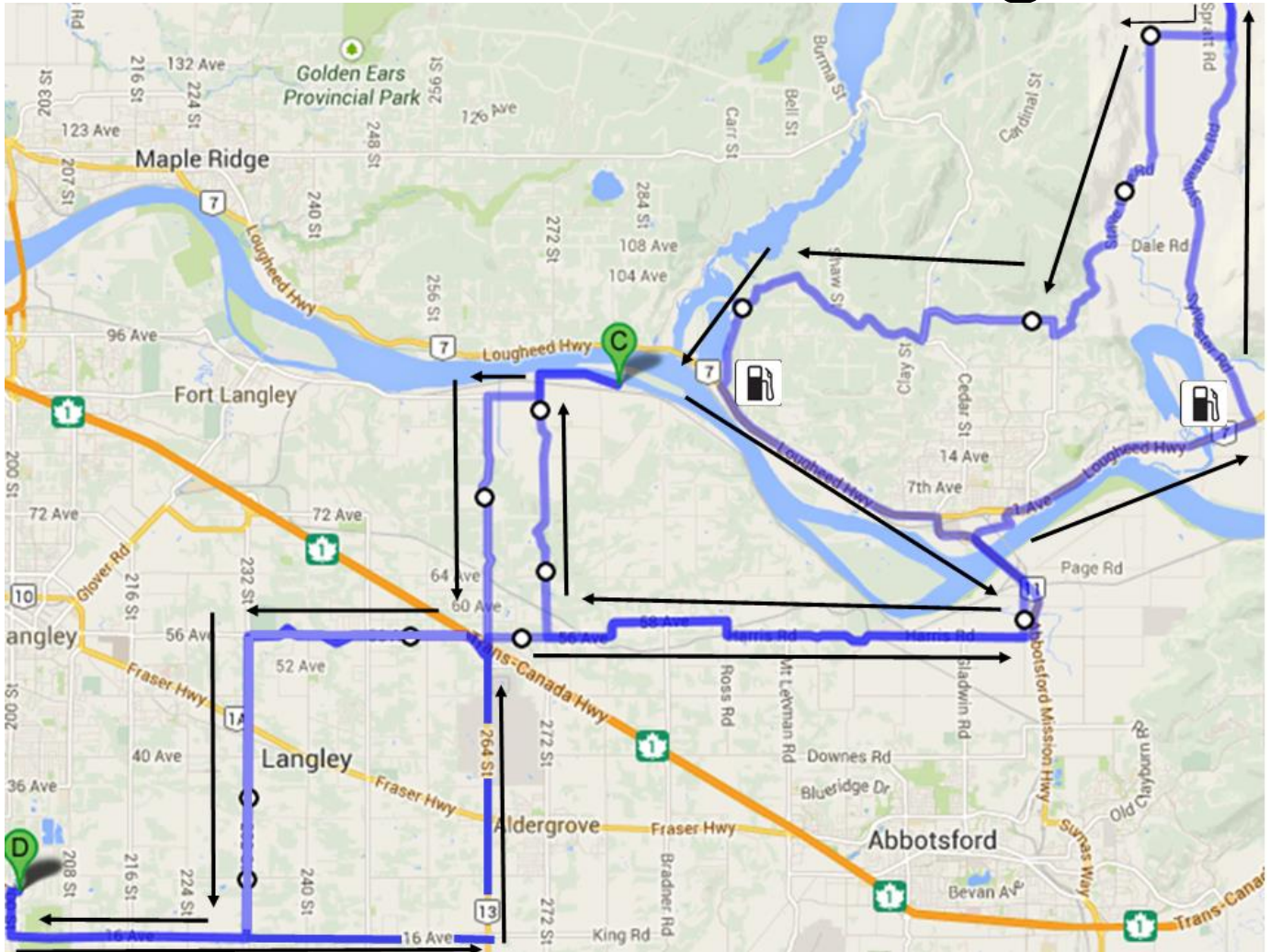




2024 Ride For Doug



To First Rest Stop

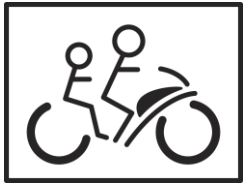
1. LEFT on 200th Street
2. LEFT on 16th Ave
3. LEFT on 264th Street (new for 2024)
4. RIGHT on 56th Ave
5. CONTINUE to Ross Road
6. RIGHT on Ross Road
7. LEFT on Harris Road
8. LEFT on Riverside Street
9. MISSION BRIDGE
10. HWY 7 to AGASSIZ
11. LEFT on Sylvester Road
12. <gas available>
13. RIGHT into Cascade Falls Rest stop

To Second Rest Stop

1. LEFT on Sylvester Rd
2. RIGHT on Hartley Rd
3. LEFT on Stave Lake Rd
4. RIGHT on Stave Lake Rd @ Durieu
5. Becomes Farms Rd
6. RIGHT on Stave Lake Rd
7. RIGHT on Doyle
8. LEFT on Richards
9. LEFT on Dewdney Trunk
10. RIGHT on Keystone
11. LEFT on Hayward
12. LEFT on HWY 7 <gas avail>
13. BRIDGE to ABBOTSFORD
14. RIGHT on Harris Road
15. RIGHT on Ross Road
16. LEFT on 58th Ave
17. RIGHT on 272nd
18. RIGHT on River Road

Return Leg

1. RIGHT on River Road
2. LEFT on 272nd
3. RIGHT on 88th Ave
4. LEFT on 264th St.
5. RIGHT on 56th Ave
6. LEFT on 232nd St.
7. RIGHT on 16th Ave
8. RIGHT on 200th Street
9. RIGHT on 22nd Ave



2024 Ride For Doug



The first Sunday in June is sometimes hit and miss with the weather. It's Monday morning of the week before when I'm writing this, and I still don't know which way mother nature is going to decide. One thing that can be counted on 100% is that the 2024 RFD is going to be the highlight of Doug's year.

He is a 21 year old young man with Duchenne Muscular Dystrophy. It's not an easy journey – yet on this ride day he will saddle up with dozens of other bikers and head out onto the open road. Whether your soundtrack is more Easy Rider, Long Way Round, or Wild Hogs – we appreciate you joining us. Your visible show of support makes all the difference in the world. And if you get a bit wet? We'll have a warm dry building and a BBQ burger ready for you.

This year we are continuing with the Show and Shine for MD. While on the road, the parking lot will fill with classic/muscle/tuner cars with open hoods and open hearts. Doug's friends extend into the car world, and this is another great opportunity to raise your hood in support. All funds raised in both places go to the same cause.

Make sure you stick around for the BBQ. The food is hot (and included in your registration). Pull up a table with friends both new and old. In the short program you will hear about how your efforts this day have made a difference in the lives of real people.

The entire Penner family draws strength from RFD. We are reminded in a very emotional way that we are not alone. There is an army of people we can turn to when we need to. Sometimes we need this annual reminder more than others. Thank you.

And when you go from here? Follow Doug on RaceWithDoug (on Facebook) as he sets his sights on a 14 second quarter mile.

Thank you for your support!

- **Doug's Family (Cam, Allison, Sam, and Doug)**

Doug has Duchenne Muscular Dystrophy. Muscular Dystrophy is a neuromuscular disorder that causes muscles in the body to gradually decline and weaken – turning functioning muscle into what is essentially scar tissue. Over time, people with muscular dystrophy may lose the ability to walk, speak and ultimately breathe. Unless a cure is discovered, the disorder is fatal. There is presently no known cure. Effective treatments are still in the experimental stage.

Ride For Doug would not be possible without the help of many of these friends and sponsors. **Thank You** to those corporate friends who have come alongside Doug, and have contributed their help in a wide range of ways. They are friends of Doug - drop by, call them, or buy something from them to say thanks.

Our Sponsors:

Georges's Gourmet Meats
South Langley Church
Theresa Wiebe Photography



For more information about Muscular Dystrophy visit Muscular Dystrophy Canada at www.muscle.ca or www.RideForDoug.com