



American Stroke Association
A division of the American Heart Association.

CycleNation™

NJ Tri-County CycleNation MAY 2021

Ride with purpose on World Stroke Month.

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/NJTri for instant access to fundraising tools. Set up teams of 8 riders and help reach our goal of \$20,000! **Ride wherever, whenever and however you want!**



RALLY RIDERS. Join us on **April 26th** at 12:30pm for Rally Day to hear from our stroke survivor ambassador, motivate your team, raise awareness **AND START TRACKING YOUR MINUTES!**



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



LET US CELEBRATE YOU! Save **MAY 26th** at 4:30pm for our digital celebration to recognize our top companies, teams, riders and amazing survivors! Will **YOU** be our top rider?



ENGLEWOOD
HEALTH

Please visit www.CycleNation.org/NJTRI to sign up

Text **NJTCN to 51555** to make your gift