

Cyclists With Parkinson's Ride Across Canada

2024 Cycling Relay begins this summer with three teams of riders living with Parkinson's cycling through every province and two territories

Toronto, ON – July 23, 2024 – [The Spinning Wheels Relay Team](#), a Canadian cycling organization raising awareness and support for Parkinson's disease, is launching their largest event to date.

On July 27, the first two teams of riders will begin their cross-country journey, one starting in Deer Lake, Newfoundland and the other from Victoria, British Columbia. One month following, a third team will begin a Northern journey starting in Dawson City, Yukon. As riders venture through different cities, regions, First Nations, Inuit and Métis communities, Canadians will be reminded of the significance of staying active, informed and building community when living with Parkinson's.

“Many Canadians diagnosed with Parkinson's hide their symptoms and tend to retreat from life,” says Lloyd Taylor, Co-Chair of Spinning Wheels. “They become isolated from friends and family and experience depression and anxiety. As a person living with Parkinson's, I am excited to cycle into communities across Canada including the Northwest Territories and Yukon to show the power of exercise and community.”

The Spinning Wheels Relay emphasizes the significance of movement and exercise in alleviating symptoms and aims to inspire people living with Parkinson's to stay active. Equally important is raising funds for community support programs, especially needed in Canada with the highest per capita rate of Parkinson's diagnosis globally with more than 100,000 affected and growing rapidly.

As Lloyd notes, many people living with Parkinson's often retreat to their homes, trying to hide their symptoms due to a lack of awareness and access to proper support, resources, and community. This relay will attempt to change that.

“As a cyclist with the Spinning Wheels Tour in 2022, I had the pleasure of meeting many people with PD,” says Jim Redmond, Co-Chair of Spinning Wheels. “I have maintained contact with most of them and am really looking forward to connecting with them again. I believe in the two core messages of Spinning Wheels: exercise and community. Both make such a positive difference for people living with Parkinson's. In fact, I believe in it so much; I am willing to ride for as many kilometres as I have to.”

Through 10 provinces, two territories, and over 10,000 km across the country, the Spinning Wheels cyclists are keen to talk to, learn from and ride with as many Canadians living with Parkinson's and their supporters as possible. Various events will be held throughout the ride in cities and communities all over Canada with the goal of reinvesting the funds raised

back into these communities to help build support and awareness for areas that are lacking such resources.

Spinning Wheels is thrilled to partner with [Dancing with Parkinson's](#) to get communities moving and grooving along the route. United by the understanding that exercise helps manage the symptoms of Parkinson's disease, DWP will be leading warm-ups, cool downs and dance breaks as the cyclists travel from coast to coast to coast. "We are so inspired by the Spinning Wheels team", says Sarah Robichaud, Founder and CEO of DWP, "We are delighted to join forces to help raise awareness about the benefits of movement and the power of community for people living with PD."

To donate to the organization, learn more about the relay, the various events or to sign up to ride, please visit <https://spinningwheelstour.ca/>

About Spinning Wheels [The Spinning Wheels Relay](#) is a two month long cross-country journey with cyclists living with Parkinson's cycling over 10,000 kms and touching all three of Canada's coastlines in the hopes of raising awareness, funds, and support for those with Parkinson's disease struggling in silence. By venturing to northern and various Indigenous communities, the Spinning Wheels Relay recognizes the lack of resources for these residents in particular. They aim to meet and ride with as many people as possible in such communities as well as the rest of the country to build a stronger, supportive, and more accessible country for those living with Parkinson's disease.

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