



American Stroke Association
A division of the American Heart Association

CycleNation™

CYCLENATION LONG ISLAND

SATURDAY, MAY 21, 2022

Southampton, NY

Heart disease is the No. 1 killer worldwide, and stroke ranks second globally. Together, we can build a future that eliminates stroke and heart disease. And together we remain committed to keep moving until that future is our reality.



RIDE WITH US

Join us for a one-day fundraising ride that will start and end in Southampton, NY, which will allow cyclists to ride through the Heart of the Hamptons. Each rider can choose from a 30-mile, 60-mile, or our 100-mile century ride, which brings you to the iconic Montauk Lighthouse and back. As the only road cycling event for the American Heart Association, you do not want to miss out on this one-of-a-kind experience, while raising funds to end the cycle of stroke and heart disease.

REGISTER TODAY

CycleNation.org/li

#LongIslandCycleNation



LIFE IS WHY SPONSOR



GET YOURSELF IN GEAR.



2022 CYCLENATION LONG ISLAND HEART RIDE EVENT DETAILS



START (OR JOIN) A TEAM. Register today at www.cyclenation.org/li for instant access to fundraising tools.



- ♥ Riders can choose to ride the 30-mile, 60-mile, or iconic 100-mile century route
- ♥ All routes will be fully supported with volunteer route marshals, mechanical support, rest stops with snacks and water, volunteers, and more!



RAI\$E FUNDS & SAVE LIVES. Start Fundraising fast with Facebook. Log into your CycleNation HQ to connect your fundraiser and follow the steps to invite your friends, share updates and collect donations.

- ♥ All riders must meet the **\$250 fundraising minimum** by Ride Day



Join our **Long Island Top Rider Club** by personally fundraising \$1,000+ to receive VIP treatment, 2022 custom PRIMAL jersey, and more!



LET US CELEBRATE YOU! Join us on **Saturday, May 21, 2022**, for our in-person ride and post-ride celebration! Cross the fundraising finish line strong and earn one of our NEW CycleNation medals!



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Contact Maggie McDougall,
Margaret.McDougall@heart.org for
information, sponsorship opportunities,
and more!