



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

Dear Friends,

For twenty-two 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 and sister Jeanne with Mom



2020 Rain Event

(Hope for more cyclists this year)

### The Vision for 2021

**Goal: \$20,000**

The legacy continues, but only one ride. Also, Mystic Cycle Centre cannot be involved due to COVID restrictions. Ride start is Sunday, August 15, 9:00 am at the parking lot off Route 12 for Job Lot and Dollar Tree in Gales Ferry, distance 33 miles. McDonald's is also right next door.

Even though I am riding in August, I encourage anyone to do a fundraising ride on their own in honor of a loved one struggling with memory loss, or in memory of someone who has passed away from Alzheimer's disease...OR...ride on THE Longest Day, June 20, 2021...OR...join me in August.

Fact: 80,000 people in CT are struggling now with Alzheimer's. Estimates are that there will be 91,000 by 2025.

**Please help if you can. We all want "A World Without Alzheimer's".**

**Make a tax-deductible donation.** Make a donation online at <https://tinyurl.com/2021JohnClarkRide> or make a check payable to the Alzheimer's Association CT Chapter, and mail it to me at:

**Ride for Alzheimer's, PO Box 574, Gales Ferry, CT 06335**

The twenty-two 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. Google "John Clark Ride" to view two interviews from last summer.

Best Regards,

John Clark

**Since 1999, The John Clark Ride has raised \$380,500 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, CT Chapter.**