

Journey

Don Patterson completed a self-supported solo bike ride of 7,232 km that started in Vancouver on June 25, 2012 and finished in St. John's NL. He completed the ride in 28 days and averaged over 250 km per day! Don visited a number of Ys along the way and was especially thrilled to see the kids. What really kept him going on those challenging days was the Y slogan "Every kid deserves a chance!"

Background

Don is a 58 year old grandfather with 3 adult children who participated in numerous YMCA programs while they were growing up. He strongly believes that all kids should be able to access Y programs irrespective of their physical abilities, financial resources or cultural background.

Objectives

Working with the YMCAs across Canada, Don's ongoing objectives are to:

- Increase awareness of the serious obesity epidemic in Canada and the importance of physical activity for our youth
- Raise funds for the local Ys so more kids can participate in what can truly be life changing YMCA programs

The Challenges for our Youth

Study after study highlight the many positive effects of children who are active: lower rates of obesity and diabetes; higher academic performance; lower rates of juvenile delinquency; increased self-confidence. Yet opportunities for kids to be active & have fun are being reduced or eliminated. Obesity rates have soared and a recent study showed that teenagers, for the first time ever, have a lower life expectancy than their parents.

The Y Solution

Today, everyone is asking "How do we help our kids to become physically active?" Simply put, the Y has the solution: the facilities; a highly recognized and respected brand with a history of over 160 years; an inclusive philosophy where every child is welcome; dedicated staff and volunteers.

Updates & Contact Information

Don's journey, including stories, photos and media articles, are chronicled on his personal blog: www.ykids.blog.com

Feel free to contact Don at 416-988-1507 or dpatterson9@sympatico.ca

Every kid deserves a chance!



Don's Bike Route 2012

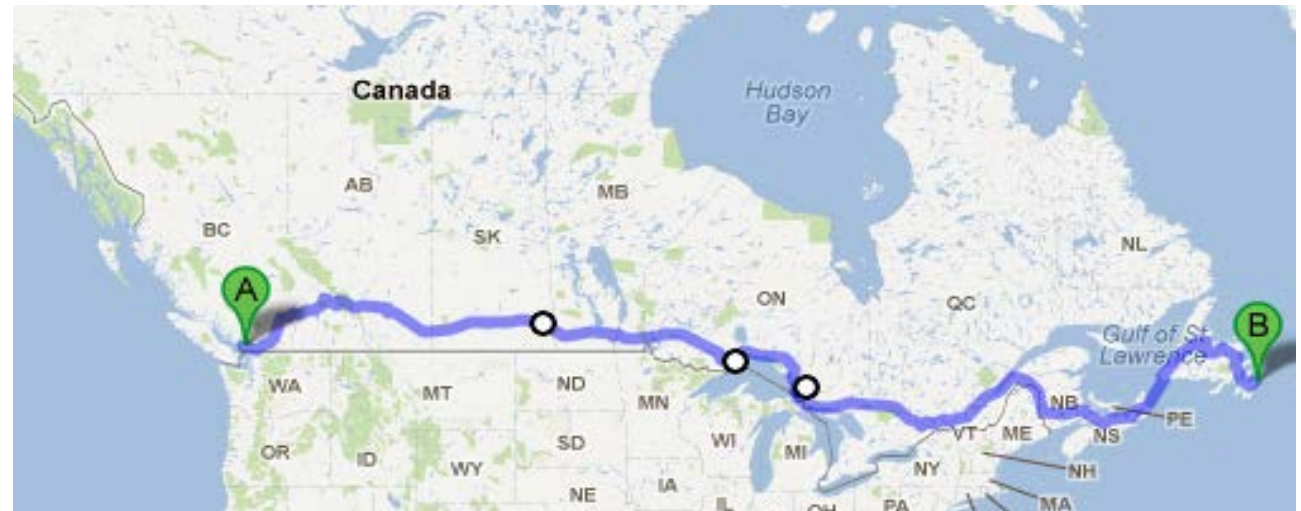
Total time: 28 days, 2 hours, 48 minutes*

Average Daily Ride

256 km

Total Distance

7,232 km



DATE	START	FINISH	Daily KM	DATE	START	FINISH	Daily KM	DATE	START	FINISH	Daily KM
25-Jun	Vancouver	Merritt	273	05-Jul	Kenora	English River	310	15-Jul	La Pocatiere	Grand Falls NB	247
26-Jun	Merritt	Sicamous	236	06-Jul	English River	McKenzie Inn	225	16-Jul	Grand Falls	Fredericton	221
27-Jun	Sicamous	Field	276	07-Jul	McKenzie Inn	Marathon	270	17-Jul	Fredericton	Sackville	229
28-Jun	Field	Calgary	223	08-Jul	Marathon	Agawa	327	18-Jul	Sackville	Antigonish	229
29-Jun	Calgary	Medicine Hat	288	09-Jul	Agawa	Bruce Mines	158	19-Jul	Antigonish	Sydney Mines	195
30-Jun	Medicine Hat	Swift Current	226	10-Jul	Bruce Mines	Verner	317	20-Jul	Chanel-Port Aux Basques	Corner Brook	221
01-Jul	Swift Current	Moose Jaw	177	11-Jul	Verner	Pembroke	277	21-Jul	Corner Brook	Grand Falls - Windsor	265
02-Jul	Moose Jaw	Brandon	442	12-Jul	Penbroke	Lachute	269	22-Jul	Grand Falls - Windsor	Trailwinds Inn	267
03-Jul	Brandon	Winnipeg	215	13-Jul	Lachute	Becancourt	220	23-Jul	Trailwinds Inn	St. John's	162
04-Jul	Winnipeg	Kenora	225	14-Jul	Becancourt	La Pocatiere	242				

* Departed Vancouver at 4:30am Pacific time