



**GET INVOLVED.**

**SPREAD THE WORD.**

**#RIDE4ALZHEIMERS**

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*GROUNDBREAKING 10-DAY MOTORCYCLE SIDECAR TOUR*

My dad, Don Reddington, was diagnosed with Alzheimer's three years ago. He has talked openly about his disease since day one and has been driven to share with the world what it is like to live with Alzheimer's. This is unusual because so many people fear this disease and are afraid to speak about it. Instead, my dad wants to spread the word that life is not over once you are diagnosed. You are not alone. He wants to help everyone affected by Alzheimer's understand and accept the disease instead of rejecting or hiding from it in shame and fear. As dad has said, "It is out of our control but we can manage this disease, still live with enjoyment, ADVENTURE and love."

My dad is an inspiration to me. My passion for motorsports, the outdoors, and adventure come from him. So, what better way to keep the ADVENTURE going than taking my dad on an 10-day tour of Washington state this summer in a motorcycle sidecar? Our route travels through Bellingham, Seattle, Olympia, Yakima, Spokane and Wenatchee. As a part-time RN, photographer, and avid motorcyclist, I feel that my Dad and I can make a powerful statement about the impacts of Alzheimers, the choices open to everyone affected by the disease, and the importance of living an enjoyable & respected life.



**2017 #RIDE4ALZHEIMERS ROUTE:**

**Day 1** (July 4th): Kick off for the ride begins July 4th, as we participate in the annual Twisp Independence Day parade. After the parade we will make our way over the North Cascade Highway en route to Bellingham.

**Day 2** (July 5th): Mini rally for Alzheimers midmorning/noon in Bellingham. Location TBA. After rally, we will head south to Seattle taking the scenic route along the water.

**Day 3** (July 6th): Afternoon/evening rally in Seattle. Location TBA

**Day 4** (July 7): Depart Seattle and head south to Olympia. Afternoon rally in Olympia. Location TBA.

**Day 5 & 6** (July 8, 9th): Head to Mt. Rainier National Park, a place where my family grew up recreating. Here we will have impromptu gatherings and spread the AZ awareness. Stay in the park for 2 nights.

**Day 7** (July 10th): Head to Yakima. Late afternoon/evening gathering, location TBA.

**Day 8** (July 11th) : Head to Spokane. Lunch gathering & location TBA.

**Day 9** (July 12th): Destination Wenatchee. Final day motorcycle parade down Wenatchee Ave and BBQ at location TBA.

**DAY 10** (July 13th): Final day w/ evening BBQ in Twisp, WA!

### **HOW CAN YOU HELP?**

1) ~~We need a leaner side car.~~ Done, thanks to Ural Motorcycles!

2) We need HOSTS! Hospitals or Memory Care Facilities along our route (must be one of our major cities listed on our route). Would you help us by hosting a mini “rally” where friends and families experiencing or living with AZ can meet. Entertainment time would be 1-2 hours, refreshments and snacks a bonus! This will be a time to discuss with others the resources, outreach groups and information available with on the community to those living with this disease. It will be a time to support each other and share stories.

3) We need hospitality & fuel (for our sidecar and our own bellies! Please go to our GoFundMe website <http://www.gofundme.com/ride4alzheimers>. If you can help by donating anything from \$5 to \$100, we would be delighted.

4) Any love and support we can get will be of great appreciation!

I, as well as [WestX1000.com](http://WestX1000.com) (professional content creators in the motorcycle industry) will be documenting this adventure, so if we spur any ideas for a story, please reach out to me!

My Dad and I look forward to making an impact this coming summer. Hope to see you on the road as we #RIDE4ALZHEIMERS

Thank you!

**Don Reddington**

**Donni Reddington**

