



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

CycleNation™

Vermont CycleNation

MAY 2021

**STROKE AWARENESS MONTH**

This is **YOUR** ride to help end stroke and heart disease.

Heart disease is the No. 1 killer worldwide, and stroke ranks second globally. By joining our CycleNation community, you will be a part of a relentless team working to stop the cycle of stroke and heart disease.

**RIDE WITH US, SAVE LIVES WITH US!**



**START (OR JOIN) A TEAM.** Register today at [www.CycleNation.org/Burlington](http://www.CycleNation.org/Burlington) for instant access to fundraising tools to help reach our goal of \$65,000! Ride wherever, whenever and however you want!



**RALLY RIDERS.** Join us on **May 3<sup>rd</sup>** for Rally Day to hear from our stroke survivor ambassador, motivate your team, raise awareness **AND START TRACKING YOUR MILES!**



**ALL MAY LONG.** Ride at home. Ride outside. Just ride! Compete against other teams to see who will end the month with the most miles. Post your progress on social media and help spread awareness. **#CycleNation802**



**LET US CELEBRATE YOU!** Save **June 1<sup>st</sup>** for our digital celebration to recognize our top companies, teams, riders and amazing survivors! Will **YOU** be our top rider?

Please visit [www.CycleNation.org/Burlington](http://www.CycleNation.org/Burlington) to hear from stroke survivors and to get important event updates.

Text **VTCYCLINATION** to **41444** to make your gift