

TEAM 81

Ride for Parkinson's



Hello friends!

Thank you for your interest in **TEAM 81** and the **RIDE FOR PARKINSON'S!**

I know firsthand the difficulties of Parkinson's. Both my father and my grandfather suffered from this disease. I am proud to honour their memories by **SUPPORTING THE PD COMMUNITY IN MANITOBA** through my **TEAM 81** initiative.

U-TURN PARKINSON'S (U-TURNPD) is a **MANITOBA CHARITY PROVIDING A NO-COST SERVICE** to people suffering from Parkinson's Disease. Together, we are staging a **BIKE RIDE JULY 27-31** called **TEAM 81 RIDE FOR PARKINSON'S**. Our route will cross the province, from Russell to Falcon Lake, with day rides on the Brandon and Winnipeg legs, July 28 and 31.

Recently I met Tim Hague, the founder of U-TurnPD. He and his son won the first ever **THE AMAZING RACE CANADA**. Tim's desire is to create a **CENTRE OF EXCELLENCE** in Winnipeg offering research based, condition-specific, holistic exercise programs, **FREE OF CHARGE** to the Parkinson's Community.

Parkinson's is the fastest growing neurological disease on the planet. There are over 10 million people affected worldwide including 100,000 people in Canada and over 7,000 people in Manitoba.

EXERCISE has been proven to **SLOW THE PROGRESSION OF THIS DISEASE** and an event like the **TEAM 81 RIDE FOR PARKINSON'S** can bring awareness to the benefits of exercise.

I humbly ask you to join me in **SUPPORTING TEAM 81** and **U-TURNPD** by donating or sponsoring a rider for \$81, \$810, \$8100 or any other amount you can donate. Every dollar helps.

Join me and my team and together we can #uturnpd



Thank you for your support,

KYLE CONNOR

Team 81 Ride for Parkinson's

Team 81 Ride for Parkinson's, presented by Canadian Tire

We invite you to join us July 27th to July 31st!

Team 81 Ride for Parkinson's is a 600km bike ride across Manitoba in support of those living with Parkinson's. The goal of this ride is to raise awareness about Parkinson's disease and raise money that will go towards funding Parkinson's focused wellness programs.

But we can't do it alone: we need your help. We're seeking cyclists like you, willing to jump in the saddle, raise awareness and funds towards wellness programs for people living with Parkinson's disease. Join a group of philanthropic cyclists and humanitarians who will embark on a journey; whether it be the challenging 600KM Ride, the One Day Ride or choosing the Fun Ride; the ultimate journey is one that supports people living with Parkinson's Disease.

Register for the Ride at:

uturnparkinsons.org/ride-to-uturnpd-registration/

600KM Ride

This will be a fully supported, 5-day ride across the province.

THE FEE: \$500 suggested to raise a minimum of \$2000 (inclusive of the \$500 fee). Each attendee targets to raising \$2000 by July 27, 2024

Registration Includes:

- One person participating in our 600 km ride and fundraising event
- Event jersey
- Gear transportation/transfer to next destination
- Supported ride with accommodations and nutrition during the ride (meals and snacks)

Note: Riders are responsible for their own transportation back home at the end of the ride, from Falcon Lake.

One Day Ride

Join us on the final day of the ride. July 31st, riding 136KM from Winnipeg to Falcon Lake.

THE FEE: \$100 suggested to raise a minimum of \$1000 (inclusive of the \$100 fee). Each attendee targets to raising \$1000 by July 27, 2024.

Registration Includes:

- One person participating in our One Day Ride and fundraising event
- Event jersey
- Supported ride with lunch and snacks provided.

Note: Riders are responsible for their own transportation back home at the end of the ride, from Falcon Lake.

Fun Ride

Ride around Assiniboine Park for a 20KM fun ride. July 30th, 2-4pm. All abilities and ages welcome.

THE FEE: Contribution of \$25

Registration Includes:

- One person participating in Fun Ride
- Event T-shirt
- Guided 20KM ride
- Refreshments provided

*Any registrations received after June 28th will not be guaranteed jersey size.



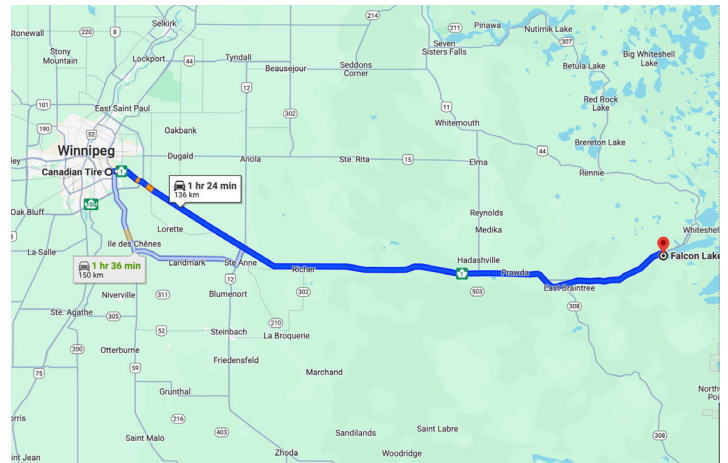
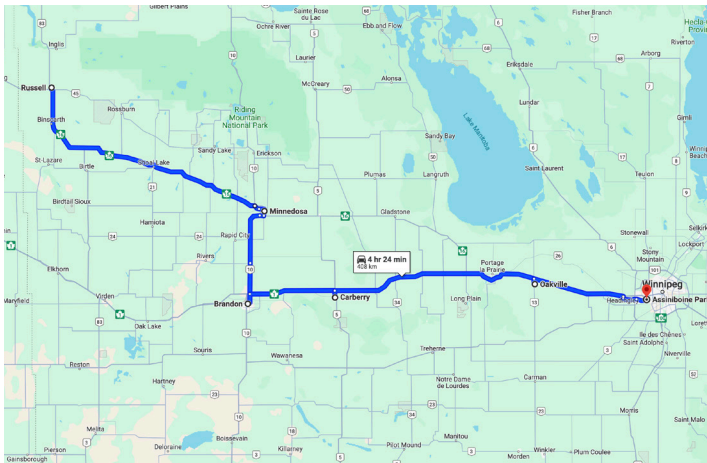
All proceeds go to support the Free of Charge programs of U-Turn Parkinson's. Contact us for more information at [204.510.4869](tel:204.510.4869) | info@uturnpd.org | uturnparkinsons.org

This will be a challenging event! The daily rides may be split in groups depending on weather and/or road conditions. We will endeavour that no rider is left behind but riders should be mindful they are engaging in 5 full days of challenging rides, as part of a group. A support vehicle will be following the group(s), if riders should become unable to complete.

If you know someone that would like to join our team and volunteer during this event, please have them contact us. We always welcome volunteers!

**Please note that it is imperative that all riders ensure that their bikes have been tuned-up prior to this event.

Event Maps



5 Day Route	Start	Via	End	Distance
Day 1	Russell	16 East	Minnedosa	136 km
Day 2	Minnedosa	MB 10 South	Brandon	
		and then HW 1 East	Carberry	103 km
Day 3	Carberry	HW 1 East	Portage La Prairie	
		and then HW 1 East	Winnipeg PCL offices, Waverley St	170km
Day 4	Winnipeg Fun Day		Assiniboine Park	20 km
Day 5	Canadian Tire on Fermor	MB 59 North		
		and then HW 1 East	Falcon Lake	136 km
Total				565 km

