

# SPOKES FIGHTING STROKES MICHIGAN RECUMBENT TRIKES

*on the Grand River Greenway*

Connor Bayou • July 25, 1 pm

*This event is free!*

## Ride to live, Live to ride



Join us for a dose of inspiration and a trike ride! Dan Zimmerman will share how he's changing lives across the nation with recumbent trikes. Followed by our speakers, local stroke survivors can test out a trike. We'll wrap up the day with a social ride along the Idema Explorers Trail.



### 1 pm • Speaker & Trike Test

Betsy Cech, Michigan Recumbent Trikes  
Dan Zimmerman, Spokes Fighting Strokes

Dan will assist stroke survivors and attendees with physical or balance limitations to experience riding a recumbent trike.

*Text Dan to pre-arrange a ride: (602) 558-0820*

### 2 pm • Social Ride with Betsy Cech, Michigan Recumbent Trikes

*Meet at 12945 N Cedar Dr, Grand Haven*

Dan Zimmerman suffers from Hereditary Hemorrhagic Telangiectasia, a disease in which the lungs fail to filter clots efficiently. At the age of 41, the disease caused a stroke that damaged the left side of his brain, paralyzing his right arm and leg. Doctors told him he would never walk or talk again. After intensive rehabilitation, Dan was barely walking within a year, but severe aphasia kept him from talking.

Dan found freedom when he bought his first trike and four years later founded *Spokes Fighting Strokes* with a mission to reach every stroke survivor and show them that recovery is possible!

#### Event Partners



Grand Haven Chamber of Commerce  
Michigan Recumbent Trikes  
West Michigan Bike & Fitness

#### Event Hosts



[news.miottawa.org/spokes-fighting-strokes](https://news.miottawa.org/spokes-fighting-strokes)  
Facebook: [bit.ly/spokes-greenway](https://bit.ly/spokes-greenway)