

CPTN & GEARS BIKE SHOP

present a

"Healing the Heart Ride"



Johnny G

In Support of the Johnny G Foundation

In December 2003, Johnny G, the creator of the world-renowned Spinning program, was hospitalized and diagnosed with dilated cardiac myopathy as a result of a rare virus that had attacked his heart. He was put on a heart-transplant list and had a pacemaker installed. The following year was challenging but Johnny began to improve through proper medical care and selective training.

He was eventually taken off the transplant list. The ability of his heart to pump blood had returned. Johnny's personal experience led him to form the Johnny G Foundation, a nonprofit organization whose mission is to assist individuals and families that have been struck by cardiovascular malfunction and heart disease.

Join Johnny G and the leaders of Gears Cycling for an inspirational 2-hour training ride. Register early for best bike positions.



Location: Gears Cycling Studio
176 Lakeshore Road West
Mississauga, Ontario L5H 1G3

Date: Friday, June 10, 2005

Time: 6:00pm to 8:00pm

Donation: Minimum \$100

The top ten fundraisers will be awarded prizes donated by our sponsors

Event participants may choose one of the following two options:

Solo Ride: One bike / One rider for 2 hours

Team Ride: One bike / Two riders share a bike as desired across 2 hours.



Can't Ride? But Want to Support the Cause?

For more information or to make a donation go online to www.jgfoundation.org

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