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The North Fork Bike Ride for Alzheimer's to be Held August 30

BAY SHORE, NY — [Alzheimer's Disease Resource Center, Inc.](#) has announced that The North Fork Bike Ride for Alzheimer's will take place on August 30, starting at Greenport High School, located at 720 Front Street in Greenport. Check-in begins at 7 a.m. and the ride begins at 8:30 a.m.

For those who are coming from Manhattan, transportation will be offered to the starting line. Pickup will be at the corner of 31st Street and 8th Avenue at 4:30 a.m. sharp.

The ride is available at distances of 25, 50, 72 and 100 miles. The 25-mile route is the flattest ride, but as the distance increases, bicyclists will see more hills on their route. Those who are taking the 100-mile route will have to travel on three hills, two of which come after major down hills.

All bicyclists must wear a helmet during the ride. They should also bring with them two water bottles, a cell phone, a small tire patch kit, two inner tubes that fit your bike, a small tire pump, a gym bag or backpack that should contain a towel, shampoo and soap and a change of clothes, and emergency funds.

Although there is no registration fee, those who wish to participate are asked to raise at least \$350. Those who raise \$500 will earn a jersey. Proceeds will go to benefit ADRC.

PLEASE NOTE: This is NOT a race — this is a family-friendly bike ride.

For more information, please contact Mary Ann Malack-Ragona, Executive Director/Chief Executive Officer, at 1 (855) 732-4500 or visit www.adrcinc.org

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[Alzheimer's Disease Resource Center, Inc.](#) — which is headquartered in Bay Shore and has a satellite office in Southampton — is the only local Alzheimer's Disease advocacy and educational facility whose mission is to fund local research and provide hands-on support and services to families on Long Island and the New York metropolitan area. ADRC works with family members, health care professionals and researchers to ensure quality health care and support to those impacted by Alzheimer's disease through care and consultation, information and referral, training, support groups, and caregiver safety products.