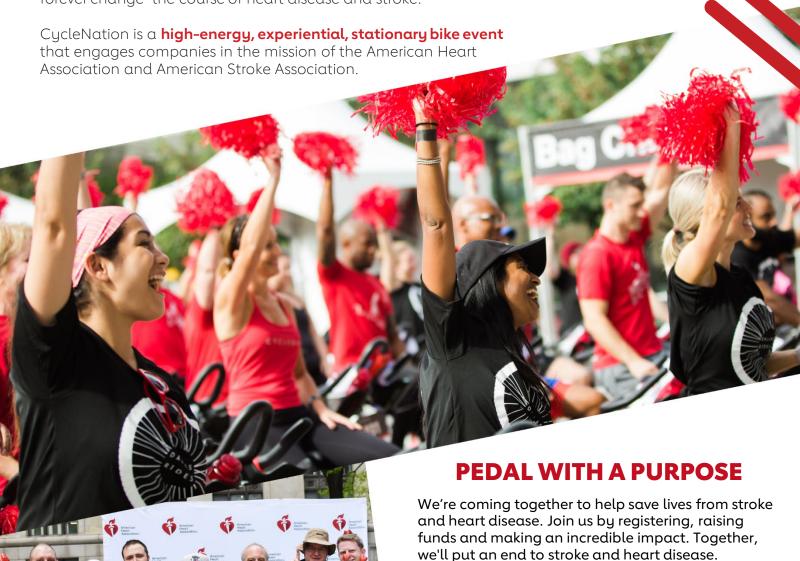


CYCLENATION

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.



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.

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 startshowing signs of cognitive decline as we enter our 20s.
- Stroke happens to people of all ages, and the number of younger adults having stokes 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 brainshealthy.



Being physically active.



Controlling and treating risk factors like high blood pressure.



Funding more research, advocacy and education on heart and brainhealth.



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.