



Ride **for** **R**ehab  Alex and Vanessa cycle across Canada to benefit
The Cardiac Health Foundation of Canada
For Prevention, Education and Cardiac Rehabilitation

A red rectangular graphic on the left side of the page. It contains several white hearts of various sizes and two larger red hearts with white outlines at the bottom. The hearts appear to be floating or falling from the top left towards the bottom right.

Follow our Journey:

Alex Holton and Vanessa Parlette:

Depart:

May 29th, 2011

Vancouver, British Columbia

Estimated Arrival:

Early September, 2011

St. John's, Newfoundland



CARDIAC HEALTH
FOUNDATION OF CANADA

Alex's Story:



- In 2006, when I was twenty-three, Vanessa and I were shocked to discover that I had developed an eight centimeter dissection in my ascending aorta. Over the course of forty-eight hours, I went from being what I thought was a completely healthy person to undergoing life saving surgery to replace the damaged section of my aorta and rebuild my heart.
- I've always considered myself to be an active person, but post surgery I lost all confidence in my ability and even the safety of being an active person. Worry about harming myself through activity really started to prevent me from fully recovering from the surgery. After discussing this with my cardiologist I was referred to the cardiac rehab centre at the Toronto Western Hospital.
- Cardiac rehab did two things for me that helped my recovery in ways I could have never achieved on my own. It gave me access to exercise equipment in a safe environment monitored by health care professionals and provided me with a judgment-free space full of people who had shared similar experiences. The group of patients and workers in the centre helped normalize my perspective on my health. Being in a group of patients who have all been through what I had been through really helped me accept that recovery and a normal life were obtainable goals and that I wasn't the only one shooting for them.

Our Intentions:

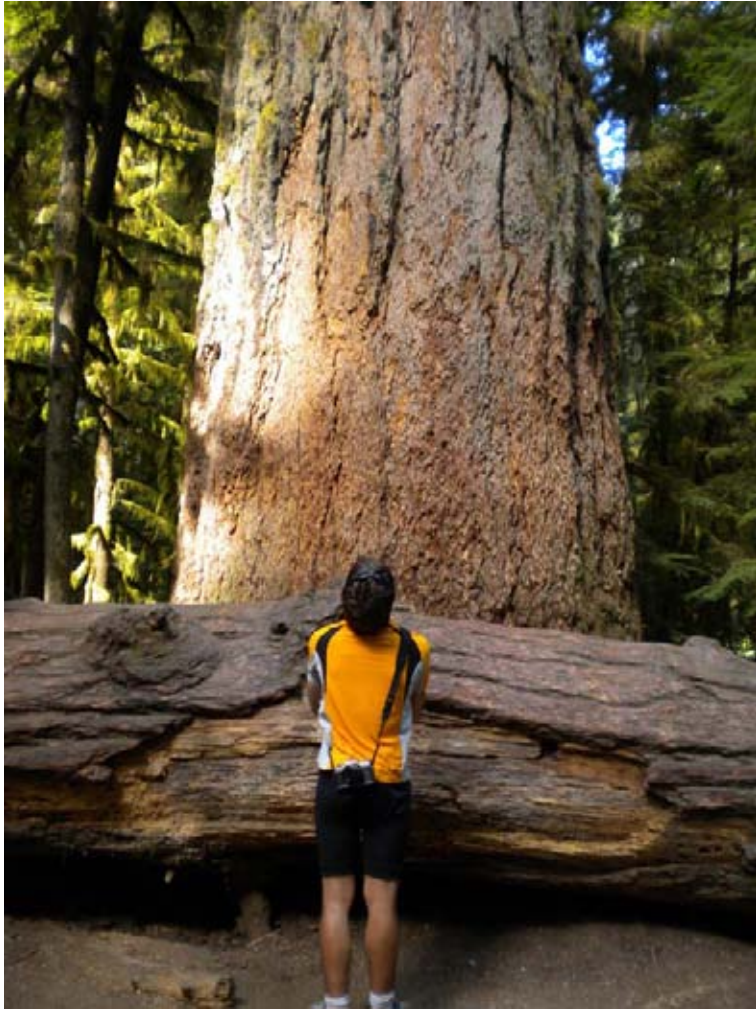


- This summer Vanessa and I plan to ride across Canada in benefit of the Cardiac Health Foundation of Canada. Through this ride we intend to promote awareness and funding for cardiac rehabilitation centres by encouraging active lifestyles that help prevent risk factors for cardiovascular disease. We begin our journey on May 29th departing from Vancouver and will finish on August 28th in St John's after cycling 8000km.
- There are two things Vanessa and I hope to accomplish on this ride. One is to give back to an organization that has done so much for me in my life. The other is to show that issues with cardiac health don't have to mean the end of active lifestyle and following your ambitions.
- Vanessa and I invite you to join us through sponsorship or donations.



Our Goals:

- To CYCLE 8000 km from Vancouver to St John's
- To CONNECT cardiac rehab centres across the country
- To RAISE over \$16,000 for the Cardiac Health Foundation of Canada and participating cardiac rehab centres nation wide
- To PROMOTE awareness for cardiac rehabilitation programs and cardiac health
- To SUPPORT EDUCATION by funding additional graduate scholarship(s) for cardiac rehab for presentation at the CACR conference 2011.



Our Wish List

- Accommodation to augment our tenting
- Food and supplies
- Bicycling equipment and clothing
- Bicycle maintenance
- Medications

Our Current Sponsors:



- Cardiac Health Foundation of Canada for online donations & tracking our journey on their website: www.cardiachealth.ca
- Rogers Communications for communications equipment allowing live blogging of the trip.

Ride for Rehab: Route Plan



Rehab Centre	May 29 th	British Columbia	Vancouver	66.2		
	May 30 th		Mission, Hope	89.5		
	May 31 st		Manning Prov Park	71		
	June 1 st		Princeton	92.9		
	June 2 nd		Penticton	115.3		
Rehab Centre	June 3 rd	Alberta	Kelowna, Vernon	95.7		
	June 4 th		REST in Vernon			
	June 5 th		Armstrong, Cedars Campground	82.8		
	June 6 th		Revelstoke	57.3		
	June 7 th		Glacier National Park	70.7		
	June 8 th		Golden	81.6		
	June 9 th		Lake Louise	85		
	June 10 th		Banff	76.3		
	Rehab Centre		June 11 th	Saskatchewan	Canmore, Calgary	90.5
			June 12 th		REST Calgary	
June 13 th		REST Calgary				
June 14 th		Chestermere, Strathmore, (Eagle lake RV resort)	63.8			
June 15 ^{th*}		Bassano	90.4			
June 16 ^{th*}		Brooks, Tillebrook Provincial Park	56.3			
June 17 th		Redcliff, Medicine Hat	99.1			
June 18 th		Walsh	91.6			
June 19 th		Swift Current	135.6			
June 20 th		Waldeck, Chaplin	138.5			
Rehab Centre	June 21 st	Manitoba	Moose Jaw, Regina	114.8		
	June 22 ^{nd*}		REST in Regina			
	June 23 rd		McLean, Fort Qu'Appelle	80.2		
	June 24 th		Melville	75.2		
	June 25 th		Churchbridge, Russell	119.7		
Rehab Centre	June 26 th	Ontario	Shoal Lake, Minnedosa	138		
	June 27 th		Portage la Prairie	129		
	June 28 th		Winnipeg	83.5		
	June 29 th		REST In Winnipeg			
	June 30 th		Prawda	108		
Rehab Centre	July 1 st	Ontario	Kenora	107		
	July 2 nd		Dryden	137		
	July 3 rd		Ignace	106.5		
	July 4 th		Upsla	124.8		
	July 5 th		Thunder Bay	136.1		
Rehab Centre	July 6 th	Ontario	REST in Thunder Bay			
	July 7 th		Pearl, Dorion	86.6		

	July 8 th		RosSPORT	89.9
	July 9 th		Marathon	112.8
	July 10 th		White River, Obatanga prov park	132.7
	July 11 th		WAWA	143.2
	July 12 th		REST in Wawa	
	July 13 th		Sault Ste. Marie	134.6
	July 14 th		Echo Bay, Desbarats, Thessalon	133.2
	July 15 th		Spragge, Espanola, Little Current	149
	July 16 th		South Baymouth, (ferry) Tobermory, Ontario	63.6
	July 17 th		Owen Sound	109
	July 18 th		Orangeville	114
Rehab Centre	July 19 th		Toronto	79.6
	July 20 th to 27 th		REST (length of rest dependent on travel time to this point)	
	July 28 th		Toronto Evening Ride (twilight ride for rehab)	
	July 29 th		Possible Toronto area events	
	July 30 th		Cobourg	126
	July 31 st		Belleville	79.1
	August 1 st		Belleville, Napanee, Kingston	77.6
	August 2 nd		Brockville	84
Rehab Centre	August 3 rd		Cornwall	98.5
	August 4 th	Quebec	Montreal	123
	August 5 th		REST in Montreal	
	August 6 th		Saint-Sulpice, Berthierville, Maskinongé, Louisville	104.9
	August 1 st		Portneuf	110.1
	August 2 nd		Quebec City	62.4
	August 3 rd		REST in Quebec City	
	August 4 th		Saint-michel de bellechase, Saint Vallier, Berthier sur-Mer	80.6
	August 5 th		La Pocatiere, Kamouraska	110.3
	August 6 th		Cacouna, Trois Pistoles, Saint Fabien	99.3
	August 7 th		Rimouski, Mont Joli, Sayabec,	95.6
Rehab Centre	August 8 th		Amqui, Lac-au Saumon, Causapscal, Matapedia	90.1
	August 9 th	New Brunswick	Cambellton, Charlo, Belledune, Petit Rocher, Bathurst	120.2
	August 10 th		REST in Bathurst	
	August 11 th		Maramichi	87.3
Rehab Centre	August 12 th		Sainte-Anne-de-Kent, Bouctouche, Shediac	116.2
	August 13 th		Shediac, Moncton, Shediac (to visit Centre)	60
	August 14 th	Nova Scotia	Memramcook, Sackville, Amhurst	74.2
	August 15 th		Oxford, Truro	112.8
	August 16 th		Stewiacke Halifax	84.3
	August 17 th		REST in Halifax	

	August 18 th		Tangier, Spry Bay, Sheet Harbour	113.1
	August 19 th		Sherbrooke	81.5
	August 20 th		St Andrews, Hastings	95.8
	August 21 st		Port Hawkesbury, Cleveland, Saint Peter's,	70.8
Rehab Centre	August 22 nd		Soldiers Cove, Hay Cove, Johnstown, Irish Cove, Middle Cape, Sydney	104.1
	August 23 rd		Rest Sydney	
	August 24 th		Ferry ride	
	August 25 th	Newfoundland	Channel-Port aux Basques, Long Grade, Tompkins, Coal Brook, Codroy Pond	108.1
	August 26 th		Comer Brook	118.8
	August 27 th		Pasadena, Deer Lake	49.2
	August 28 th		Birchy Narrows, Kona Beach Park Campground	133.8
	August 29 st		Badger, Fallsview Campground	97.4
	August 30 st		Glenwood,	79.8
	August 31 st		Gander, Glovertown, Traytown, Terra Nova national park	81
	September 1 th		Calareville, Deep Bight, Come By Chance, Arnold's Cove	114.6
Rehab Centre	September 2 th		Butterpot Provincial Park	108.2
	September 3 th		Thomas Pond, Paddys Pond, St John's	39.8
			Total km	7802.6

Thank You!

***To donate please visit the Cardiac
Health Foundation of Canada at:***

www.cardiachealth.ca

***For full trip details visit Alex and
Vanessa at:***

www.avclubbiking.ca



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