

**Saturday, August 3, 2019
Lake St. Clair Metropark**

**LOCATION
Par 3 Shelter**



Grab your family, your bikes, and pedal toward a cure for Alzheimer's at the **2019 MIND OVER MATTER** Cycling Event! All proceeds benefit the Alzheimer's Association—Greater Michigan Chapter.

**Earn the Official M.O.M. Bike Jersey
by raising \$200 or more by June 3**

3 ride distances available:

The more AVID cyclist can ride 43 miles along Lake St. Clair to Windmill Pointe Park in Grosse Pointe and back to Lake St. Clair Metropark. Ride begins at 8:00am.

The 23 mile ride ventures on the bike path out of Lake St. Clair Metropark to Freedom Hill Loop in Sterling Heights and back to the park. Ride begins at 9:00am.

The 5 mile ride stays on the bike path in Lake St. Clair Metropark, for **ALL AGES**. Ride begins at 10:00am

- ✓ **Same day registration begins at 7:15am**
- ✓ **Riders please arrive 30 minutes prior to your ride time**

Pre-registration ends July 22nd.

alzheimer's 
association®

15th Annual
MIND OVER MATTER

A Tribute to Karl T. David

Cycling Event

**Continental breakfast, lunch,
and ice cream to be served to
all riders.**

For more information visit:
www.mindovermatteralz.com

or

Contact Kristine Korpala
(Founder) at:

kristine@mindovermatteralz.com
586.876.0827

5 Mile Ride: \$20

23 Mile Ride: \$25

43 Mile Ride: \$45

*Kids under 18 & Senior Citizens
over 62 ride any distance for \$15*

**ADD \$10 FOR SAME
DAY REGISTRATION**

To register, please visit **<http://act.alz.org/mindovermatter2019>**