

### The History of Tour de Canal

Since 1997, Tour de Canal, a noncompetitive off-road long-distance bike ride along the historic, scenic C&O Canal has raised more than \$1.2 million for the fight against Alzheimer's disease.

Approximately 250 riders participate — many on teams representing such companies as Booz Allen Hamilton, CACI, Sunrise Senior Living and TerpSys. Tour de Canal has grown over the years thanks to the support of founder and volunteer Dr. Jim MacLean, who approached the Alzheimer's Association with the idea of starting the event in honor of his grandfather. As an avid cyclist, Jim decided to raise funds to support Alzheimer research and care by organizing Tour de Canal.

Tour de Canal attracts serious bike enthusiasts who are inspired by the challenge of biking the towpath as well as casual bike riders whose lives have been touched by Alzheimer's disease.



#### Alan Willsey, TDC Committee Member

*"We ride because we have to...Alzheimer's is an insidious disease. It trapped my grandmother into two years of silence. It trapped my mother-in-law for over 10 years of her life and it has trapped a beloved cousin BEFORE age 60.*

*We ride because we have to win this fight."*

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#### Misson

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.

**Facts:** Alzheimer's is the 7th leading cause of death in the U.S. ~ Every 70 seconds someone in the U.S. develops Alzheimer's disease. ~ 5.3 million Americans have Alzheimer's. ~ \$172 billion dollars in annual costs. ~ 16 million people will be diagnosed by 2050 unless we win the fight against Alzheimer's.

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National Capital Area Chapter

3701 Pender Drive

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Fairfax, VA 22030

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Join us for one of the longest  
off-road charity bike rides  
in the United States!

September 11 - 12, 2010

800.728.9255

[www.alz.org/nca](http://www.alz.org/nca)



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## Ride

Each ride option has scenic views along the C&O Canal and the Potomac River Valley.

- **184-mile ride** tackles the entire length of the C&O Canal over two days beginning in Cumberland, MD and ending in Washington, D.C.
- **100-mile ride** takes in the most scenic stretches of the C&O Canal over two days.
- **20-mile Memory Ride** is a family-friendly afternoon excursion that allows less experienced riders to participate in the fun and join all of the tour riders in the final victory party!



## Chris Mullen, TDC Committee Member

*"The C&O Canal is one of America's most unique trails. I get to travel the same path that an ancestor took in 1834. The Alzheimer's Association works to cure a fate that befell so many other ancestors."*

## Training Program

Long-distance off-road biking is serious but we can help you train! Meet other riders, exchange safety tips and participate in training rides scheduled from April to August.

**Note: In order to ride in the 184- or 100-mile, you must participate in a qualifying 50-mile ride prior to the Tour de Canal.**



## Meet Our TDC Committee Members

Matt Allen, 5 years riding in TDC  
Colette Browning, 9 years riding in TDC  
Don Ewen, 8 years riding in TDC  
Steve Futato, 10 years riding in TDC  
Chris Mullen, 12 years riding in TDC  
Jen Nicholson, 4 years riding in TDC  
Kathy Rodgers, 8 years riding in TDC  
Chris Schumaker, 2 years riding in TDC  
Alan Willsey, 7 years riding in TDC

## Register

**After signing-up, you will receive more information about the ride, hotels, day-of-event schedule, directions and more!**

**Register online today: [www.alz.org/nca](http://www.alz.org/nca)  
For more information, call 800.728.9255.**

## Form a Team

Why ride alone? Share your experience with your co-workers, friends, family, members from your place of worship, sporting team, etc. and encourage them to join you in Tour de Canal!

We have all experienced the incredible and contagious energy that is created when a group of people comes together. Organizing a team for Tour de Canal is simple and helps motivate each member to train and raise vital funds to help end Alzheimer's!

Not only will you be able to talk about your journey for years to come, but you will be able to join forces and make a major impact on the Alzheimer's Association's ability to continue providing programs and services in the National Capital Area.



## Colette Browning, TDC Committee Member

*"I have participated in the TDC event since 2001, with some fantastic people I've met over the years, for two reasons: the Canal is breathtaking and because my grandmother and mother had Alzheimer's. I'm committed to this event and the Alzheimer's Association's efforts to stop its progression because I have witnessed it first hand, the impact of this wretched disease."*