



American Stroke Association®
A division of the American Heart Association.

CycleNation™

CYCLENATION

CycleNation is the American Heart Association | American Stroke Association's nationwide movement aimed to empower Americans to **get brain and heart healthy**, while raising the funds to continue vital community programs that will forever change the course of heart disease and stroke.

CycleNation is a **high-energy, experiential, stationary bike event** that engages companies in the mission of the American Heart Association and American Stroke Association.



PEDAL WITH A PURPOSE

We're coming together to help save lives from stroke and heart disease. Join us by registering, raising funds and making an incredible impact. Together, we'll put an end to stroke and heart disease.

REGISTER

Teams of 4-8 people per bike raising a minimum of \$1,000.

FUNDRAISE

Teams ask their network of family and friends to support the mission of the AHA.

RIDE

At the event, teams ride relay-style and celebrate their collective impact on our mission at a fun afterparty.



BRAIN HEALTH MATTERS, NO MATTER YOUR AGE.

- 80% of all strokes are preventable and 3 out of 5 adults will develop a brain disease in their lifetime.
- Our brains start showing signs of cognitive decline as we enter our 20s.
- Stroke happens to people of all ages, and the number of younger adults having strokes is increasing.
- The single most important treatable risk factor for stroke is high blood pressure. Nearly half of American adults have it, and many don't even know. Regular exercise and maintaining a healthy weight can help.

Through CycleNation we ride together to shine a spotlight on the importance of:



Keeping our brains healthy.



Being physically active.



Controlling and treating risk factors like high blood pressure.



Funding more research, advocacy and education on heart and brain health.



RIDE THE REVOLUTION.

CycleNation is more than a day – it's a movement empowering people to be healthy while funding vital research to eradicate stroke. We ride for those who can't. For those who have lost their lives and for those who are still writing their comeback stories. And we ride together. With each push of the pedal, we are connecting hearts, minds and bodies for one purpose – to save lives.