



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

CycleNation™

ONE CYCLENATION.

ONE DAY. ONE RIDE. ONE MILLION DOLLARS. ONE MILLION MILES.

This year will be the biggest CycleNation you've ever seen. On **October 29, 2020**, World Stroke Day, join us as we come together as **ONE CYCLENATION**. Uniting our events across on one day to raise funds and awareness for prevention and treatment of heart disease and stroke.



REGISTER

Create a team or register as an individual.



FUNDRAISE

Ask your network of family and friends to support you and the mission of the American Heart Association.



DEFINE YOUR RIDE

One CycleNation continues the tradition of cycling, the heart of our event, however this year you get to "define" your ride with our new physical activity tracker conveniently located in your CycleNation App.

Go beyond the bike and manually track miles of other physical activity giving you more ways to participate and define your ride.



TIM OMUNDSON, Actor, *This is Us*, Stroke Survivor and American Stroke Association volunteer.

MICHAEL JOHNSON, Olympic Gold Medalist, Stroke Survivor and American Stroke Association volunteer



10.29.20

Join us for our NATIONAL LIVESTREAM EVENT featuring a conversation between actor and stroke survivor **TIMOTHY OMUNDSON** and **MICHAEL JOHNSON**, Olympic Gold Medalist, stroke survivor and American Stroke Association volunteer.

BIGGEST CYCLENATION EVENT EVER

One CycleNation allows us to ride as "one" as we raise awareness and funds on WORLD STROKE DAY. One CycleNation will bring together markets and teams from across the country to celebrate our achievements during a livestream celebration on October 29 at 6:30 pm EST.

NATIONAL LIVESTREAM
6:30 pm EST

CycleNation.org

BRAIN HEALTH MATTERS, NO MATTER YOUR AGE.

CycleNation is the American Heart Association | American Stroke Association's nationwide movement aimed to empower Americans to **get heart and brain healthy**, while raising the funds to continue vital community programs that will forever change the course of heart disease and stroke. **Join us this year on World Stroke Day, October 29, 2020.**



Through CycleNation we ride together to shine a spotlight on the importance of:



Keeping our brains healthy.



Being physically active.



Controlling and treating risk factors like high blood pressure.



Funding more research, advocacy and education on heart and brain health.

Get in Gear for One CycleNation.