

ON THE MOVE TO END ALZHEIMER'S DISEASE



TAKE STEPS TO END ALZHEIMER'S!

Northern Virginia Memory Walk and Candlelight Rally
Reston Town Center, Reston VA
Sunday, September 26

National Memory Walk
Nationals Park, Washington DC
Saturday, October 2

WE'RE ON THE MOVE TO END ALZHEIMER'S

Thousands of people across the metro Washington region are on the move to end Alzheimer's disease. If you're the kind of person who's not going to sit on the sidelines when there's a chance to change the future, then you're the person we need! With more than 5 million Americans living with Alzheimer's, and nearly 11 million more serving as caregivers, the time to act is now!

Join the Alzheimer's Association, National Capital Area Chapter this fall for one or more of our fundraising and awareness events. From walks to bike rides to marathons, we have an opportunity for everyone to MOVE and make a difference in the fight against Alzheimer's!

Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support and research. When you register for Memory Walk, you're joining a nationwide community of thousands of people who are standing up and participating in the fight against this devastating disease.

Forming a Memory Walk team is easy! Invite family, friends, co-workers, club or civic organization members, school groups, and more to join you in taking steps to end Alzheimer's. The Chapter's dedicated and friendly staff will help you organize your team, offer tips on fundraising, and inspire you along the way.

New this year is a candlelight rally after the Walk in Reston. This gathering will remember those we have lost or are losing to Alzheimer's, celebrate caregivers and volunteers, and serve as call to action for our political leaders to make Alzheimer's a priority.

For more information about Memory Walk, visit www.alz.org/nca or contact us at memorywalknca@alz.org or at 703.359.4440.

Use your pedal power to help fight ALZHEIMER'S! Tour de Canal September 11 - 12



Tour de Canal is one of the longest off-road charity bike rides in the U.S. Now in its 14th year, Tour de Canal is a two-day, fully supported fundraising and awareness ride along the scenic Chesapeake & Ohio Canal, starting in Cumberland, MD and ending in Washington, DC.

Riders looking for a challenge may choose to bike the full 184 miles along the entire length of the C&O Canal. Those looking for a more relaxing ride can sign up for the 100 mile. Training rides are offered throughout the summer, and qualifying rides are required to ensure the participant's ability to complete the ride. Registration closes on August 14.

For those wanting to get in on the fun but who are not ready to tackle one of the longer rides, the Tour offers a 20-mile Memory Ride on September 12. The ride begins in Georgetown, heads up the Canal toward Carderock, and then returns to Georgetown. Registration for this ride closes on September 3.

For more information on Tour de Canal, visit www.alz.org/nca or contact us at tourdecanalnca@alz.org or at 703.359.4440.

"I have participated in the Tour event since 2001 with some fantastic people I've met over the years for two reasons; the canal is breathtaking and because my mother and grandmother had the disease. I've committed to this event and the Alzheimer's Association's efforts to stop its progression because I have witnessed firsthand the impact of this wretched disease."

- Colette, 9 year rider

YOU CAN MAKE IT HAPPEN! JOIN THIS FALL AS WE WALK, BIKE AND RUN TO CREATE A WORLD WITHOUT ALZHEIMER'S DISEASE.

It's not just 26.2 miles. It's coming closer to a cure! Marine Corps Marathon October 31



The Alzheimer's Association, National Capital Area Chapter is proud to be a 5th year Charity Partner for the Marine Corps Marathon. If running is your passion, we invite you to join Team ALZ Stars – a group of runners committed to the race of a lifetime! Team ALZ Stars is the name of our National Marathon Training program. Be a part of this special team committed to spreading awareness about the disease, promoting brain health and helping us to bring help and hope to those affected by Alzheimer's. For more information on Team ALZ Stars, visit www.alz.org/nca or contact us at marinecorpsmarathon@alz.org or at 703.359.4440.

"I'm only 52 years old and I have Alzheimer's disease. My whole life changed dramatically when I was diagnosed two years ago. Most people think of Alzheimer's as a disease that only affects the elderly. This is not true! If a cure is not found soon, my children will "lose" me bit by bit, day by day to this awful disease. Please join me and walk to end Alzheimer's. There is no time to waste!"

- Patty, diagnosed person and volunteer



"And yet, with thoughts of Mom, the tears came streaming down my face when I began the final mile of the race. It suddenly became a race for my life and for the lives of my family and friends, as I believed climbing this mountaintop was indeed raising the bar for me and those that I love to be better at whatever we set out to do for humanity."

-Ron, Team ALZ Stars runner

About the Alzheimer's Association

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research. Since 1980, the Alzheimer's Association has been providing information, education and support to those diagnosed with Alzheimer's and their families and caregivers. As part of a nationwide network of chapters, the Alzheimer's Association, National Capital Area Chapter serves Northern Virginia, Suburban and Southern Maryland, and the District of Columbia.

Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. For more information, call toll-free 800.272.3900 or visit www.alz.org/nca.