



Strength in optimism. Hope in progress.

Contact: Kirsten Richards
krichards@apdaparkinson.org
206-348-0213

FOR IMMEDIATE RELEASE

American Parkinson Disease Association Northwest Chapter to Send Off Cyclists with Parkinson's on 2,117-Mile Ride from Seattle to World Parkinson Congress in Phoenix

During Parkinson's Awareness Month, riders from around the world will begin an extraordinary journey that challenges assumptions about life with Parkinson's

SEATTLE, WASHINGTON, APRIL 9, 2026 – During Parkinson's Awareness Month, a team of cyclists from around the world will depart from the Seattle area on the morning of April 16 for a 2,117-mile bicycle ride from Seattle to Phoenix, where they will complete their journey at the World Parkinson Congress, a major international gathering focused on Parkinson's disease (PD) research, treatment, and community.

The ride begins with 10 cyclists, 8 of whom are living with PD. As the group travels down the West Coast and across the Southwest, additional riders will join along the route. By the time the team reaches Phoenix, 27 riders will have participated, including 20 people living with Parkinson's.

[The American Parkinson Disease Association](#) (APDA) is a Double Platinum Champion Partner of the World Parkinson Congress, and the APDA Northwest Chapter is providing a send-off for the riders as they begin this remarkable journey, which challenges outdated assumptions about PD. These riders are showing that a Parkinson's diagnosis does not define a person's limits and that people with Parkinson's can continue to perform at a high level, including taking on an endurance cycling challenge of more than 2,000 miles.

"This ride is a powerful reminder that Parkinson's disease does not erase strength, determination, or the ability to do extraordinary things," said Kirsten Richards, Executive Director, APDA Northwest Chapter. "During Parkinson's Awareness Month, these cyclists are sending a message of resilience and possibility—not only to the Parkinson's community, but to the public at large."

Approximately one million people in the United States are living with PD. This ride highlights not only the realities of living with the disease but also the grit, endurance, and optimism of those who refuse to let it define them.

The [APDA Northwest Chapter](#) offers a wide range of programs, resources, education, and support for people with Parkinson's disease. To learn more, visit www.apdaparkinson.org/nw, email apdanw@apdaparkinson.org, or call 206-695-2905.

About the American Parkinson Disease Association

The American Parkinson Disease Association (APDA) is a nonprofit organization dedicated to fighting Parkinson's disease (PD) by providing the support, education, research, and community that helps everyone impacted by PD live life to the fullest. Through a nationwide grassroots network of Chapters and Information & Referral (I&R) Centers, APDA works tirelessly to raise public awareness of this chronic neurologic movement disorder and deliver outstanding patient services, resources, and educational and wellness programs to the approximately one million people living with PD in the United States and their care partners and families. Envisioning a world without PD, APDA's national research program and Centers for Advanced Research aim to provide better treatments and unlock the mysteries of the disease. APDA is also committed to advancing public policy solutions that improve lives and move us toward a cure. Founded in 1961, APDA has raised and invested more than \$338 million in its efforts to support the PD community. Learn more at www.apdaparkinson.org.

###