Representative



2018 Cyclists

### The Vision for 2019 Goal: \$20,000

The 2019 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".

Cyclists will have two options, a longer 40 miles (65 km) and a shorter 27 mile ride. Both rides will take place in Southeast CT on Sunday, August 18.  
Ride start: 9:00am Mystic Cycle Centre, 25 Stonington Rd, (aka Route 1), Mystic, CT.

Every 65 seconds a person is diagnosed with Alzheimer's disease.

### Please continue to support my fundraising efforts in one 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**

The twenty-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. I welcome any cyclist to join me on this year's ride.

Best Regards,

John Clark

Since 1999, The John Clark Ride has raised \$340,000 as a commitment for research and to help families whose lives have been touched by Alzheimer's disease. Proceeds from the Ride will benefit the Alzheimer's Association, Connecticut Chapter.