



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

Dear Friends,

For twenty-four 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 his Mom

The Vision for 2023

Goal: \$22,000



John and son Jon ready for a ride

The legacy continues, but only one ride. My annual ride is Sunday, August 20, 9:00 am at the Park & Ride commuter parking lot, at the intersection of Route 1 and North Main Street in Stonington, CT. Ride distance will be 27 or 33 miles. I hope many cyclists will join me again this year.

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 21, 2023... 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:

- online at bit.ly/John-Clark-Ride
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-four 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. Google "John Clark Ride" to view a TV interview from August 15, 2020, "John's Ride Celebrates ...".

Best Regards,

John Clark

Since 1999, The John Clark Ride has raised \$423,000 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.