

follow me



@ride4arvc



follow or join  
me as I cycle  
across Canada!

support  
the ride



see the detailed schedule

[www.arvcfamilysupport.org](http://www.arvcfamilysupport.org)



arrhythmogenic **ride** for ventricular cardiomyopathy

## why am I cycling 9000 km?

... because my late wife, my 2 sons, and 5 others in my family have ARVC, an **inherited cardiac disease** that kills without warning.

... to **connect and support** other families that have ARVC.

... because families and doctors everywhere **need to know** the chances of youth and young adults having a sudden cardiac arrest.

... to **raise funds** to further our understanding of this disease.

Go to our story [www.arvcfamilysupport.org](http://www.arvcfamilysupport.org)

Learn more



arrhythmogenic right ventricular cardiomyopathy



# how can you help?

**share our story with**  
family, friends,  
doctors, etc.

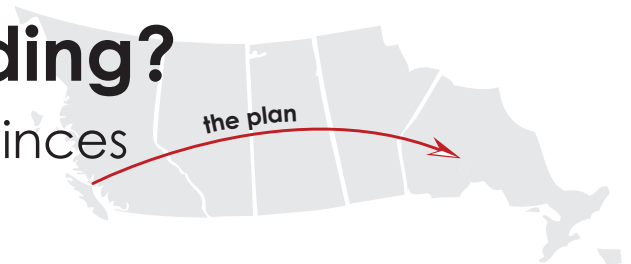
**donate to my ride**  
or directly to  
ARVC research efforts.



**reach out to me**  
[ahoerd4@gmail.com](mailto:ahoerd4@gmail.com)  
[www.arvcfamilysupport.org](http://www.arvcfamilysupport.org)  
[@ride4arvc](https://twitter.com/ride4arvc)

## when/where will I be riding?

this spring/summer, through 5 provinces



### British Columbia

Victoria, Nanaimo, GVA,  
Revelstoke, Golden

**May 29 – June 16**

### Alberta

Banff, Calgary, Red Deer,  
Edmonton, Camrose,  
Lloydminster

**June 17 – July 2**

### Saskatchewan

North Battleford, Saskatoon,  
Moose Jaw, Regina, Yorkton

**July 3 – July 10**

### Manitoba

Brandon, Portage La Prairie,  
Winnipeg

**July 11 – July 20**

### Northern/Western Ontario

Kenora, Thunder Bay,  
Wawa, Sault Ste. Marie,  
Owen Sound, Kitchener,  
Waterford

**July 21 – August 20**

## Last year August to October

Adam connected with families as he pedaled  
through NL, NS, PE, PQ, and south eastern ON



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