



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

Dear Friends,

For twenty-five 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's Mom

The Vision for 2024

Goal: \$22,000



John, ready for a ride

The legacy continues! The 26th annual ride is Sunday, August 18, 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 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 20, 2024... OR... join me in August.

Fact: 80,000 people in CT are struggling now with Alzheimer's. Seven million Americans are living with Alzheimer's..

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

Make a tax-deductible donation:

- online at <http://bit.ly/John-Clark-Ride-2024> **This link may not work on your computer. If not, try it on your cell phone.**

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-five year fundraising journey of the John Clark Ride is chronicled at www.rideforalzheimers.com. Visit my website to view photos, blogs and videos from previous rides. Also, Google "John Clark Ride", and find a video dated August 21, 2023 or a promo spot dated August 16, 2023. They summarize the history and mission of my fundraising effort.

Best Regards,

John Clark

Since 1999, The John Clark Ride has raised \$448,600 for research and to help families whose lives have been touched by Alzheimer's disease. All proceeds benefit the mission of the Alzheimer's Association, CT Chapter.