

FOLLOW YOUR HEART Challenge in support of



Want to have some fun while I ride across Canada?

It won't cost you anything to support me as I ride my bike across Canada to raise awareness for the inherited cardiac condition known as ARVC.

This idea was inspired by Dr. Marieke along with students, staff and community members at UWCEA in Moshi, Tanzania, East Africa, and I/they challenge you to follow their inspirational lead!

WHO can participate? Kids of all ages (1-101) I would like to welcome this challenge to families, schools, classes, cycling clubs...anyone!

WHAT do I do? Plan a heart-shaped route to ride your bike on, and have someone use GPS/mapping software record your ride. The heart can be any size, and you can do as many laps as you like...BE CREATIVE!!!

WHERE can I do this? That's the great part – anywhere you like! On safe roads, paths, sidewalks, your school yard, etc.

WHEN should I do this? Anytime between May 29th and August 20th, which is when I will be riding.

WHY should I do it? Because **it's fun** to be outside and on a bike, because it's a **creative** way to draw a heart, because it inspires me to ride, and because together we can **raise awareness** for ARVC – an inherited cardiac disease that has impacted my family and many others. There may also be some rewards for your efforts!

HOW? Get a group together (or ride yourself) by bicycle, unicycle, tricycle, skateboard, wheelchair, stroller...basically any self-powered machine that has wheels.

After you have completed a FOLLOW YOUR HEART ride, send me the results including a map, information about your group, and maybe a pic or two. We will then post your ride on our FB and IG pages (@ride4arvc). (Note: pics of riders without helmets may not be published....**please be safe!**)

Here are some examples:

The inaugural FOLLOW YOUR HEART ride from Tanzania, Africa – this was a surprise for me when I got a call back in June to say that these wonderful people were mid ride halfway across the globe in support of myself and my family:

UWCEA (United World College East Africa)

of Riders: 18

Ages: 12 – 5?

laps: 1

Vehicles used: mountain bikes

Perimeter of heart: 31.3km

Location: TPC property and surrounding area, rural Tanzania

Surface: dirt trails with some tarmac sections



And a ride that I did recently near home (the ride was real but the info is fiction)

FRIENDS OF ADAM'S RIDE

of Riders: 5

Ages: 48 - 58

laps: 2

Vehicles used: 3 road bikes, 1 touring bike, 1 unicycle

Perimeter of heart: 23.7km

Location: Wellington County, Ontario, Canada

Surface: tarmac road



So, get off your butt and into a saddle, and let's have some fun pedaling together!